

## **Welcome to the Guesthouse at Holy Cross Monastery!**

We are delighted that you have chosen to spend your time of retreat with us. If there is anything that would make your stay more comfortable, please don't hesitate to speak to the Guestmaster, Br. Ephrem or to our Guesthouse Manager, Donna Mallory. Both of them have offices located at the monastery entrance.

Below you will find some information that may be helpful to your stay. We pray that God will richly bless your time with us!

### **Holy Cross Monastery and the Order of the Holy Cross**

Holy Cross Monastery is the oldest and largest community in the Order of the Holy Cross, an Anglican Benedictine monastic order founded on the Lower East Side of Manhattan in 1884. We have been on this property since 1902. Hospitality is our main ministry in this community, though we also offer spiritual direction, lead retreats, and serve in local parishes.

Our sister house is St. Benedict's Priory in Hermanus, South Africa.

### **Appropriate Attire**

We ask that you observe the following guidelines for clothing while at the monastery:

- Shorts, skirts, and dresses should reach near or below the knee.
- Shoulders should be covered.
- Clothes should not be tight or revealing (please do not wear leggings).
- Gentlemen, please do not wear hats in the church or the refectory (kufis and kippas excepted).
- Robes or clothing should be worn to and from the showers on the upper floors of the Guesthouse.
- Shoes or slippers must be worn at all times.

### **Church**

Common worship is the heart of our life, and we welcome you to join us for our Office and daily Eucharist. All services are located in St. Augustine's Church (see map). We ring the tower bell ten minutes before each service.

You are welcome to participate as fully as you would like in each of the services. Please follow the lead of the monastic community when it comes to pacing, volume, and pitch.

The church is open at all times for silent prayer. You are welcome to take pictures outside of worship times. All baptized Christians are welcome to receive communion. Should you wish to receive a blessing rather than the bread and wine, please come forward at communion with your arms crossed across your chest.

The horarium (church schedule) is as follows:

Matins: 7am

Eucharist: 9am

Diurnum: 12pm

Vespers: 5pm

Compline: 7:30pm

During Contemplative Days, the horarium changes:

Matins: 7am

Eucharist: 11:45 (9am Sunday)

Vespers: 5pm (4pm Sunday)

There is no Diurnum or Compline during Contemplative Days

## **Silence and Quiet**

We ask that, *at all times*, you maintain an atmosphere of quiet in the guesthouse in order to facilitate the retreat experience of fellow guests. Please keep conversations in public spaces, including outdoors, in low tones. Please do not have conversations in your room; the walls are very thin. You are welcome to have quiet conversation in St. Scholastica (outside of meal times), St. Augustine, Whittemore (next to St. Augustine), and the Middle House Common Room. Please keep conversation in Pilgrim Hall, the library, the coffee area, and the cloister porch areas down to a bare minimum.

We observe the Great Silence here at the monastery, which means that the Guesthouse, grounds, and monastery are in complete silence from 7:50pm (immediately following Compline) until 8.30am. The Great Silence extends to your meeting spaces as well.

We ask that, except in cases of emergency, you not violate the Great Silence with gestures or questions, even with the monastic community.

## **Meals**

We ask you to gather near the refectory five minutes before each meal. A member of the monastic community will ring a bell when the meal is ready. At both dinner (noontime) and supper (evening), please form a circle around the middle tables, pushing as far toward the front of the refectory as you can, so that we can accommodate all guests for the blessing. After the blessing, those closest to the refectory entrance should begin the food line. Please don't be shy about beginning—it's the only way we'll all get through the line.

We do our best to provide for food allergies. At all meals there is a vegetarian option. If you have other allergies, please see our Guesthouse Manager, Donna Mallory. We regret that it is not always possible to provide for all food allergies.

Except on feast days, dinner is taken in silence with a reading for the first half of the meal, after which silence continues.

We ask that you do not help yourself to bread, peanut butter, jelly, or other food from the refectory outside of meal times. Should you be hungry at other times, there is always fresh fruit available in the coffee area.

If you would like to take your supper in silence, St. Scholastica is available. The meal schedule is as follows:

6:30-8:15am: Breakfast (silent)

12.30pm: Dinner (main meal)

5:45pm: Supper

## **Confession and Spiritual Direction**

Priests are available for the sacrament of reconciliation, and spiritual directors are available for pastoral meetings. Please inquire of Br. Ephrem or Donna if you would like to speak with one of the brothers.

## **Coffee Area**

Fresh coffee is available by 6am each morning. You will also find tea and fruit as well as a microwave and refrigerator available for your use. A Keurig machine is available overnight.

## **Cell Phones**

We strongly encourage you to turn off your cell phone for the duration of your stay. There are so few spaces free of electronic distractions these days, and we firmly believe that your retreat experience will be enhanced by turning off your phone. If you do need to use your phone, please do so outside. Under no circumstances bring your phone to the church or the refectory.

## **Library**

There is a library available for guest use located on the first floor of the Middle House. Please return all books prior to your departure by dropping them in the basket near the library door. The library should not be used for group meetings unless given permission. Please observe quiet in the library at all times.

## **Parking**

We ask all guests to park in the upper parking lot. The spaces closer to the Guesthouse are reserved for day guests and staff. Handicap parking is available in the small parking lot near the bookstore.

## **Smoking**

Please keep your smoking confined to the smoking pole located directly across the driveway from the main entrance to the Guesthouse. Smoking is not permitted anywhere else on the grounds.

## **Grounds**

You are warmly encouraged to explore our extensive grounds. We have 26 acres, much of it lovingly landscaped by Br. Timothy and our garden volunteers. Our property extends all the way down to the river, where trails will lead you to stone beaches. You can access these trails by heading downhill on the mown paths (the less steep one is near the treeline). At the treeline at the bottom of the hill you will find the trailheads. Please do exercise caution when walking down the hill, as it can get pretty muddy and slick at wet times of year.

Should you move any of the garden furniture, please move it back where you found it before heading back inside. Please do not weed without explicit permission. You are

welcome to take photographs, but please do so from the boundaries of the flower beds. Do not step in the flower beds under any circumstances.

When walking, we ask you to be aware of the signs that read “monastic enclosure.” These signs indicate the boundaries of the brothers’ private space. Please do not enter these areas.

We do have ticks in the Hudson Valley. We provide insect repellent and sunscreen on a table by the entrance to the Guesthouse. If there is none there, please see Donna in the Guesthouse Office. We ask that you refrain from leaving sticks by the Guesthouse door.

### **Bookstore**

Monk’s Cell Book and Gift Shop is located in the Middle House. There you’ll find Holy Cross incense; books on Christian spirituality, scripture, and theology; t-shirts, cards, and gifts; and—most popularly—chocolate. The bookstore is open Wednesday through Saturday, from 1.30 – 4.30pm and Sunday after Eucharist and from 1 – 2pm.

### **Rooms, Heating, and Cooling**

Please treat your room kindly. We ask that you turn off your fan and lights before leaving the room. Please note that, in the colder months, the boiler comes on in the evening and again the early morning. Should you need an extra space heater or electric blanket, please check the linen closet on your floor. If there is not one there, please see Br. Ephrem or Donna.

Please do not bring food to your room (coffee, tea, and water are fine). Please do not burn candles or incense.

### **Headphones**

Please make sure to use headphones if listening to music, audiobooks, or the like.

### **Departure**

We ask you to be out of your rooms by 10am the day of your departure. On Sundays, you are welcome to stay in your rooms until 1.30pm. Place your dirty sheets and towels (please, no mattress pads, blankets, or bedspreads) in a pillowcase outside your door.

Please remake your bed and set out fresh towels. You can find sheets, pillowcases, and towels in the linen closet on your floor. Please also close the windows and say a prayer or hold a moment of silence for the next occupant of your room.