



CONGREGATION OF BENEDICTINE SISTERS OF PERPETUAL ADORATION

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## News Release

January 28, 2010

### **Benedictine Sisters host popular Spring Break program**

**CLYDE, Mo.** – The Benedictine Sisters of Perpetual Adoration in Clyde will host their annual Spring Break Monastic Experience for college students looking for a place to relax and unwind from their busy lives.

Students can choose from two five-day sessions scheduled March 13-17 and March 20-24 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, according to organizer Sister Ruth Elaine Starman, OSB.

"They are young women looking for a quiet place to unwind, share in prayer with others, enjoy the beautiful acreage available for hiking and biking and spend a few days reconnecting with God," she said. "Many of them aren't planning to become a nun. They just desire a place of prayer and peace, to recharge their batteries before returning to their busy lives."

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 Sister Ruth Elaine at (660) 944-2221 or e-mail [vocation@benedictinesisters.org](mailto:vocation@benedictinesisters.org). For a flyer, please click on <http://bit.ly/4OXWti>.



**The Clyde monastery of the Benedictine Sisters will host its popular Spring Break Monastic Experience for college students in March.**

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