



The Monks of Mount Athos: A Western Monk's Extraordinary Spiritual Journey on Eastern Holy Ground

ocso M. Basil Pennington

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Discover the rich spirituality of monastic life on Mount Athos—a place like no other on earth.

Twenty-five years ago, M. Basil Pennington, ocso, was the first Western monk to live on Mount Athos for more than the usually permitted overnight visit. *The Monks of Mount Athos* chronicles his extraordinary stay, his experiences of the East, and lively conversations with his hosts about theological differences and unfamiliar spiritual practices.

Listen in as Abbot Basil wrestles with historical differences between Christianity's East and West, learns the Orthodox practice of "the prayer of the heart," and explores the landscape, the monastic communities, and the food of Athos—a monastic republic like no other place on earth. New to this edition, Archimandrite Dionysios, a monk from "the Holy Mountain," reflects on the ecumenical openness fostered as a result of, and since, Abbot Basil's stay.

The abbot's experiences on Mount Athos motivated him to re-examine his role as a monk and his relationship to God. His inspiring meditations will help you to explore your own relationship to God and to others.

M. Basil Pennington, ocso was a monk for more than fifty years. He lived at St. Joseph's Abbey in Spencer, Massachusetts and was the author of many modern spiritual classics, including *Lectio Divina*; *Centering Prayer*.

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