

**Come away to a quiet place ...
and rest awhile" (Mk 6:31)**



We need rest not only from our work (and sometimes from our recreation), but from the constant, noisy bombardment of our minds and hearts so characteristic of our "information age."

Too often the external noise and demands of our lives prevent us from heeding the gentle plea of the Lord that we "be still and know that I am God" (Ps 46:11).

At the Saint Laurence Center, you will find a place and an atmosphere in which it is possible to "be still" and hear the "still small voice" (1 Kg 19:12) in which the Holy Prophet Elias, harried and discouraged, recognized the presence of the Holy God.

*— Dom Theodore
BFSL Guest Master &
Monastic Prior*



A Word from St. Benedict

Let us then rise at length, since the Scripture arouseth us, saying: "It is now the hour for us to rise from sleep" (Rom 13:11); and having opened our eyes to the deifying light, let us hear with awestruck ears what the divine voice, crying out daily, doth admonish us, saying: "Today, if you shall hear his voice, harden not your hearts" (Ps 94 [95]:8).

— The Holy Rule, Prologue



**The Benedictine Fellowship of
Saint Laurence**

Contacts:

**Saint Laurence Center &
Monastery of Our Lady and Saint Laurence**
Rev. Dom Theodore, Prior & Guest Master
4076 Cabin Creek Road
Cañon City, CO 81212
Phone: 719-371-6345
Email: priory@saintlaurenceosb.org
Web site: www.saintlaurenceosb.org

Lancelot Andrewes Press
Phone: 303-722-0707
Email: info@andrewespress.com
Web site: www.andrewespress.com

Saint Scholastica Guild
Dnsa. Mona Cook, Coordinator
Email: ssg@saintlaurenceosb.org
Web site: www.saintlaurenceosb.org

Saint Laurence Cemetery
Saint Seraphim Pet Cemetery
Email: scg@saintlaurenceosb.org
Web site: www.saintlaurenceosb.org

Preferring nothing to Christ Himself



**The Benedictine Fellowship
of Saint Laurence**

**Seeking and Serving God
in the Way of Saint Benedict**



The Benedictine Fellowship of Saint Laurence

The BFSL is an independent, Colorado not-for-profit religious and charitable corporation. Although it finds its inspiration within the theology and traditions of the first Millennium of Christianity, is not directly affiliated with a specific Christian church or denomination.

Founded in 2004 by members of St. Mark's Orthodox Church, Denver, the BFSL's mission is "To bring men and women to faith in Jesus Christ through the practice of the Scriptural Rule of St. Benedict," to "offer spiritual retreats of one or several days under the direction of qualified clergy and monastics," and to "establish a resident community of monastics."

This mission is carried out at the St. Laurence Center in the Colorado Rocky Mountains where group and individual retreats are hosted by the a resident community of monks and nuns affiliated with the Antiochian Orthodox Archdiocese of North America.

The facilities of the St. Laurence Center are open to all persons who wish to experience the beauty and quiet of our campus, the regular, daily worship of the monastic community, and the opportunity to heed the admonition of the Psalmist: "Be still, and know that I am God" (Ps. 46:10).

Saint Laurence, Deacon & Martyr

St. Laurence was one of the seven Deacons of Rome under Pope St. Sixtus II. In August of 258 A.D., St. Sixtus and his clergy were arrested by the Roman State. The Pope and six deacons were martyred right away; but St. Laurence, who supervised the distribution of alms to the poor, was instructed to deliver up the treasures of the Church.

He brought forth the devout poor, upon whom he had spent the Church's resources as he ministered to them in charity and piety. Thus thwarted, the Judge condemned the holy Deacon to be roasted alive upon a gridiron. For his charity and his firm faith under torment, he became one of the most beloved of the early martyr-saints.



Grant to us, we beseech thee, Almighty God: that we may quench the flames of our sins; even as thou didst give grace to blessed Laurence to overcome the fires of his torment. Through Jesus Christ thy Son, our Lord: Who liveth and reigneth with thee, in the unity of the Holy Ghost, ever one God, world without end. Amen.

Ministries of the Benedictine Fellowship

- ◆ **The Saint Laurence Center.** A 600-acre campus in Fremont County, Colorado, about 32 miles from Cañon City, at an elevation of 7500 feet above sea-level. The facilities include St. Herman's Lodge (a two-story log guest house), the monastery (including a large chapel and additional guest rooms), an outdoor fire pit, trails for hiking, a large cemetery (with a mortuary chapel in the planning stage), and a pet cemetery. Tallahassee Creek runs through the length of the campus.
- ◆ **Lancelot Andrewes Press.** A publishing house specializing in reprints of classic Catholic, Anglican, and Western-rite Orthodox liturgical, musical, and devotional books, photo-calendars, and annual liturgical guides for Western Orthodox and Anglican use.
- ◆ **Monastery of Our Lady and Saint Laurence.** The resident community of Orthodox monks and nuns who provide hospitality, daily worship, and spiritual guidance for pilgrims, guests, and groups at the Saint Laurence Center. The community is a canonical Monastery of the Antiochian Orthodox Christian Archdiocese of North America, Western Rite Vicariate. Together with the BFSL, the Monastery sponsors a program for **Orthodox Oblates of St. Benedict**, laity and clergy affiliated with the Monastery in prayer, fellowship, and mutual support.
- ◆ **Saint Scholastica Guild.** Producing custom-made, classic clergy vestments for use in the traditional liturgies of the Western churches. Proceeds support both the artisans and the work of the Fellowship.

But seek ye first the kingdom of God and his righteousness... (Matt 6:33)