



MONASTIC CENTER NEW MELLERAY ABBAY

For information or applications,
contact Director of Monastic Center

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PURPOSE OF THE MONASTIC CENTER



The community of monks at New Melleray Abbey welcomes men to participate in an experience of contemplative monastic life. Beyond the hospitality already available in our Guest House, we offer the opportunity to share in a more focused and disciplined way our lived spirituality. For over thirty years of the existence of our Monastic Center, we have been responding to the desires of those who seek to deepen their lives of prayer and interiority. Participants are invited to enter more closely into the practices and rhythms of monastic life



Based on the Rule of St. Benedict as a concrete interpretation of the Gospel, this tradition seeks to incorporate into daily experience a deeper awareness of God's presence through the disciplines of monastic wisdom. This is a wisdom which is rooted in Christian experience and has the potential to illumine and enrich one's daily life outside the monastery.

THE STRUCTURE OF THE MONASTIC CENTER



Participants in our program will reside in a **specially designated area of our Guest House**. This separate area is intended to protect an experience of **solitude and silence** which has been the monastic path into prayerfulness and contemplation.

Participation in choir with the monks at the **liturgical hours** throughout the day is central to this program. These times of common celebration in prayer form the heart of our day as we come together to stand before the Lord.

Lectio divina is an important dimension of monastic spirituality. This is a prayerful and meditative reading of Scripture and sacred texts which can open the heart to a contemplative savoring of God's word. Instruction and assistance will be available for those who would like some guidance in this practice.

A special library is located in the Monastic Center which contains important works in Christian and monastic spirituality. Suggested reading lists are available.

The afternoon periods are normally dedicated to **work**. This activity is important for maintaining a healthy balance in the structure of the day.

It provides an opportunity to experience work as a form of prayer as well as practical service.

The **horarium** itself calls for a discipline and fidelity that can lead to inner freedom.

The simplicity and absence of distractions in the environment can awaken newer and deeper levels of awareness.



THE HORARIUM OR DAILY SCHEDULE

3:15	Rise
3:30	Vigils
4:30 - 6:30	Private prayer <i>Lectio Divina</i>
6:30	Lauds
7:00	Eucharist
8:00	Breakfast <i>Lectio Divina</i> Private Prayer
9:15	Tierce
9:30	<i>Lectio divina</i> Study
11:45	Sext
12:00	Dinner
12:30	Rest
1:45	None
2:00	Work
5:30	Vespers
6:00	Supper
6:30	Prayer, Lectio, Study
7:30	Compline
8:00	Retire



REQUIREMENTS

- Men between ages of 18-70.
- In good health.
- No charge. Free-will offering can be made.
- Minimum stay of four days for the first visit.

