

# Daily life

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Continuity — in the furrow of an authentic monastic *stabilitas*, which is a daily obedience to God's will — shows itself above all in the most ordinary dimension of life: common prayer three times a day in the offices of morning, noon, and evening, singing the Lord's praises and listening to his Word of life; the community *lectio divina* of Saturday night, in which we receive the ration of the bread of the Word that the Church offers us every Sunday and penetrate its spiritual meaning; the eucharistic celebration, “the prayer of prayers, in which the risen Christ gives himself as food and drink” (Rule of Bose 37). Then there is our daily work, one with prayer, which permits us, today as then, to live from the work of our hands and to practice sharing and solidarity with those in need. Hospitality too — “a service, which celibacy and common life permit us to exercise intensively” (Rule of Bose 38) — transforms every day into an occasion to welcome Christ, present in the guest.