



CONGREGATION OF BENEDICTINE SISTERS OF PERPETUAL ADORATION  
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## News Release

**FOR IMMEDIATE RELEASE**

**March 24, 2009**

### **Soap Sister launches Monastery Scents blog**

**CLYDE, Mo.** - She was searching for another way to share her ministry with the world and found it on the Internet.

Benedictine Sister of Perpetual Adoration Cathleen Marie Timberlake, affectionately known as the Soap Sister, recently launched a new blog site to share the word about Monastery Scents, the congregation's line of handcrafted soaps.

Founded in 2000, Monastery Scents began when Sister Cathleen Marie decided to pursue her interest in soap making as part of the Sisters' devotion to St. Benedict, who stressed the importance of work and prayer. Armed with nothing more than a recipe and a photo taken from the Internet, she jumped in and never looked back. Since then, business has grown exponentially and has provided invaluable income to help support the Sisters' contemplative life.

The blog includes information about the inner workings of the soap shop, the history behind it and information on the variety of products she offers. Woven in among the postings are Sister Cathleen Marie's reflections of life and prayer.

Her products are homemade, all-natural, environmentally friendly and a godsend for dry and fragile skin and for those suffering from ailments such as poison oak or poison ivy. With more than 40 scents to choose from, she has the right fragrance for any occasion.

Monastics are encouraged to live by the work of their hands and that in all things God might be glorified. Sister Cathleen made a connection between the Sisters' ministry of prayer and the work of their hands by adding a drop of holy water to the soap and praying for everyone who uses it. Because of this special touch, her soaps have become a popular gift for soldiers around the world and for those who are ill.

To keep up with business, she relies on volunteers who donate materials and time to sew thousands of the bags. Also helping out are local schools and organizations that sell the soap as a fundraiser. She now offers personalized wedding favors and a new line of soaps for baby's soft and delicate skin.

Sister Cathleen Marie was born in California and entered the Benedictine Sisters in 1967. The Sisters are a contemplative monastic community who live according to the Rule of Benedict and who serve the Catholic Church through a ministry of prayer and a distinctive dedication to the Eucharist. She attends three to four conventions and bazaars each year to promote the life and work of the Benedictine Sisters through her soap ministry. She also serves on the board of directors for the Handcrafted Soapmakers Guild and is the chairperson of the group's membership committee.

To learn more, please log onto <http://clydemonastery.org/monasteryscents/>.

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**Sister Cathleen  
Marie Timberlake**

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