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# Singing the Psalms

*Cynthia Bourgeault*

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**Singing the Psalms** Cynthia Bourgeault
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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