

*If Today You
Hear His Voice,*

*harden not your heart
(Psalm 95)*



**MONASTIC EXPERIENCE WEEKEND
A DISCERNMENT RETREAT OFFERED BY THE
SISTERS OF REDWOODS MONASTERY**

THE WEEKEND

June 7 - June 10, 2018

Redwoods is a Cistercian monastery (Trappist) begun in 1962 by Belgium sisters from the monastery of Nazareth. These Roman Catholic sisters, following the rule of St Benedict and French Cistercian and Trappist reforms, were also inspired by the Flemish mystical tradition. They desired a God-centered life that embraced the values of simplicity, poverty, silence, and continual prayer and personal transformation. They sought and found God in the ordinary experience of daily living, nurturing the centrality of love as they grew in union with Christ.

We make this spiritual heritage available today and invite young Roman Catholic women (ages 18-40) to join us for this unique opportunity to experience the richness of monastic life:

silence, the beauty of nature, private and communal prayer, and meditation. This weekend is especially geared toward those who are discerning a vocational call to religious life.

Weekend participants are invited to attend the monastic hours of prayer, Eucharist, and meditation with the sisters in the monastic choir. There will be conferences on prayer and monastic spirituality as well as time for hikes in our redwood forests as weather and time permit. Meals will be taken with the sisters and lodging is in the Guest House. Some time for manual labor may also be included.

We are located on 300 acres of old growth redwood forest in Northern California and are deeply committed to preserving our forests, rivers, and wildlife.



Schedule

Thursday, June 7, 2018

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| Check-in | 3:30-4:30 |
| Vespers | 5:40 |
| Supper | |
| Introductions | |
| Compline | 7:30 |

Friday, June 8

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| Vigils | 5:00 |
| Meditation | 5:45 - 6:45 |
| Lauds | 7:00 |
| Breakfast | |
| Lectio | 9:45 - 10:45 |
| Work | 11:00-12:00 |
| Noon Prayer | 12:20 |
| Lunch follows | |
| Conference | 2:00-3:00 |
| Mass | 5:30 |
| Supper | 6:00 |
| Vespers | 7:30 |

Saturday, June 9

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| Vigil Meditation | 5:45 - 6:45 |
| Lauds | 7:00 |
| Breakfast | Silence |
| Lectio | 9:15 - 9:45 |
| Conference | 10:00-11:00 |
| Mass | 12:00 |
| Lunch follows | |
| Walks | |
| Vespers | 5:40 |
| Supper | 6:00 |
| Sunday Vigils | 7:30 |

Sunday, June 10

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|----------------------|-------------|
| Meditation | 5:45 - 6:45 |
| Lauds | 7:00 |
| Breakfast | |
| Packing / Cleaning | |
| Evaluations | |
| Mass | 11:00 |
| Lunch with Community | |
| Departure | |

What to bring

Jeans - comfortable and modest clothes for meditation, work, and hiking. Good walking shoes, boots and rain gear as needed. Also bring an alarm clock and a flash light. Towels and bedding are provided. If you have special dietary needs, please please let us know in advance. NB: Cell phones do not receive signal here. The monastery's phone will be available as needed.

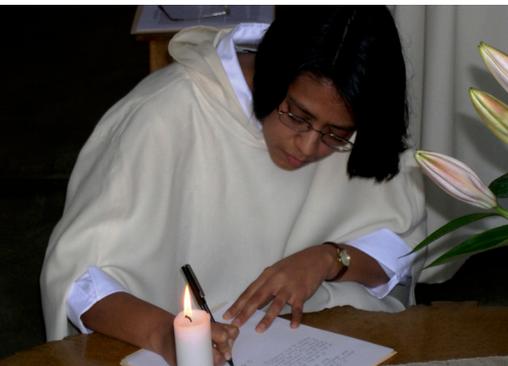
For Reservations

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*.... that we may prefer nothing to the Love
of Christ (Rule of Benedict, Chapter 4)*