



CONGREGATION OF BENEDICTINE SISTERS OF PERPETUAL ADORATION  
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## News Release

May 23, 2007

### Summer Monastic Experience invites people to slow down

**CLYDE, Mo.** - Slow down and experience the balance of life.

That's the invitation from the Benedictine Sisters of Perpetual Adoration who will host their annual Summer Monastic Experience July 21-27, 2007, at their community in Clyde, Mo.

The residential program invites single women between the ages of 18 to 38 without children to learn more about the contemplative dimensions of monastic life with no strings attached.

The week will include sessions involving prayer life and how to incorporate Benedictine practices into the participants' daily lives, working with various departments throughout the community and attending social events with the sisters.

The program gives young women of any faith who are looking for options for their future a chance to experience monastic life, to give them time away from busy schedules and to share with other women who might be thinking about religious life, Vocation Director Sister Ruth Elaine Starman said.

"For some women, it's just one option among many they are considering," she said. "For others, they sense they are being called to religious life and are now exploring different communities. What they all have in common is a desire to deepen their relationship with God."

For more information, please contact Sister Ruth Elaine Starman at [vocation@benedictinesisters.org](mailto:vocation@benedictinesisters.org), call toll-free at (877) 632-6665 or log onto [www.benedictinesisters.org](http://www.benedictinesisters.org).

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