

## PRAYERS FOR GUIDANCE

Teach me, Lord, to seek you  
And show yourself to me as I seek.  
I cannot seek you unless you teach me  
Nor find you if you do not show yourself to me.  
May I seek you in desiring you  
Desire you in seeking you  
Find you in loving you  
And love you in finding you.

St Anselm

Search me God and know my heart  
Test me and know my thoughts.  
See that I follow not the wrong way  
And lead me in the path of life eternal.

Psalms 138

## WHERE TO FIND US

Sr Josephine Parkinson OSB  
Stanbrook Abbey  
Wass  
YORK  
YO61 4AY  
UK

Tel: +44(0) 1347 868900

email: [josephine@stanbrookabbey.org.uk](mailto:josephine@stanbrookabbey.org.uk)  
website: [www.stanbrookabbey.org.uk](http://www.stanbrookabbey.org.uk)

## MONASTIC LIFE AT STANBROOK ABBEY

### Some questions and answers

*We desire to seek God in a life of prayer and worship, living in community with the Rule as guide and upheld by mutual love which creates unity in diversity.*

*As Benedictines, we express this search for God in the balanced rhythm of Prayer, Lectio/Study, Work. We desire to live a life of Gospel simplicity and in all things to foster an attitude of moderation and humanity in a true liberty of spirit.*

*We believe that from the silence and seclusion essential to the life of prayer, and from fidelity to monastic tradition, flow the ability to be open to the contemporary and the freedom to change the outward expression where necessary *in* response to the Spirit ...*

Statement agreed by the Stanbrook Community, August 2000

