

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>
- Directory of monastic orders: 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?

