

WELCOME

to the Monastery of St. Clare

You have just come through the main entrance to the most important part of our monastery. The sisters' living space on one side, and accommodations for retreatants and workspace for the sisters on the other, flank the chapel, the heart of our life. We intercede for you daily in our prayer, and we invite you to come and share the peace of this holy place.

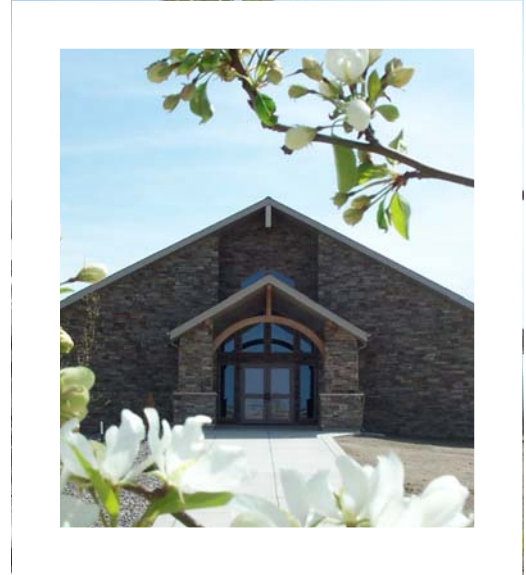
Chapel of Saint Clare

On entering the building, the rotunda can be seen straight ahead. Walled in stone, this area prepares us to enter the sacred space, the chapel. The holy water font is a reminder of our baptism, and we invite our guests to dip their fingers in the holy water and bless themselves before entering the chapel.

The hand carved altar is treated with great reverence, as the sacrifice of the Mass is offered on it. The matching ambo is likewise honored as the place from which the Sacred Scriptures are read.

Over the altar hangs the San Damiano Cross, held in highest esteem and affection by all Franciscans, as it had a major influence in the lives of Saints Francis and Clare of Assisi.

The most sacred space in the entire monastery is the Adoration Chapel, where Jesus is present in the Eucharist contained in the tabernacle. It is the Sisters' privilege and joy to pray here, and to invite others to come as well.



Our Life of Prayer

Prayer and community are the two mainstays of our life as Poor Clares. Our life of prayer is possible because we live in community with others who challenge and support us. Together we are able to live a life of prayer.

How do we pray? The Eucharistic Liturgy and its extension, the Liturgy of the Hours, are basic vocal prayers that form our daily schedule. Feeding this structure are the periods set aside for contemplative prayer and spiritual reading, i.e., the reading of Sacred Scripture and other spiritual books, and study.

Everything we do each day, each action of our lives, when it is done for the glory of God, is part of our life of prayer.

We invite you to be a part of our life of prayer by joining us when you can for Liturgy of the Hours or weekday Mass.

Early morning Time for individual quiet prayer

6:50 a.m.	Morning Prayer Eucharistic Liturgy Quiet Time
9:30 a.m.	Office of Readings
10:00 to 12:00	Work
12:00	Midday Prayer Dinner
1:15 p.m.	Mid-afternoon Prayer
2:00 to 4:00 p.m.	Work
4:00 to 5:15 p.m.	Time for Spiritual reading or quiet prayer
5:15 p.m.	Evening Prayer
5:45	Light Supper (quiet)
6:30	Night Prayer

Fridays are quiet days when the Sisters pray privately.

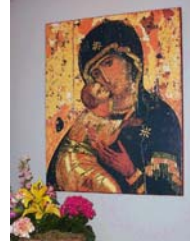
Saturday Morning Prayer 7:30 a.m.

Sunday Morning Prayer 8:00 a.m.

Sunday Evening Prayer 5:30 p.m.

Sacred Art

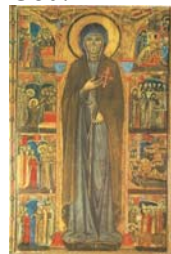
In the chapel are two icons, which are pictures of Christ, saints or holy people. Icons are meant to be a threshold, a “door” into the divine realm, a meeting point of divine grace and human need, and also a way by which we enter more deeply into our own interior life.



In the chapel, the icon of Mary, mother of God, under the title of Our Lady of Vladimir can be seen on the left side wall. This image draws us to ponder the love and affection that Mary had for her son Jesus, and which she also has for us. We are invited to pray to Mary, inspired by this image of the tender and compassionate Mother of God.



The icon of Saint Joseph is on the right side wall as you enter the chapel. Saint Joseph is the patron of fathers, workers, and those in financial need. This more modern image depicts his care for the Child Jesus and his strength and wisdom as a man of God.



On leaving the chapel, you will notice eight ancient pictures on the Rotunda walls. These are enlargements of the scenes depicted on the 13th-century “dossal” of Saint Clare. They tell the story of our foundress’ spiritual journey, from her decision to leave home for a radical expression of her love for Jesus Christ, to her death and acclamation as a saint.