



MONASTERY
OF THE
HOLY SPIRIT

Monastery of the Holy Spirit
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*Touch the world with prayer—
consider Cistercian life.*

CALLLED BY THE
SPIRIT
OUR LADY OF THE HOLY

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CALL BY THE

OUR LADY OF
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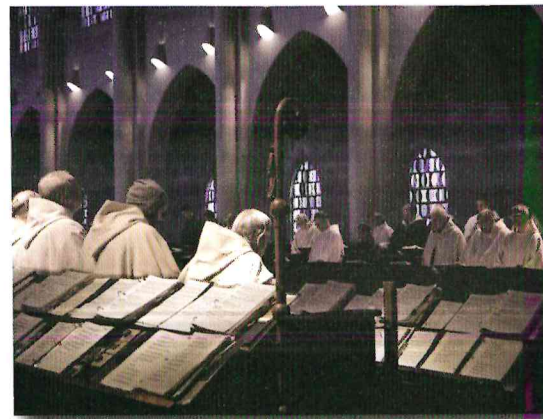
LOVE GROWS HERE...

Empowered by the Holy Spirit to seek God, Trappists encounter beauty, joy and transformation. Our intentionally ordinary life leads to the extraordinary—grace from God and community—and gratitude. Our deep inner lives, distinct daily rhythms and shared spiritual journey become a continuous prayer of love—to God and for the world.



DEEP INNER LIFE

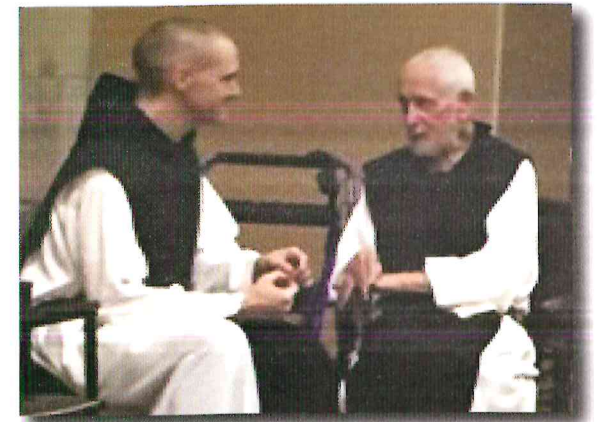
- Trappists let go of daily distractions, thereby **freeing** the mind and heart for deep contemplation.
- Our **activities** and attire are simple and **humble**.
- Our **grounds** are profoundly silent. As lovers of the place, we find blessings in union **with** and stewardship of creation.
- We **maintain** decided degrees of separation from the outside world—seeking **to** continually renew ourselves and the **world** through prayer.



DISTINCT DAILY RHYTHMS

- The Trappist experience balances the spiritual, intellectual and physical with a life of steady rhythms.
- Days are punctuated with frequent prayer and worship, the study of sacred texts, and simple, honest work that sustains our earthly mission.
- Each activity enriches the other, so that we are always ready to listen and respond to God's call.

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SHARED SPIRITUAL JOURNEY

- Trappist communities bring together people of diverse ages and backgrounds, sharing a deep desire to know God, discern His will, and to give ourselves over to His love.
- We grow in friendship. We support each individual's growth and well-being. We are **inspired** as we encounter the presence of Jesus Christ in community.
- Monastic values—prayer, work, silence, solitude, and community—are human values, practiced not as monastic ideals but as *deep human needs*. We love our lives and want to share it with others.