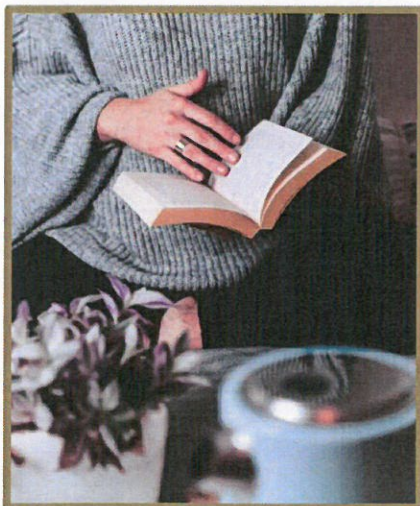


The Benedictine Nuns of St. Mildred's in Minster are a monastic community living Gospel values, under the guidance of St. Benedict's Rule. The rule of St. Benedict has been a vital force within the church for almost 1500 years.

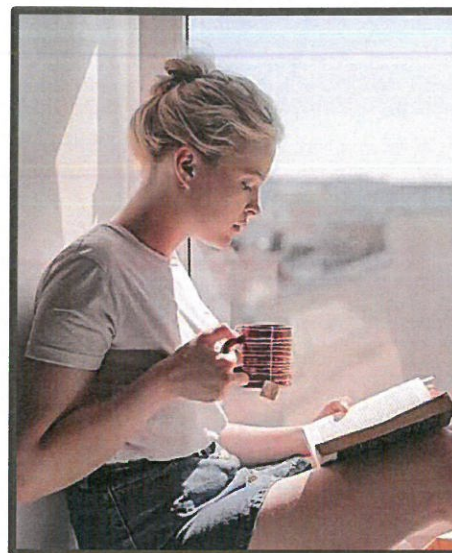


The Guest House at Minster Abbey is situated in the grounds of the ancient Abbey. Our guests are always warmly welcome to spend quiet time in the beautiful Abbey Chapel and to share in the prayer of the sisters and join us for Mass. The Abbey gardens create a prayerful, reflective environment, surrounded by the beauty of God's creation. There is a good selection of spiritual books available, and a sister can be available for a private conversation by prior arrangement.



Saint Anselm in the 11<sup>th</sup> century, , spoke of the importance of finding space in order to allow God to speak to the heart: *"Come now, little one, get away from your worldly occupations for a while, escape from your tumultuous thoughts. Lay aside your burdensome cares .....Give yourself over to God for a little while, and rest for a while in Him"*

We are delighted to tell you that our Guest House is now open. We have reordered the rooms in order to safely welcome a reduced number of guests on a self-catering basis, and this allows us to be open for most of the year. There is a minimum stay of at least 2 nights.



There are 4 distinct areas for guests. 2 are upstairs and 2 are downstairs, including a twin room with disabled facilities. Please let us know if you require this room when making your booking. Towels are provided.

Each guest area has a separate kitchenette with a microwave, a small fridge; a toaster and a kettle. We also provide supplies for a simple breakfast and beverages. We cannot provide for special diets nor can we guarantee a nut free environment. There is a local village supermarket that sells a good variety of microwave meals. Alternatively you may like to visit one of the local eating venues or takeaway facilities.



We can provide a room for a non-residential quiet day of prayer. A larger room for day groups of up to 30 people is also available. Both need to be booked in advance.

We also have a lovely self-contained Chalet which is suitable for a small family and is very comfortable. See our website for more details.

## PAX

The Community at Minster welcome all those who are truly seeking God. These contacts are always mutually enriching. "True hospitality is marked by an open response to the dignity of each and every person."

Kathleen Norris Obl. OSB



Towards the end of his Rule, St Benedict teaches his sons and daughters to "Prefer nothing whatever to Christ". May you find peace and calm for reflection during your visit to Minster, knowing that *you will be received as Christ*, and may you come to the graced knowledge that *nothing can separate you from the Love of God in Christ Jesus; nothing!*

From Archbishop John Wilson of Southwark:

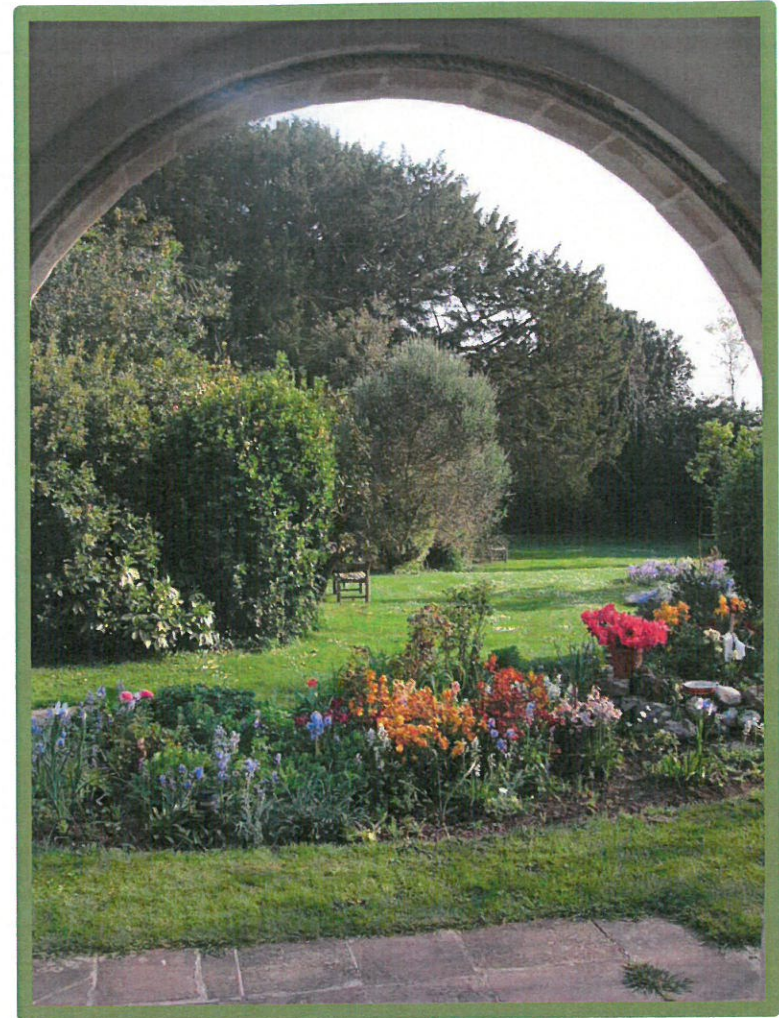


For Bookings and information including financial contributions  
Contact:

The Guest Sister  
Minster Abbey  
Minster, Ramsgate  
Kent CT12 4HF

Or contact us through:  
[www.minsterabbeynuns.org](http://www.minsterabbeynuns.org)

## Minster Abbey Guest House



"Come to me, all you who are weary and burdened,  
and I will give you rest. " Mt. 11:28