

Elements of our Monastic Life

The Vows

We profess vows of poverty, celibacy, obedience, and prayer.

Simplicity

We wear a religious habit as a sign of our consecration. The community has a simple healthful diet meant to detach us from individual preferences and excessive self concern.

Each nun and monk lives in a cell, which has a bed, prayer desk, and chest for clothes.

Work

Manual labor is an important part of our spiritual practice. During the summer we work in our vegetable garden. The community also makes soap and prayer benches and runs a small bookshop.

Liturgy & Prayer

Each day we offer the Holy Eucharist, the four-fold Daily Office, and an hour and a half of silent prayer. We also devote time to spiritual reading, study, and *lectio divina*.

Enclosure

We remain on the monastery grounds except for necessary outings.

The Lord Jesus has invited us to draw near to him in the monastery, forsaking everything for this love.

Committed to prayer, intercession, and conversion of life, 'in the spirit of our Mother St Julian', our life in community is grounded in the Eucharist and four-fold Daily Office, and includes times of solitude and recreation.

The contemplative monastic life is a largely hidden life of everyday faithfulness. To be consecrated, for love, to this life of worship and ordinary work, to take the path of conversion of heart in monastic community, is the way the Lord calls us to live the gospel. The praise of God and intercession for the needs of all is our service to the wider Church and the world.

To give ourselves without reserve to the Love that has called us here is our fulfillment and overflowing joy in Christ.

It takes as much energy, good physical and psychological health, fidelity, and commitment to embark on the monastic life as on any ministry. The level of energy and health required to undertake monastic life can be compared to that needed to enter any rigorous profession, and the level of maturity and commitment equal to that needed to be a spouse or parent.

After a period of initial formation and discernment lasting at least 6 years, our commitment is made for life. This opens us to those degrees of growth and wisdom that can only be reached through the limitations of a definitive commitment.

Initial requirements

- single status without debts or dependents
- age 21- 40*
- desire and willingness to seek God in the common life of the monastery
- generosity of spirit and ability to live well with others
- a sense of humor
- good physical and psychological health
- some college or work experience
- trust in the Church as Christ's body and participation in its sacramental and communal life

*Exceptions may be considered

Monastic Life

The Desert Fathers and Mothers of early Christianity went out into the desert in order to face head-on those things in themselves that drew them away from Christ and his love. They understood that to commit to this struggle brought them to the purity of heart and conformity to the love of God in Christ Jesus that are the sign of the kingdom of God.

Their singlehearted search for God became the monastic life, which is still a way of struggle and dedication offered for love. It is the creation of Christian community in a small and concentrated environment, centered on the worship of God and providing the structure, support, and challenge by which the aspirations of each member to grow to full humanity in Christ may be fulfilled.

To seek God is the beginning, middle, and end of monastic life, which exists solely to direct each nun and monk to a life wholly committed to God and to union with him.

'It is humility, voluntary poverty, obedience, peace, joy in the Holy Spirit. Our way of life is subjection to a teacher, to an abbot, to a rule, to discipline. Our way of life is to apply oneself to silence, to practice fasting, vigils, prayer, manual work, and above all to hold on to the more excellent way which is charity, advancing in all these observances from day to day, persevering in them until the last day.'

—St Bernard of Clairvaux

We are nuns and monks of the Episcopal Church living a common life under vows of poverty, celibacy, obedience, and prayer.

St Julian of Norwich, the 14th century English anchoress, is the patron of our Order.

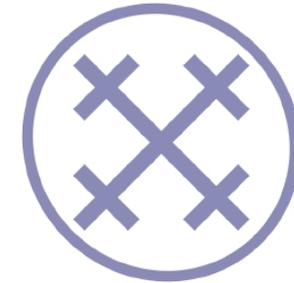
The Order of Julian of Norwich

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"Go, sell your possessions and give to the poor...then come, follow Me..."

Matthew 19.21



the Order
of Julian
of Norwich

A contemplative
monastic order
of monks and nuns of the
Episcopal Church.