



## The Monastic Tradition of Education with Dr. Christopher Perrin

### Lesson 7: Formation/Habits of Holiness

#### Outline:

##### Rhythm of Solitude and Community

- Solitude enriches community, community enriches solitude
  - The vast majority of monks lived in community with one another.
  - There is time for the monks to be alone.
  - When you go and spend time in deep thinking, restful engaging, reading, meditating, contemplating, and praying, how does that bless the community?
  - The insights that come to you in the moments of solitude become the great gift that you can share with the community. Your brothers and sisters do the same.
  - You get a virtuous cycle going.
  - Every student work begins with a moment of ecstasy, where we are caught up in the good, true, and beautiful. (A.G. Sertillanges, *The Intellectual Life*)
  - We need to order language, time, and space so this can actually happen.

What might you do in your own school and homeschool to create a rhythm solitude and community? When do we ever give students a space to be alone and contemplate?

- The monastic tradition:
  - They had times of prayers (seven times a day). There were times of silence in the prayers.
- Ideas
  - What if we had a silent lunch or portion of lunch?
  - What if we had times to walk and be quiet?
  - What if we had students go out in the garden after having read, heard, or created and be silent and alone in a beautiful place?
- We could create rhythm and community amongst our faculty teams.
  - Some schools have begun to adopt houses to gather together for discussion or service.