



Singing the Psalms

Cynthia Bourgeault

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Fifteen hundred years ago, St. Benedict established a system of ora et labora prayer and work that monastics still follow today. Central to this prayerful integration of body and spirit is psalmody, or chanting the psalms. On *Singing the Psalms*, Episcopal priest Cynthia Bourgeault shows how the psalms can awaken rich spiritual and psychological insights accessible to you today, whatever your level of vocal skill or theological understanding. Includes a mini-psalter (psalm book) with instructions, musical notations, rhythmic and melodic suggestions, and more.

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