

## Saint Joseph's Monastery

is a Benedictine monastery in the Episcopal Church, founded in 2001. The community is rooted in The Rule of St. Benedict and the disciplines and spirituality that it promotes. We live the monastic life in community based on the three Benedictine vows:

### *Stability*

The monk casts his lot with a particular monastic community in a particular place, but more than stability of place is *stability of heart* which is an ever-growing commitment and determination to 'stick with it' through good times and difficulties alike.

### *Conversatio*

Conversion to the Monastic Way of Life includes religious poverty and celibate chastity, for they are tools for the monk's conversion. This vow is unique to Benedictines and speaks of our life-long commitment to growing more and more Christ-like.

### *Obedience*

We submit our wills and our way of doing things to the collective wisdom of the community and the direction of the Superior as a primary source for discerning God's will. The Superior holds the place of Christ in the monastery.

## Prayer and Work

Our first work and duty as monks is to maintain a life of consistent and regular prayer. Our ministry to the Church is first and foremost to be a community of prayer and contemplative presence through regular liturgical and intercessory prayer, study to inform and enrich, and work to support ourselves and serve others. This life is one of disciplined moderation and conversion of life- a commitment to life-long spiritual growth in community. Active work outside the monastery for the Church or community flows from our contemplative prayer life.

## Silence and Solitude

The life of a monk is filled with silence and a balance of solitude and community. The silence we seek is not only exterior, but especially interior—silencing our inner voices and scattered thoughts so that God may speak to us. There are places and times of strict silence, and silence is kept on Friday evenings (except for Major Feasts) from Vespers until after Breakfast on Saturday morning to afford the Monks additional time for prayer, study, reading and rest.

We observe a community Desert Day monthly to renew and refresh our spirits. On this day we maintain silence and engage in no work in order to spend extended time in prayer and sacred reading (*Lectio Divina*)

## Service

We offer our service to the Church and world in several ways: 1) we offer spiritual companionship /direction and a place at our monastery for individuals to come away and make a retreat, and join in our common prayer; 2) we deliver meals to the poor and shut-in as volunteers with the local soup kitchen; 3) we strive to live simply and be good stewards of not only the funds at our disposal, but also of the environment; 4) we offer a monthly "Retreat Group" at the monastery which includes Vespers, a period of silent prayer, a festive meal, and a spiritual program; 5) we support our community of Oblates 6) we make ourselves available to lead retreats or give talks/programs for parishes and other groups outside the monastery.

## Visitors

Visitors are always welcome to join us for the Offices and Mass in our Chapel.

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*All guests who present themselves are to be welcomed as Christ.*

-Rule of St. Benedict, 53

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## VOCATION

WHAT DO YOU WANT OUT OF LIFE? ARE YOU LOOKING FOR GOD IN A COMMUNITY OF BROTHERS? THEN YOU ARE ON THE RIGHT TRACK, BUT BE AWARE THAT THE MONASTIC LIFE IS NOT FOR SOMEONE WHO IS SATISFIED WITH "GOOD ENOUGH". IF YOU SEEK GOD AND COMMUNITY AND YOU ARE WILLING TO LIVE UNDER A RULE AND A SUPERIOR, THEN THE BENEDICTINE LIFE MAY BE JUST WHAT GOD IS CALLING YOU TO LIVE. WANT TO KNOW MORE ABOUT OUR LIFE? READ ON, CHECK OUT OUR WEBSITE, GIVE US A CALL OR DROP US A LINE.....AND "COME AND SEE".



For more information about visiting the monastery, retreats, or vocations:

### SAINT JOSEPH'S MONASTERY

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VISIT US ON THE WEB AT:

[www.osbms.org](http://www.osbms.org)



SAINT  
JOSEPH'S  
MONASTERY

### *Daily Prayer Schedule*

#### *Monday through Saturday*

|                      |            |
|----------------------|------------|
| <i>Vigils</i>        | 6:00 a.m.  |
| <i>Lauds</i>         | 7:00 a.m.  |
| <i>Mass (Thurs)</i>  | 7:45 a.m.  |
| <i>Chapter</i>       | 9:00 a.m.  |
| <i>Midday Prayer</i> | 12:00 p.m. |
| <i>Vespers</i>       | 5:30 p.m.  |
| <i>Compline</i>      | 8:30 p.m.  |

#### *Sunday*

|                      |            |
|----------------------|------------|
| <i>Lauds</i>         | 7:00 a.m.  |
| <i>Mass</i>          | 10:30 a.m. |
| <i>Midday Prayer</i> | 12:15 p.m. |
| <i>Vespers</i>       | 5:30 p.m.  |
| <i>Devotions</i>     | 6:00 p.m.  |
| <i>Compline</i>      | 9:00 p.m.  |

AN EPISCOPAL BENEDICTINE  
MONASTIC COMMUNITY