In this book, Fr. Sage, and Augustinian scholar, brings to life his research on the spirituality of St. Augustine. Divided into two parts, the first is a presentation of his many conferences on the Rule of St. Augustine with a commentary from his writings. In the second part of his book, Fr. Sage maps out six conferences on a variety of themes pertaining to a religious vocation: religious life, consecrated life, fraternal life, contemplation, the Eucharist and Mary, the purpose of which is to nourish the reader to grow in his or her religious commitment.

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