



## News Release

**FOR IMMEDIATE RELEASE**

**July 21, 2009**

### **Summer Monastic Experience brings ‘youthful and enthusiastic presence’**

**CLYDE, Mo.** – For one week each summer, women feeling a call to religious life can delve into the life of a Benedictine Sister and learn more about monasticism with no strings attached. For several years, the Benedictine Sisters of Perpetual Adoration in Clyde have hosted the Summer Monastic Experience, a week-long residential program that invites women to explore monastic life and prayer. Seven women from states across the nation attended the most recent session held July 8-14.

“Those who participate in our Summer Monastic Experience have often expressed how meaningful it is to join us in the Liturgy of Hours, the Eucharist and just daily life in the monastery,” Clyde Prioress Sister Sean Douglas, OSB said. “Sometimes it’s very different from what they expected.”

During their stay, participants worked in the sisters’ altar bread department, soap shop, sewing room and correspondence department. They joined the Sisters for liturgical prayer, meals and recreation. They also received input on *Lectio Divina*, centering prayer, adoration, community life skills, the life of St. Benedict and the Liturgy of the Hours.

“I always enjoy hosting the monastic experience week here in Clyde,” Sister Lynn Marie D’Souza, OSB and former participant of the Summer Monastic Experience said. “The youthful and enthusiastic presence of the participants blows a fresh breeze through the monastery. I am allowed to glimpse our life through new eyes and rediscover the graces and blessings of this life of prayer to which I have been called.”

Some of the participants are discerning a religious vocation, and the Benedictine Sisters feel privileged to demonstrate what contemplative monastic life is all about.

“It has also been meaningful for us to experience their enthusiasm and energy in our midst, to hear about what they are presently doing for work, or what they may be studying in school, their hopes and dreams. We hold each of them in prayer as they continue in their life’s journey,” Sister Sean said.



**Benedictine Sister of Perpetual Adoration Mary John Meyer ( top ) enjoyed the extra pair of hands offered by a participant of this year ’ s Summer Monastic Experience. Seven women from across the nation got a glimpse of religious life during the residential Summer Monastic Experience hosted by the Benedictine Sisters of Perpetual Adoration in July ( bottom ) .**