



Welcome to Holy Cross Monastery!

**For your comfort and that of other guests,
please note and honor the following:**

Church: We hope you'll join us in worship. We ring the tower bell 10 minutes before each office and Mass. Please follow the brothers' lead and, if you choose to chant along with them, please do so softly. The church and crypt below are open day and night for your use. The Horarium for worship and meals is posted in each guest room and the bulletin board under the main staircase.

Silence: Always observe silence in the church, crypt, and cloister adjacent to the church. During the Great Silence (8:30 P.M.–8:30 A.M.), please maintain silence within as well as outside near the buildings. At all other times, please maintain a quiet atmosphere.

Phones, Audio Devices, & Wi-Fi: If you must have your phone with you, keep it in silent mode and use it in the Telephone Room (by the elevator) or outside, away from the building. Use headphones/earbuds when listening to audio. The best Wi-Fi access point is in St. Scholastica (the small room by the elevator) where you'll also find login instructions. Our provider allows for one hour of free Wi-Fi per day, with an option to buy more access time. If you know the login and password for your cable service, you can log on for unlimited free time with that information.

Elevator: One person at a time! Remember to close the scissor gate on the cab *and* the swinging gate on each of the upper floors when leaving the elevator, otherwise it won't move.

Meals: Assemble near the refectory a few minutes before each meal so you can enter after hearing the small bell ring. We first gather in a circle to say grace, except at breakfast. St. Scholastica (the small dining room) is available if you'd prefer taking all meals in silence. We provide a small refrigerator and microwave near the refectory for guests who prefer to bring their own food.

Coffee Area: We begin brewing coffee by 6 A.M. each morning. You'll also find tea, hot chocolate, and fruit there, as well as a refrigerator and microwave oven for guests' use.

Parking: We have a gravel lot for overnight parking and request that you observe all signs on our driveway about signaling.

Smoking: We provide an ash receptacle opposite the main entrance for smokers. It's the one and only place we allow smoking.

Outdoors: We keep the front door unlocked so you may explore our grounds at any time. We provide flashlights and insect repellent that we strongly advise using to ward off ticks. As you explore, please respect signs about the Monastic Enclosure, which is not open to guests.

Rooms: To conserve heat, set the radiator no higher than #2. *DO NOT* burn candles or incense. Do not eat food in your room. Remember to turn off lights and fans whenever you leave your room.

Departure: Please vacate your room by 10 A.M., putting dirty sheets and towels (*not* mattress pads, blankets, or bedspreads) in a pillowcase and set it outside your door. Then, make your bed with clean linens from the closet on each floor, placing fresh towels on the door rack. Finally, please close the windows and say a prayer for the room's next guest. You may store luggage in or just outside the Porter's Office and along the wall beneath the coat hooks.



Horarium

7:00 A.M.	Matins
7:45 A.M.	Breakfast
9:00 A.M.	Eucharist
12:00 P.M.	Diurnum
12:30 P.M.	Dinner (Main Meal)
5:00 P.M.	Vespers
6:00 P.M.	Supper
8:00 P.M.	Compline

*The Great Silence begins after Compline
and continues until 8:30 A.M. the next morning.*

In the event of a life-threatening emergency, Call 911.

You'll find a landline in the Telephone Room by the elevator.

After calling 911, or in the event of a lesser emergency or urgent matter (such as a significant plumbing leak), notify a staff member or brother in person or by calling:

845-384-6660 (during the day)

845-399-1725 (after hours)

Our physical address:

1615 Route 9W
West Park, NY 12493