

Module DC02: The Rule of St Albert

This module is a brief introduction to The Rule of St Albert.

The Rule of St Albert is the foundational document of the Carmelite Order and has been a guide to all those seeking to live the Carmelite Way since it was first written in the early 13th Century. It is the Rule followed by all branches of the Carmelite Family today.

The module considers the Rule under five headings:

- How St Albert came to write the 'way of life'.
- The 'way of life' proposed by St Albert.
- How the 'way of life' became a Mendicant Rule.
- The spirituality of the Rule.
- Living the Rule today.

The objectives of this module are:

- That you gain some understanding of the historical context within which the *Rule of St Albert* was written.
- That you will have a sense of the core values expressed in the Rule.
- That you will have a sense of the place of the Rule within Carmelite Spirituality.
- To begin a reflection on how the Rule might speak to the circumstances of our lives today and how we might live out this Rule in today's world.