



Why come to a monastic experience weekend?

1. You will have an opportunity to share with other young women who are discerning a monastic vocation.
2. You will have an opportunity to listen to the vocation stories of our younger sisters. It is often helpful to hear how God has called others to this life.
3. You will have a first- hand experience of monastic life: the silence of the monastic refectory, the singing of the monastic Divine office with the community, times of lectio, prayer, work and recreation with the sisters.
4. There will be plenty of time for solitude, prayer and reflection, especially important will be the time before the Blessed Sacrament at the end of each day. It is often in silence that we hear the Lord calling us.
5. You will have an opportunity to speak privately with one of the sisters. It is good to be able to share some of your concerns, or how God may be speaking to your heart through this monastic experience.



Prayer to the Holy Spirit

Breathe in me O Holy spirit- That my thoughts may be Holy
Draw my heart O Holy Spirit, that I may desire what is holy
Act in me O Holy Spirit, that my work may be holy;
Strengthen me O Holy Spirit to defend all that is Holy
Guide my life O Holy Spirit that I may become Holy.