



Our Inner Home

Thomas Merton wrote that we don't come to the monastery to run away from the world but to find our place in it. I think for many of us our monastic journey is like a home-coming, not because we didn't have family or friends before we joined our communities, but because through this way of life we have discovered our true self, our inner home.

The shape of the tabernacle in our church resembles a beautiful little house. There Jesus is always waiting for

us. But each one of us is a tabernacle too where the Spirit of the Father and the Son dwells. We just need to find the key that unlocks the door to this sacred space of peace and union. Our Trappist-Cistercian life is this key for me. The balance of community and silence, work and prayer, solitude and hospitality have been the greatest blessing for me. If you think this key may unlock the true life within you, don't be afraid, come and see. Jesus' love is greater than what you ever imagined.