



CONGREGATION OF BENEDICTINE SISTERS OF PERPETUAL ADORATION
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News Release

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Get back to the basics: Spend Spring Break at a monastery

CLYDE, Mo. – The Benedictine Sisters of Perpetual Adoration in Clyde will host their annual Spring Break Monastic Experience for college students interested in a more non-traditional celebration of the spring rite.

“It’s about putting away the cell phone, stepping away from the computer and learning how to relax again in a peaceful setting,” Vocation Director Sister Ruth Elaine Starman, OSB said. “We schedule these opportunities in coordination with college spring breaks to give women a break from the hectic pace of school and a chance to strengthen their relationship with God with no strings attached.”

Students can choose from one of several five-day sessions scheduled March 7-11, March 14-18 and March 21-25 at the monastery. Each session takes place Saturday through Wednesday. Cost, which includes room and board, is \$25 per person.

Hosted for single women age 18-30, students will participate in the sisters’ daily prayer schedule, share meals and stay in the monastery’s guest house. Students will work with a group of sisters each morning then have free time in the afternoon. They’ll also attend sessions involving prayer life and how to incorporate Benedictine practices into their daily lives.

“Those who participate aren’t necessarily women discerning a call to religious life. Many who participate are simply looking for a way to get back to the basics of life,” Sister Ruth said. “So this is an affordable opportunity in more ways than one.”

The Spring Break experience has been hosted by the sisters for several years and serves as an introductory compliment to the Summer Monastic Experience, which involves a more focused look on the vocation of monastic life.

For more information about the Spring Break Monastic Experience, please contact Sr. Ruth Elaine at (660) 944-2221, e-mail vocation@benedictinesisters.org or click on www.BenedictineSisters.org.

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