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## Finding Sanctuary: Monastic Steps for Everyday Life

By Christopher Jamison

Orion Publishing Co. Paperback. Book Condition: new. BRAND NEW, Finding Sanctuary: Monastic Steps for Everyday Life, Christopher Jamison, Abbot Christopher Jamison, from BBC2's THE MONASTERY and new show THE SILENCE, suggests ways in which the teachings of St Benedict can be helpful in everyday life. Have you ever wondered why everybody these days seems so busy? In FINDING SANCTUARY, Father Christopher Jamison offers practical wisdom from the monastic tradition on how to build sanctuary into your life. No matter how hard you work, being too busy is not inevitable. Silence and contemplation are not just for monks and nuns, they are natural parts of life. Yet to keep hold of this truth in the rush of modern living you need the support of other people and sensible advice from wise guides. By learning to listen in new ways, people's lives can change and the abbot offers some monastic steps that help this transition to a more spiritual life. In the face of many easy assumptions about the irrelevance of religion today, Father Christopher makes religion accessible for those in search of life's meaning and offers a vision of the world's religions working together as a unique source of hope for...



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