

Benedictine Monastery of Hawai'i

"Come away by yourselves to a quiet place and rest for a while."

Mark 6:31

Monasteries are places where the divine rhythm of work, prayer, and rest resonates with the heart in such a way that the human person is realigned and renewed. In this gentle rhythm we can hear the Father calling our name and reminding us who we are, reminding us that we are loved beyond imagining.

Aloha and welcome! Because we know you are here to seek the Lord in quiet and serenity, we pray that your stay with us will be both prayerful and restful. We are truly happy to share a bit of our life with you.

GUIDELINES FOR GUESTS

1. **PRAYER:** You will find a copy of our daily schedule in your room. You are expected to join the community for Prayers and Mass (see schedule). Changes in the schedule will be announced.

***RECEPTION OF COMMUNION:** The United States Conference of Catholic Bishops teaches that reception of the Eucharist by Christians not fully united with the Roman Catholic Church would imply a oneness which does not yet exist and for which we all pray. Therefore, we request that non-Catholics refrain from receiving communion at Mass. However, we encourage you to go up to the priest distributing the Host, with your arms crossed over your heart, and receive a blessing. Likewise, Catholics are reminded to receive communion in a state of Grace. If you are aware of any unconfessed mortal sins, the Church asks that you receive the healing of the Sacrament of Reconciliation prior to receiving Communion.

2. **MUSIC:** The Liturgy of the Hours is chanted back and forth from one side of the chapel to the other. It is sung in unison with some softening on the end of each line. The morning Benedictus and the evening Magnificat are located on a plastic card in your psalm books.

3. **ATTIRE:** We ask that you observe proper chapel and monastery attire. When we come together in chapel, men should wear trousers or walking shorts to the knee; women should wear modest blouses, and skirts or slacks. Short shorts or other revealing attire are not to be worn at the monastery at any time. Since the Angelus is prayed outside at noon, you will not need to change to chapel attire.

4. **MEALS:** You are expected to join the community for morning and evening meals. Lunch is available, although it is optional. While we fast on Wednesdays and Fridays, there will be food available for guests. If you are personally fasting on days other than community fast days, we do expect you to join us at the evening meal for fellowship; you do not have to eat.

5. **DONATIONS:** The suggested donation is \$125 per individual per day and \$150 per day for couples. Please see Sister CC for special requests. Spiritual Direction is available for a \$50 donation. If you need transportation to and from the airport, please add \$60 one way. Please leave your payment with Sr. CC.

6. **BOOKSTORE:** Please feel free to browse in our bookstore located in the Hale Malia Retreat Center (main building). If you wish to purchase anything, please speak to one of the community members.

7. **ROOMS:** If you need anything not provided, please let Sr. CC know. It is advisable that you take your flashlight with you in the evening. When leaving your room, please turn off the lights and close your windows and louvers. An umbrella is provided for your use. No smoking, drugs, or alcohol are permitted.

8. **LEAVING:** As a final courtesy, please bundle your bed linens and towels and leave them on the bathroom floor. You will find clean sheets in the bureau drawers or in the closet that you can use to remake the bed. Please also close all windows and louvers. We invite you to offer a prayer for the next guest who will use the room.

May your time with us be one of peace and grace. We are delighted to have you share in our monastic rhythm of life and in the beauty of this place that God has provided. Mahalo.

Benedictine Monastery of Hawai'i

Daily Schedule

****Prayer and Meals are held inside the Hale Malia Retreat Center building****

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30	6:30 - 7:30 Adoration of the	6:40 - Depart BMH for Mass	6:30 - 7:30 Adoration of the	6:40 - Depart BMH for Mass	6:30 - 7:30 Adoration of the	6:40 - Depart BMH for Mass	6:40 - Depart BMH for Mass
7:00	Blessed Sacrament (optional)	Mass at St. Michael Parish	Blessed Sacrament (optional)	Mass at St. Michael Parish	Blessed Sacrament (optional)	Mass at St. Michael Parish	Mass at St. Michael Parish
7:30	Morning Prayer (Lauds)	in Waialua	Morning Prayer (Lauds)	in Waialua	Morning Prayer (Lauds)	in Waialua	in Waialua
8:00	Breakfast	**Silence**	8:15	**Silence**	8:15	**Silence**	**Silence**
8:30		Morning Prayer (Lauds)	Mass	Morning Prayer (Lauds)	Mass	Morning Prayer (Lauds)	Morning Prayer (Lauds)
9:00		Breakfast	Breakfast	Breakfast available for Guests	Breakfast	Breakfast available for Guests	Breakfast
9:30							
10:00	Sunday Mass	9:30 - 12:00	9:30 - 12:00	9:30 - 12:00	9:30 - 12:00	9:30 - 12:00	9:30 - 12:00
10:30		Work	Work	Work	Work	Work	Work
11:00							
11:30							
12:00	Angelus (on the Lanai)	Angelus (on the Lanai)	Angelus (on the Lanai)	Angelus (on the Lanai)	Angelus (on the Lanai)	Angelus (on the Lanai)	Angelus (on the Lanai)
12:30	(followed by Lunch)	(followed by Lunch)	(followed by Lunch)	Lunch available for Guests	(followed by Lunch)	Lunch available for Guests	(followed by Lunch)
1:00							
1:30		1:00 - 3:00	1:00 - 3:00	1:00 - 3:00	1:00 - 3:00	1:00 - 3:00	1:00 - 3:00
2:00	1:00 - 4:30	Work	Work	Work	Work	Work	Work
2:30	Rest/Free Time						
3:00							3:00 - 4:30
3:30		3:30 - 4:30	3:30 - 4:30	3:30 - 4:30 Adoration of the	3:30 - 4:30	3:30 - 4:30	Rest/Free Time
4:00		Lectio Divina (individually)	Lectio Divina (individually)	Blessed Sacrament (for Vocations)	Lectio Divina (individually)	Lectio Divina (individually)	
4:30	Vespers & Rosary	Vespers & Rosary	Vespers & Rosary	Vespers & Rosary	Vespers & Rosary	Vespers & Rosary	Eve I - Vespers & Rosary
5:00	5:15	5:15	5:15	5:15	5:15	5:15	5:15
5:30	Dinner	Dinner	Dinner	Dinner available for Guests	Dinner	Dinner available for Guests	Dinner
6:00							
6:30							
7:00							Vigils (TBA)
7:30	**Grand Silence**	**Grand Silence**	**Grand Silence**	**Grand Silence**	**Grand Silence**	**Grand Silence**	**Grand Silence**
8:00	(until after morning Lauds)	(until after morning Mass)	(until after morning Lauds)	(until after morning Mass)	(until after morning Lauds)	(until after morning Lauds)	(until after morning Lauds)
8:30							
9:00							

WEDNESDAY & FRIDAY are fast days for our Community; no formal meals will be served, however food is available for Guests.

A Community member is assigned to provide a meal for Guests and Community members unable to fast.

[Revised: 1/19/21]