

## **Living in Community**

Day to day living in a community requires a common understanding among the individuals of what is expected to maintain good order. Mount Michael like all Benedictine Monasteries has a document called a Customary that outlines the daily life of the monastery. Every monastery has a customary that is unique to that monastery.

Below are the basic guidelines gleaned from Mount Michael's Customary that concern participants in the Monastic Housing Program. The entire document is available on the Abbey's website.

### **Night Silence:**

Night silence begins at 10:30 pm each night. The discipline of silence is a gift that the monks give one another for rest and for developing one's relationship with God. Any speaking should be done by way of exception. Noise that might disturb others should cease after 10:30 pm. Do be aware that some monks retired early than others. Please be considerate of this in the private room areas after night prayer.

### **Day Silence:**

Please limit all unnecessary noise and loud speaking in the private room area. Particularly after lunch when some might take a siesta.

Radios, media players, computers and televisions are permissible, but should be played so as not to disturb others at any time of day.

### **Monastic Cloister:**

The monastic cloister consists of the abbey building, except for the first floor of the west wing, the common recreation areas, the kitchen, oratory and the laundry room.

The east wing private rooms is off limits to everyone that is not living or working in that area. Visitors should be entertained in the guest parlor, library, or heritage room.

## **Horarium: Daily Schedule**

**Divine Office: All guest are welcome to participate in the daily rhythm of monastic prayer as fits their schedule.**

### **Weekdays:**

Morning Prayer 6:30 in the chapel  
Eucharist 7:15 in the chapel  
Mid-day 12:00 prayer in the Abbey oratory  
Vespers 5:15 pm in the chapel  
Night prayer 7:15 pm in the oratory

### **Saturday:**

Morning Prayer/Eucharist 8:00 am in the Chapel  
Mid-day prayer 12:00 pm in the Abbey oratory  
Vespers 5:15 pm in the chapel  
Night prayer 7:15 pm in the oratory

## **Sundays**

Morning prayer 7:00 am

Eucharist 9:30 am

Mid-day prayer 11:00 am

Vespers: 5:15 pm

Night Prayer Privately.

**Meals:** Sharing meals is an important part of community life. All Guests are welcome to eat with the monks at scheduled mealtimes.

Meals and dinnerware should not be taken outside of the dining area.

- Weekdays

Breakfast: A hot breakfast is available after Mass

Lunch: follows immediately after Mid-day prayer.

Dinner: 6:00 PM with table reading except on Wednesdays.

\*Wednesday is the same as other weekdays except for dinner. After Vespers, Dinner is preceded by Haustus which is a social with beverages and appetizers.

- Saturdays

A continental Breakfast is available before or after morning prayer/Eucharist.

Lunch and Dinner are the same as weekdays.

- Sundays

A continental Breakfast is available before or after morning prayer.

Brunch is served after Mid-day prayer (11:00 am)

After Vespers, Dinner is preceded by Haustus which is a social with beverages and appetizers.

## **Over Night Guests**

Permission from the appropriate superior should be sought ahead of time as should arrangements made with guest master.

Daily Visitors should not be received after night silence. It is also appropriate that they should leave campus by 10:30 Night Silence.

**The Mount Michael campus is tobacco free.**

**Alcoholic Beverages may not be kept in monastic or guest quarters.**

Please keep the program supervisor informed if you intend to be gone for an extended period of time.