

Reflections

by brother Columba

We are a community of twelve brothers who follow the Rule of St. Benedict. We try to have a balance of prayer and work, times for recreation in the evening, and extended times for retreat.

We take three Vows of Monastic Life: Obedience, Stability and Community Life. We encourage each other by our choices and inner freedom to live responsibly.

We nurture and support each other. We make time for *lectio* and listening. Work and leisure are foundational for our community life.

Faithfulness to prayer focuses us; leisure time keeps us energized and restores our vision.