

Contemplare et contemplata aliis tradere

Contemplare et contemplata aliis tradere. St. Thomas Aquinas is usually given credit for this phrase. If he did not coin it, he certainly became the exemplar for living it out.

The translation is “*to contemplate and to give to others the fruits of contemplation.*” Others say it means “to share what you have contemplated...to share what you have seen.”

Although the Dominican Order is officially named the Order of Preachers, from the earliest days, St. Dominic made it clear that without study, prayer, and meditation, the preacher has nothing to offer. In the Dominican community, the daily schedule attests to the preeminence of contemplation: the first community exercise of the day is a half-hour of meditation. Additionally, the silence that pervades the house exists to foster prayer and meditation, not merely as an escape from noise.