



# Friend of the Soul: A Benedictine Spirituality of Work

*Norvene Vest*

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## **Friend of the Soul: A Benedictine Spirituality of Work** Norvene Vest

In this second book in her series on Benedictine spirituality, Norvene Vest brings the insights of Benedict's *Rule* to the world of work. A gifted interpreter of Benedict's wisdom, Vest examines with empathy and clarity the plight of men and women who wish for their work to be life-giving, a service to others, and the place where they can experience the presence of God.

Vest brings Benedict's perspective to three areas of work discontent today: the stress of performance, overproduction, and acquisitiveness. To these she opposes three Benedictine principles: vocation, or being called to what we do; stewardship, or taking care of what we are given; and obedience, or serving one another. Her emphasis is on the words of Benedict's primary text and its application for people today.

Each chapter concludes with extensive spiritual exercises and food for thought.

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