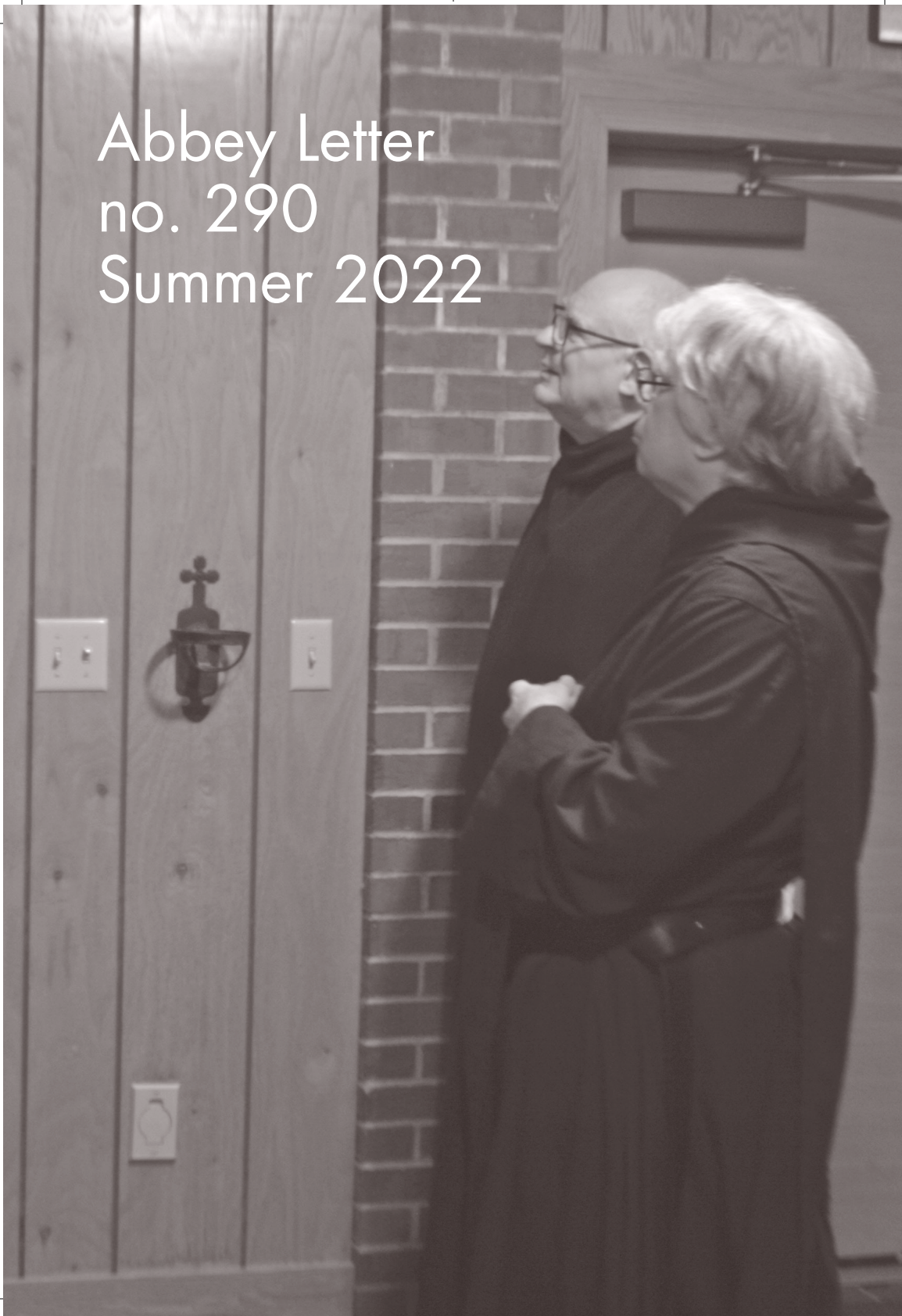


Abbey Letter
no. 290
Summer 2022



Listen with the ear of your heart...come for a vocational visit at St. Gregory's Abbey, a Benedictine monastery of the Episcopal Church at Three Rivers, Michigan.

...if you are male, age 18 to 50, have a serious interest in monastic vocation, and can spend at least two weeks at the abbey. The only cost is \$25 for registration. For more information and an application form, write:

Vocation Program Director
St. Gregory's Abbey
56500 Abbey Road
Three Rivers, Michigan 49093-9595
novicemaster@saintgregorysthreerivers.org

All applicants must be fully vaccinated according to current CDC guidelines.

saintgregorysthreerivers.org



Daily Schedule at St. Gregory's Abbey

Weekdays

4:00 a.m. MATINS

6:00 a.m. LAUDS

8:15 a.m. TERCE
EUCCHARIST

11:30 a.m. SEXT

2:00 p.m. NONE

5:00 p.m. VESPERS
followed by meditation

7:45 p.m. COMPLINE
(on Tuesdays and Thursdays, COMPLINE
is prayed privately)

Sundays and Major Holidays

5:30 a.m. MATINS & LAUDS

8:30 a.m. TERCE
EUCCHARIST

noon SEXT & NONE

5:00 p.m. VESPERS
followed by meditation

7:45 p.m. COMPLINE

NOTES

The Rt. Rev. Susan Haynes, bishop of the Diocese of Southern Virginia, was with us January 20th – 23rd.

Mother Hilary of the Order of Julian of Norwich was with us March 13th – 20th.

Br. Armand is attending monthly teleconferences with members of other Episcopal and Anglican religious orders who are in formation or have recently professed life vows. The meetings are sponsored by CAROA (Conference of Anglican Religious Orders in the Americas). Abbot Andrew attends monthly teleconferences of CAROA superiors.

St. Gregory's Abbey has an e-mail list for those wishing to receive the ABBEY LETTER electronically (PDF). To enroll in the e-mail list, send your full name and e-mail address to abbeyletter@saintgregorysthreerivers.org. Enrolling in our e-mail list does not remove you from our hard copy list. If you do want to stop receiving the hard copy once you are on the e-mail list, send an e-mail to office@saintgregorysthreerivers.org telling us you are on the e-mail list and want to be removed from the hard copy list. (If you are in the Confraternity, please mention that so that we make sure you receive the confraternity letter via e-mail.)



**Use the internet wisely –
here are some things we offer:**

website (information)-----saintgregorysthreerivers.org
You Tube channel (videos)-----[StGregorysAbbey](https://www.youtube.com/channel/UCStGregorysAbbey) (no spaces)
SoundCloud channel (music)-----[Br. Abraham Newsom](https://www.soundcloud.com/BrAbrahamNewsom)

*When searching for us on the internet, make sure you look for the St. Gregory's Abbey in Michigan.
There are two other Benedictine monasteries in the United States also named for Gregory the Great.*

Common Themes in Advent and Lent

Advent is the liturgical season in which we prepare for Christmas. The word Advent comes from the Latin *adventus*, which means “arrival.” Advent is often described as a period of waiting and anticipation. But Advent also has a penitential aspect, and it has much in common with Lent. Vestments are purple, and many parts of the Advent liturgy are identical to that of Lent.

The forty days of Lent are associated with the forty days of fasting that our Lord spent in the desert, an event that is found in the synoptic Gospels. For Advent, however, it is difficult, and some might say impossible, to find a direct biblical source. Advent was not recognized as a liturgical season until the fourth century, when December 25 was chosen as the date of the Nativity. But Advent is an ancient tradition, and throughout much of history, it has had a rather pronounced penitential flavor.

In his Advent sermons, St. Maximus of Turin (c. 380 – c. 465) urges us to “make our hearts pure . . . cleanse our consciences and purify our spirits.”

Among the canons established at the Council of Macon in 582 was a requirement to fast on Mondays, Wednesdays and Fridays from the Feast of St. Martin (November 11) until Christmas. This is a period of 43 days, and it became known as St. Martin’s Lent. And during the reign of Pope Innocent III (1198 – 1216), the vestments of Advent were black.

Early references to Advent as a period of four weeks begin to appear in texts from the ninth century. Over time, the emphasis on penance has been reduced. In many church communities today, fasting and abstinence is no longer practiced.

Reflecting on the penitential nature of Advent and the early church practices associated with it may allow us to focus on the birth of our Lord and the real meaning of Christmas, and to reduce the impact of the ever-increasing commercial tone of the holiday season.

— Br. Armand



CONTACTING THE ABBEY

Mailing address –

St. Gregory's Abbey
56500 Abbey Road
Three Rivers, MI 49093

Telephone –

269-244-5893

9:30am - 11:15am or 2:30pm - 4:15pm
Eastern Time Monday through Saturday
(please do not telephone at other times
or on Sundays or holidays)

E-mail –

Guest reservations and information –
guestmaster@saintgregorysthreerivers.org

Mailing list –

office@saintgregorysthreerivers.org

Abbot Andrew –

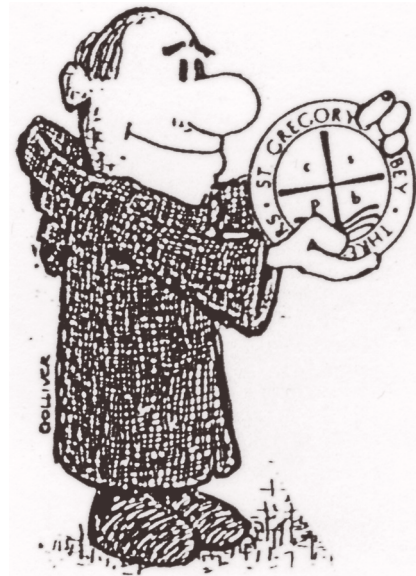
abbot@saintgregorysthreerivers.org

Information about becoming a monk or participating in the Vocation Program –

novicemaster@saintgregorysthreerivers.org

Books and calendars may be ordered, prayers requested, and donations made at our website –

www.saintgregorysthreerivers.org



Books from St. Gregory's Abbey

Singing God's Praises (1998)

history of the community, select Abbey Letter articles, photographs

\$20.00 Please send _____ copies. \$ _____

Come Let Us Adore (2011)

select Abbey Letter Articles from 1999 to 2011 (companion book to Singing God's Praises)

\$12.00 Please send _____ copies. \$ _____

Tools For Peace (2007)

Abbot Andrew's reflections on St. Benedict and René Girard

\$24.00 Please send _____ copies. \$ _____

Born in the Darkest Time of Year (2004)

15 Christmas stories by Abbot Andrew

\$12.00 Please send _____ copies. \$ _____

Creatures We Dream of Knowing (2011)

fantasy stories by Abbot Andrew

\$12.00 Please send _____ copies. \$ _____

From Beyond to Here (2012)

more stories by Abbot Andrew

\$15.00 Please send _____ copies. \$ _____

The Forest of Windellynn (2015)

fantasy novel by Abbot Andrew

\$12.00 Please send _____ copies. \$ _____

Moving and Resting in God's Desire: A Spirituality of Peace (2016)

Abbot Andrew's thoughts on cultivating peace using Christian practices and the ideas of René Girard

\$25.00 Please send _____ copies. \$ _____

Seven Times A Day I Praise You

Br. Martin's review of personal daily prayer books

\$3.00 Please send _____ copies. \$ _____

St. Gregory's Abbey and Benedictine Monasticism

A survey of Benedictine monasticism and how it is lived at St. Gregory's

\$3.00 Please send _____ copies. \$ _____

All of the above except for **Singing God's Praises**, **Born in the Darkest Time of Year**, **Seven Times A Day I Praise You**, and **St. Gregory's Abbey and Benedictine Monasticism** are available in ebook formats. To download, go to our website:

saintgregorysthreerivers.org and look for publications (digital).

All books may be purchased as hard copies from our website or by using this order form.

Enclosed is \$ _____ in full payment. Please allow 4 – 6 weeks for delivery.

Name _____

Address _____

City _____ State _____ Zip _____

Any payment in excess of the book price will be gratefully accepted as a gift to the abbey.
St. Gregory's Abbey, 56500 Abbey Road, Three Rivers, MI 49093-9595

St. Gregory's Abbey has many ministries to the church and the world, but the most important one by far is our faithfulness to corporate and private prayer. You are an important part of our ministry to the world. Your prayers for us are the most important way to help us, but we also need your financial support. As with most faith-based organizations, our income has decreased significantly over the past few years. If you feel called and are able to do so, please make a donation by using either the envelope in this newsletter or by using the "donate" button on our website (saintgregorysthreerivers.org). To prolong your support, please consider us in your estate planning and use the name "St. Gregory's Abbey of Three Rivers, Michigan." Feel free to contact us if you have any questions.

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Three Rivers, MI 49093
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abbot@saintgregorysthreerivers.org

St. Gregory's Abbey is a place where prayer is the work that the members of the community diligently tend to as they hold the whole church and world in prayer. Since my first visit the intentionality and tenderness that this community and place brings to prayer has forever changed my personal understanding of prayer, for the better. Time passes differently at St. Gregory's in a measured pace that beautifully contrasts with the rest of the world and I find myself longing to return to that space and place where life is lived in the echoes of the bells. — Br. Ian Boden, Order of Lutheran Franciscans

I think one thing that strikes me is prayer life, and praying in community. I have always kept the hours for some time now. So when I went to Saint Gregory's that part wasn't something new. However, praying the psalms, meditating with others was new for me. The daily routine of meeting and being with other living souls as we recite the words of the ancients was exciting for me. That was probably the most important thing for me it; added to my prayer life. — David Gladding-VanDeripe.





ST. GREGORY'S ABBEY
56500 Abbey Road • Three Rivers, MI 49093-9595

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