The Interview

You will be contacting and interviewing a monk or nun who lives a monastic lifestyle. You may jot down his or her responses on this sheet, but also number and type up your responses to hand them in.

Web Sources for Making Contact

* List of Cistercian orders: [*http://www.trappists.org/our-monasteries*](http://www.trappists.org/our-monasteries)
* Directory of monastic orders: [*www.religiousministries.com/directory/index.asp*](http://www.religiousministries.com/directory/index.asp)
* Local monastery: Check your (arch)diocesan Web site.

What to Say When You Make Contact

* Introduce yourself, including your name, the grade you are in, and what school you attend.
* Explain the nature of your assignment and why you are contacting this person. Be sure to include that the assignment consists of interviewing a monk or nun about the Liturgy of the Hours and that the interview will last approximately 15 to 20 minutes.
* If you are contacting this person by telephone, ask if you should schedule a time to talk with him or her about your assignment.
* If you are contacting this person by e-mail, ask if he or she prefers to respond via e-mail or via telephone. If the or she prefers to talk, ask for an appropriate time to call.
* Be sure to thank this person for his or her help!

Interview Questions

**1.** What attracted you to monastic life?

**2.** Describe a typical day.

**3.** Why is prayer important to you? Was prayer always an important part of your life?

**4.** What role does the Liturgy of the Hours play in your prayer life? Why is it important to you?

**5.** How does the Liturgy of the Hours nourish or sustain you?

**6.** What challenges do you face in praying the Liturgy of the Hours? How do you meet those challenges?

**7.** In what other ways do you pray?

**8.** Is there anything else about monastic life or prayer that you would like to share with me?