



Befriending Silence: Discovering the Gifts of Cistercian Spirituality

Carl McColman

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In *Befriending Silence: Discovering the Gifts of Cistercian Spirituality* respected speaker, author, and Patheos blogger Carl McColman introduces Cistercian spirituality as “the hidden jewel of the Church,” presenting a surprisingly contemporary path grounded in monastic tradition. This accessible and comprehensive guide highlights a unique focus on simplicity, living close to the earth, and contemplative prayer, all of which make Cistercian spirituality relevant today.

Steeped in chant and silence, grounded in down-to-earth work and service, and immersed in the mystical wisdom of teachers ancient (Bernard of Clairvaux) and modern (Thomas Merton), Cistercian spirituality’s beautifully humble path has for centuries made monasteries places of rest, retreat, and renewal. Now, Carl McColman offers the first practical introduction to this ancient method of contemplative spirituality for all people.

Hailed by reviewers of his many books as playful and profound, McColman draws on his experience as a lay Cistercian to provide insight into the relevance of the tradition to contemporary issues and spiritual practice. He explains how silence, simplicity, stability, stewardship of the earth, contemplation, ongoing conversion, and devotion to Mary combine to offer a rich and unique path to discipleship and intimacy with God.

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