



Peter J. Mongeau
Founder and Publisher
Christus Publishing, LLC
17 Tennyson Road
Wellesley, MA 02481
781 424 9321
publisher@christuspublishing.com

Book Review

A Lenten Journey with Jesus Christ and Saint Benedict -- by Rev. John R. Fortin, O.S.B.

FOR IMMEDIATE RELEASE

Review by Prof. Lawrence S. Cunningham of University of Notre Dame

February 10, 2010 - Lent is not only a time for giving up things but also an opportunity for deepening our life of Christian prayer. John Fortin, Benedictine monk, medievalist, and noted retreat master, has given us a wonderful book to accompany us on our Lenten journey. For each day of Lent we are provided with the gospel reading of the day, a citation from the *Rule of Benedict*, a reflection and a short prayer to conclude the exercise. The book concludes, using the same format, with similar exercises for Holy Week and Easter. Wisely, Father John arranges the gospel readings from the three year cycle of liturgical readings so the book correlates exactly with the readings for a given year.

The *Rule of Benedict* is not a text to be read but a way of life to be lived. While some of its particulars are geared to the monastic way of life, its more general observations are pertinent to every person who wishes to learn from what Benedict calls “this little rule for beginners.” Its wisdom is such that it has provided a model for life for a millennium and a half. Father John lives this life so what he has to offer is based not on theory but on practice.

Beautifully set out and deeply felt in content, this work would be a perfect companion as we live through Lent in anticipation of the celebration of the Paschal Mystery.

Lawrence S. Cunningham is John A. O’Brien Professor of Theology at the University of Notre Dame.