Name

Handout 8-A

Date

**Monastic Life**

**Part I: Redwoods Monastery** *(women’s community)*

A. As you watch the video, take a few notes in this space:

B. Following the video, write responses to these questions:

1. What testimony from one of the Sisters most stood out to you? Why, or in what way?

2. What image of the monastery and the surrounding area was most striking to you? Why?

3. What is something new or surprising that you learned about monastic life from this video?

Handout 8-A continued

**Part II: Mepkin Abbey** *(men’s community)*

A. As you read the article, take a few notes in this space:

B. After you read, write responses to these questions:

1. The monks of Mepkin Abbey, although dwindling in number, are hopeful about the future of monastic life. What would you say to them to try to encourage and sustain them in this hope?

2. Since Mepkin Abbey was founded in 1949, what aspects of members’ lives as monastics have changed? Which have re- mained the same?

3. What aspects of a monastic life do you think are most compelling or appealing for a modern person? What aspects are most challenging?