

WHAT IS A MONK?

Most of the major religions of the world have some form of monastic life.
In the Christian tradition, monks live in communities under the guidance of a rule and an abbot. Monastic life for Christians is essentially very simple.

We try to be faithful to the Gospel of Jesus and to be like the first Christian community in Jerusalem, where they had everything in common; they worshipped together and met the needs of others out of their own resources. This ideal of life is for us a road to God, a sure road that has been trodden by many saints. It is a road in which we can be sure of the companionship and support of our brethren and of Jesus Christ himself.

Monks live simple lives, we devote ourselves to prayer and any work that is necessary. We do not marry, since we are called by God to give our lives wholly to him and to spend our lives in seeking him.


MAPS
DOWNSIDE ABBEY