

## Ora— At the heart of our monastic life is prayer.

### Divine Office

The Divine Office is our set of community prayers— marking the hours of each day— and sanctifying the day with prayer.

### Eucharist

The celebration of the Eucharist is the centre of our life. It is the highest expression of life in community. It is the beginning and the end of our works; the source of our service to God.

### Silence

In addition to the Hours of Prayer, we make daily time for quiet, personal prayer. It is a strong time of repentance and communion with God. In the silence of our hearts we enter into relationship with God and surrender to His grace.

In silent prayer, just like during the Eucharist and the Hours, we take with us the prayer intentions entrusted to us and we pray for the needs of the Church and the world.



Are you interested in religious life, in need of a prayer or you would like to support our work?



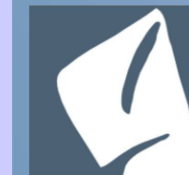
The Monastery of the Community of the Good Shepherd is based in Temse, Belgium:  
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9140 Temse, Belgium – EU  
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In the UK, Brother Johannes lives a life of prayerful presence amongst refugees in Hackney (London).

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*Peace be with you*



Brothers and Sisters  
of the  
Good Shepherd

## As brothers and sisters of the Good Shepherd...

We are called to bear witness  
in the world to the simplicity and  
the freedom of the Gospel.

To walk humbly in loving service,  
with creative hands, on a rhythm of  
a life of prayer in the power of  
loving kindness.

We are called to be a sign of hope  
for people who are hurried or  
oppressed by society.

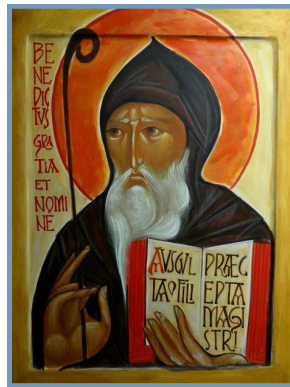
We are called to confirm the  
goodness in every person.

We are called to be in the city  
amongst people and in the Church,  
to be a community with a heart for  
people and the world,  
to radiate the joy of the Gospel.

## The life of a monk/nun is one of Listening.

The life of a monk/nun is one of waiting for  
God. In silence and brotherly life he/she tries to  
open himself/herself to God's friendship and  
love. In a constant prayer, in a steady listening to  
God's Word and in serving and creative work,  
he/she surrenders to God's guidance.  
This waiting and watching lasts a lifetime.

No special education or diploma is required  
before becoming a monk/nun, nor an  
exemplary Christian life. Whoever enters the  
community, starts on a road with several stages.



*"Listen carefully, my  
child, to the master's  
Instructions and attend  
to them with the ear of  
your heart."*

The first verse from the  
Rule of Saint Benedict.

## Community

The life of our community is **monastic & apostolic** (vita mixta). This form of life is described in *our spiritual rule*. It is a spiritual rule of life that unites the various aspects of our life: prayer and work, silence, togetherness and solitude, sobriety, apostolate.

## Vows

The vows a brother or sister takes are:  
**monastic life,  
obedience  
and stability.**

Our life is shaped by monastic instruments  
of: regular lectio divina, the divine office,  
meditation, working and living in loving  
attentiveness, celebrating the sacraments, study  
and reading, the Jesus prayer, brotherhood,  
spiritual guidance, hospitality,...

## Labora

Each brother or sister provides for his/her  
own livelihood and has, in addition to his/her  
own monastic life, his/her own craft, work or  
apostolate. Today in our monastery: candles,  
mustard, cheese and liquor are made as a  
source of income and  
creative labour.

Some of the brothers do  
pastoral work or  
funeral chaplaincy and  
one of the brothers is a  
missionary monk in  
London, UK.

As a sign of our  
consecrated life, we wear  
a blue habit in public and  
a white cowl (a monastic  
prayer robe) in chapel.

