



Your complimentary  
use period has ended.  
Thank you for using  
PDF Complete.

[Click Here to upgrade to  
Unlimited Pages and Expanded Features](#)

## **Some Helpful tips while staying at a Monastery or Convent**

### **Introduction:**

When on a trip with St. Paul's Fellowship of Labor, look at it as traveling abroad to a foreign land with its own time, language, routine, and customs. It is not uncommon for our volunteers to report feeling as if they had been in a different country (sometimes you really will be in a different country) for some short period of time while on our programs. The life of the Church encompasses and ever-permeates the daily lives of the monastic. Out of respect for the monks and nuns, who show us great hospitality, we must try our best to adapt to their schedule and conduct while residing at the monastery or convent. If there are any questions, before, during, or after the program, please do not hesitate to send an e-mail to our main office, [peterpatitsas@gmail.com](mailto:peterpatitsas@gmail.com), or politely ask your program leader, one of the Mothers at the convent, or Fathers at the monastery who are always warm and happy to help.

### **Attire While at a Convent:**

A head covering, a modest skirt (past the knee), and a modest top (no exposed bosoms) are required at all times in the convent, during work, and especially during church services. A head covering can be a simple handkerchief or a shawl (there are some head coverings provided if you do not have any). Occasionally wearing a skirt hinders performance when it comes to manual labor. Therefore exceptions are sometimes made if one of the females on the trip is digging a trench or mixing concrete where a skirt creates difficulty (we are often allowed to wear overalls or jeans for these situations). Just ask the nuns first.

While you are in the guest room you are allowed to wear more comfortable attire, but remember that as soon as you leave the guestroom, even to use the restroom, you must put on the proper clothing. In addition, if we are going on any day trips and would like to wear different clothing, please begin the trip with the proper clothing, and change after you leave the convent.



**PDF Complete**

*Your complimentary use period has ended. Thank you for using PDF Complete.*

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

### **Attire While at a Monastery:**

Long sleeves and pants are essential attire for living in the monastery. At times, depending on the work we are doing, we are often allowed to wear short sleeves while working outside. While in the guest rooms, you can wear short sleeves and shorts, but as soon as you leave the room, even to use the restroom you need to put on pants and a long sleeve shirt. If we are leaving for the day, to go site-seeing or something, change into something more comfortable after you leave the monastery.

### **Conduct For Both Monasteries and Convents:**

All of our volunteers are adults by requirement, so when we speak about conduct we emphasize the unique decorum while at a convent or monastery rather than normal and respectful conduct in daily life which is an understood expectation. Please be aware of noise. We encourage conversation and discussion but please be aware of noise levels as monasteries and convents are very quiet and restful places. Members are expected to remain with the group; more for logistical reasons than anything else. If you need to leave the group because of some set of circumstances, just approach the program leader about it. At night, after the discussions have come to a close and most people are heading to sleep, all members are expected to remain on site and not to leave the premises to return later, even if the person has a car.

If you smoke please walk to the edge of the property, being discrete, and take your smoke. There is no drinking of alcohol or use drugs while on our trips.

We encourage you to read and research a little bit before you come to the monastery.

### **Meal Time:**

Most meals at the monastery and convent have a reading which everyone listens to, please keep quiet while you eat and listen to some amazing stories. It is also important to realize that meals are often much shorter than what most people are used to, so eat up fast.

**On a final note**, we want to help you enjoy yourself and feel relaxed. These directions are just to make you more adept to staying at a monastery or convent. This way you can focus on more important things. Be curious and ask questions. This is an opportunity for retreat. The



Your complimentary  
use period has ended.  
Thank you for using  
PDF Complete.

[Click Here to upgrade to  
Unlimited Pages and Expanded Features](#)

monasteries and convents we go to are always in scenic and peaceful places. The food is hearty and prayers therapeutic.

-We look forward to seeing you-

*Issued by the Board of SPFL*