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Monastery Gut Aich

Workshop Cycle B 3. **Opening one's heart in monastic life.**

Opening of the heart in monastic life. Is this a place for spiritual growth? How could the Abbot arrange it more beneficially in accord with his responsibility?

Reference points in the Rule of Benedict (RB):

As soon as wrongful thoughts come into your heart, dash them against Christ and disclose them to your spiritual father. RB 4.50

Relationship to Christ in conflict situations and a relationship based on trust.

The fifth step of humility is that a man does not conceal from his Abbot any sinful thoughts entering his heart, or any wrongs committed in secret, but rather confesses them humbly. RB 7.44

Openness and limits in contact with the Abbot

He must know what a difficult and demanding burden he has undertaken: directing souls and serving a variety of temperaments. RB 2,31

The art of spiritual direction according to the example of the Good Shepherd.

He must know that anyone undertaking the charge of souls must be ready to account for them. RB 2,37

The obligation to render an account to God.

The Abbot -- a wise physician. RB Chap. 27, 1-9

The qualities of the "wise physician"

The following area themes and questions should be discussed in study groups:

Definition and differentiation of "opening of the heart" in the boundary of confession, religious companion and spiritual direction.

Its meaning in monastic tradition and in the present.

Leading to the opening of the heart as a spiritual learning process.

Themes of the opening of the heart, their goals and limits.

Internal forum -- External forum.

Duty to maintain confidentiality.

Spiritual companionship and crisis intervention.

Boundary to psychotherapy.

Freedom and compulsion, dependence and independence.

Necessary spiritual, pastoral and psychological competences.

Is there a calling or training to be a spiritual father?

Is there an entrusting and authorization of "spiritual fatherhood"?

How is the obligation to render an account to be understood?

Definition and points of intersection of the different spiritual roles in the monastery:

- o Abbot
- o Leader of souls
- o Confessor
- o Senectae
- o Novicemaster

In the introduction these themes will be mentioned and stimuli given for discussion in the work groups.