

Summary of the Lay Monastic Life

There is within the soul of every man and women a deep yearning to pursue personal intimacy with God. As an enclosed Franciscan monk within the Tau Community of Saint Francis, it is my understanding that this spiritual relationship is inspired by the teachings and examples of Jesus, the Barefoot Galilean, Saint Francis and many of the world's great spiritual masters. Their message was simple! **'That we embrace God in everyone, regardless of belief, or none' without making judgments.'**

True Franciscan Interfaith Spirituality given to Brother Sean in April 2008 at the tomb of Saint Francis in Assisi gave a simple blueprint for embracing Franciscan Interfaith lay monasticism from our monastery without walls. Embedded within the 7 Keys of Franciscan Spirituality is the Sevenfold Peace of the Therapeutia Essenes of Mount Sinai. For the lay monastic who has embraced both the 7 Keys of St Francis and the Essenes, reiterated daily by Jesus, Magdalene, Mother Mary, Quan Yin and Saint Francis, is pathway for our spiritual wellness and wholeness in a life of Divine service as lay monastics living in the modern world. They are:

1: The 7 Keys of Franciscan Interfaith Spirituality encompasses:

- Providence
- Simplicity
- Integrity
- Faith
- Gratitude
- Surrender
- Service

2: THE SEVENFOLD PEACE OF THE ESSENES

The Sevenfold peace is how the Essenes lived their lives - seven days to a week, the tree of life with fourteen forces, seven visible and seven invisible. The Essenes believed that the human life could be divided into seven departments, physical, mental, emotional, social, cultural, its relationships with nature and the entire cosmos. Each Sabbath was dedicated to one aspect, so all phases of mans life was completed every seven weeks.

In conclusion, we believe that the Tau Community of Saint Francis is a self-governing interfaith monastic community which has no denominational ties except as they pertain to each individual member. We believe that the flexibility of the Order enables a person to find the right mixture of supports to live the religious life successfully.

We are convinced that we are a viable model of religious life for the future and we believe that God has called the Members of the Tau Interfaith Franciscan Community of St. Francis to unite as one spiritual family whose love will empower mankind embrace the Natural World- The Franciscan Soul and lead by example of what interfaith unity and compassion represents in a spiritually impoverished century.

The questions I put to your heart today:

- **Are you seeking personal intimacy with God?**
- **Are you ready to live in the world but not engage with its dramas?**
- **Are you considering a simpler lifestyle change?**
- **Are you led to follow your heart?**
- **Are you thinking about becoming a lay monastic from your own home- your monastery without walls?**
- **Are you ready to make such a commitment to embrace life as a modern day monastic?**
- **Are you mature enough to commit to such an undertaking as this?**
- **Are you searching for a lay monastic family; one that would accept you as you are regardless of belief, sexuality or disability?**

If you have answered YES to any of the above, then why not consider joining our online lay monastic community- the Abbey of Saint Francis of Peace and Compassion.....

For more details, please visit our website: www.taucommunity.com

Or, you could email me at: Brothersean2012@btinternet.com

In a nutshell, when we reach the crossroads of our life, so many times we sense a deep inner longing within our heart to reflect on why I am here and what my life's purposes are.....

If you are still on that road of self discovery and would like to test whether or not you have a monastic calling to live as a modern day lay monastic without having to leave family

or friends, then seek divine guidance within your heart-then honor it and explore the choices right for your spiritual pathway. Why miss this golden opportunity today.

Pax et Bonum

Brother Sean