



Benedictine Bits

Moderation



Moderation is the act of avoiding extremes and assuring a consistent balance around a focal point or center. When moderation is viewed through a Benedictine lens our focus turns to being content with living simply and finding time to be fully present in one's work, prayer, and leisure. Historically, the *Rule*, which Benedict wrote in Latin, uses the term "mensurare" meaning "to measure."

The phrase "to measure" helps us to visualize the appropriate amount of something, rather than overfilling or underfilling, our cups. Today, we use the English translation which states in chapter 48, "all things are to be done with moderation." This reminds us to make space in our over-scheduled lives to interrupt the busyness for others, for ourselves, for the Spirit. Taking time out to seek reprieve actually rejuvenates our soul for the next endeavor. Sister Joan Chittister states in *Wisdom Distilled from the Daily*, "All must be given its due, but *only* its due. There should be something of everything and not too much of anything." When maneuvering through a pandemic or simply facing life's challenges, we can better manage the disarray by remembering the importance of a rhythm and balance in each day.