

### 3. Ten elements that support celibacy as a way of life.

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A lifestyle that both expresses and supports celibacy.

A structure within which we can sublimate sexual drives;

Present in healthy celibates, they meet spiritual, psychological & physical needs.

“The celibate structure that is to be seen in the lives of **celibate achievers**. **They create it and are created by it**”. P.276.

1. Work: Celibacy is closely bound up with work as the **productive** use of one's energy & time, **absorbing the vitality** of the celibate. Includes hobbies. (*Finding a niche, using one's talents. Creativity. Workaholism as a way of avoiding intimacy. Danger of being defined/valued by one's work*).
2. Prayer: “I have never interviewed a healthy celibate without finding in them a rich & active prayer life”. *Sexuality & celibacy as part of prayer/spiritual direction*
3. Community: Sense of themselves as part of a community. People to whom they were committed; people on whom they could rely. *Intimacy, support, trust – must be earned, friendship, sharing vision, affirmation, sharing of feelings, vulnerability, not detached living*.
4. Service: Awareness of service as a meaningful existence. The effort is beyond the self. On account of the kingdom. “*Beyond your own self-interest*”.
5. Attention to physical needs: A group of people who know themselves, their limits and needs, and fulfil them appropriately and with gentleness. *Reasonable self-care. Dilemmas of living with the poor*.
6. Balance: The psychological & spiritual quality that ensures the **flexibility** necessary to juggle the inner and outer daily and seasonal demands. Moderates physical instincts & their legitimate satisfaction and assures prayer & quiet time. Limits tendency to overwork.
7. Security: Necessary for growth & for the development of adequate coping mechanisms. **Sense of stability**...rootedness in interpersonal relationships...(relates it to intimacy). Core community is the base from which one reaches out, and to which one can retreat.
8. Order: Regulation of time and energy – prayer, work, studies, hobbies, recreation etc. **Life is put into manageable segments**. Liturgical seasons; daily timetable; Flexibility better than rigidity – be able to adapt to changed demands. Order is both internal and external. “*An hour in the day, a day in the month, a week in the year*”. Time management and supervision are helpful.
9. Learning: The “learned” are more represented in this group. They are interested in many things & people. Have love for learning. “It is difficult to be a good celibate without continued learning” (p. 275). *Ongoing formation*...
10. Beauty. There is a need for legitimate pleasure that takes the form of beauty in many celibates' lives. Learning & beauty inspire people to think about the transcendent. *Gregorian chant, manuscripts, architecture, gardens, music, art, drama*.