



Dear Friends, Guests, and Pilgrims,

You are most welcome and we are happy to have you with us. Mount Saint Bernard Abbey is a monastery of Cistercian monks aspiring to lead a contemplative life of intercession for the world. We hope that, during your time with us, you will get some sense of the values that matter deeply to us, values that give our monastic life meaning, colour, and joy.

During your stay, we offer you a small room with a bed, a set of clean linen, a towel, a chair, a desk, and a lamp. These are simple amenities, but for most guests they will be all that is needed to make their time with us peaceful and untroubled.

Our guesthouse exists to offer you a share in our monastic life of simplicity and service, also to provide opportunities to watch, pray, and be silent. You are invited to join us in the celebration of our liturgy throughout the day, especially our community Eucharist. Guests who come to us seeking a taste of monastic living are generally happy with what they find.

On the other hand, it may be that some things you encounter will fall short of your expectations, being perhaps less adequate than what you have experienced elsewhere. We ask you to remember that each religious house is different. We are a simple community of brothers trying to live the Gospel faithfully, conscious of our inadequacies. Please accept us as we are. Should you have suggestions for improvement, do make them, but please be patient with us!

There is no set price for staying in the guesthouse: we would not want anyone to be kept away for economic reasons. However, we depend on donations to cover expenses and so to permit the guesthouse to stay open as a place of hospitality, peace, and encounter. The community receives no financial assistance from the Church or government. You can increase any donation you make by 25% by filling in a *Gift Aid* form. If you prefer, you may of course leave your donation anonymously.

To assist the smooth running of the house, please

- ❖ respect the peace and quiet of other guests (many of whom have come a long way to find precisely peace and quiet!), especially after compline;
- ❖ refrain from smoking in the guest rooms and common areas;
- ❖ return all books to the library after you have finished with them, so that they can be available to others;
- ❖ avoid entering other guests' rooms, talking loudly, or using audio equipment without a headset;
- ❖ keep valuables with you at all times and lock your door when you are not in your room (the community cannot accept responsibility for any theft or damage);
- ❖ lock your car, leaving valuables out of sight;
- ❖ do not enter the enclosure of the monastery unless you are accompanied by one of the brethren;
- ❖ help with clearing tables, covering and putting away food, and washing-up after meals: since our guesthouse is unstaffed, we depend on your cooperation and assistance.

*Members of the community are normally available only between 9.30 a.m. and 12 noon and between 2.30 and 4.30 p.m. If you wish to speak with a monk, please arrange a meeting with the Guestmaster or his Assistant.*

We hope your stay with us will be happy and fruitful!

# DAILY SCHEDULE

|            |                                                  |
|------------|--------------------------------------------------|
| 3.30 a.m.  | Vigils                                           |
| 7.00 a.m.  | Lauds                                            |
| 8.00 a.m.  | Community Mass (9 a.m. on Sundays)               |
| 8.50 a.m.  | <i>Breakfast</i> (8 a.m. on Sundays)             |
| 10.30 a.m. | <i>Tea &amp; Coffee</i>                          |
| 12.15 p.m. | Sext                                             |
| 12.30 p.m. | <i>Lunch</i>                                     |
| 2.15 p.m.  | None                                             |
| 3.30 p.m.  | <i>Tea &amp; Coffee</i>                          |
| 5.30 p.m.  | Vespers (5:15 p.m. on Sundays, with Benediction) |
| 6.00 p.m.  | <i>Supper</i>                                    |
| 6:45 p.m.  | Exposition of the BI Sacrament (Monday-Friday)   |
| 7.30 p.m.  | Compline                                         |

*We keep the first Sunday of each month as a retreat day. On these Sundays, Sext and None are sung together at 12.10 p.m.*

*For security reasons, the front door of the guesthouse is locked every evening at 8:15 p.m.*

The monastery is a school of the Lord's service where Christ is formed in the hearts of the brothers through the liturgy, the abbot's teaching, and the fraternal way of life. Through God's Word the monks are trained in a discipline of heart and action to be responsive to the Holy Spirit and so attain purity of heart and a continual mindfulness of God's presence.

From the *Constitutions* of our Order