

## A MONASTIC DAY

6:00 a.m.      **MEDITATION**

6:45            **MORNING OFFICE  
EUCCHARIST AND  
MEDITATION**

breakfast, study and  
work

11:50          **MIDDAY OFFICE AND  
MEDITATION**

main meal  
work

5:25 p.m.     **VESPERS AND  
MEDITATION**

supper  
recreation

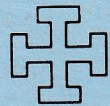
9:00           **COMPLINE**

silence

# The Benedictine Priory of Montreal



## NOTES FOR GUESTS



Let all guests be received like Christ

Rule of St. Benedict

### Monastic Hospitality

St. Benedict says in his Rule that a monastery will never be without guests. It is in his spirit of hospitality that we welcome guests to the Priory.

### The Montreal Benedictines

We are a contemplative community in an urban environment. The monastery – and its accommodation for men and women guests – is in the city but set in a wooded estate on the edge of Mount Royal Park.

The Benedictine life is a synthesis of prayer, work and study; and for us this is rooted in a daily commitment to meditation. We share this commitment with the Oblates and friends of the monastery as well as with all who come to pray with us.

### Sharing the Monastic Life

If you wish to deepen your commitment to meditation or to find the encouragement of a Christian community to begin, we have guest rooms available for this. Our guests join us for the periods of meditation each day, which are integrated with the Divine Office and the Eucharist. They also share in the life of the monastery by assisting in the manual work of the day and in periods of reflective reading or study.

### Life in Community

To share in a community's life involves accepting the discipline that makes it possible. Guests therefore respect the times of silence in the monastery, particularly the Night Silence between Compline and breakfast. There is no smoking in either the monastery or guesthouse and guests do not go out after Compline. The purpose of all such discipline is liberty of spirit – the essence of meditation. Our guests come to prove this in their own experience within a community.

No fixed charge is made but, as a guideline, the cost to the community is about \$25 per guest per day.

### Learning More

If you would like more information about a long or short-term stay, you may write directly to the Guestmaster. An Introductory Meditation Course is held each Monday at 8:00 p.m. and for those who cannot visit before coming as a guest, it would be useful to become acquainted with some of the Community's publications. A full list of books and tapes is available.

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