

## A new self-acceptance

Joan Chittister | Jul. 15, 2009 From Where I Stand

*Editor's Note: This isn't really one of Sr. Joan Chittister's "From Where I Stand" columns, but it is the latest piece of writing Chittister has shared with NCR readers and we didn't want her regular readers to miss it.*

### **Benedict's spirituality of humility is an antidote to patriarchy**

In an essay titled "Pride and Humility: A New Self-acceptance," Benedictine Sr. Joan Chittister takes a fresh look at the concept of humility in the Rule of Benedict. Benedict of Nursia, the founder of Western monasticism, Chittister writes, "made the keystone of his rule of life a chapter on humility that he wrote for Roman men in a patriarchal culture that valued machismo, power and independence at least as much as our age does. Pride, ancient spirituality says, is the corrosive of the human soul. Humility, the Rule of Benedict says, is an antidote to violence and a key to mental health."

Read the full story here: [Turning Life Upside Down](#) [1]

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