

Carmelite Monastery in Carpineto Romano (Roma). The Monastery of the Carmelite Nuns of contemplative life in Carpineto Romano is up on a mountain in front of Semprevisa, Lepini Mountains, about 70 Km from Rome, 20 Km from Colferro, a small industrial town. It is completely surrounded by mountains, and offers stupendous panoramas full of natural and contemplative beauty, in an infinity of silence and solitude.

The Community, which derives from a Community in Jesi (Ancona) founded in 1700, has lived here for 28 years.

At present, in this Monastery there are:

- 11 professed Nuns,
- 2 juniores nuns

The nuns' day begins at sunrise.

At 5.10 a.m. the Chapel is illuminated and the nuns start the meditative prayer with Psalmody and readings from the Holy Scripture and from the Fathers of the Church (Office of Readings) with prolonged pauses of meditative silence. Then the Choir rejoices singing the Lauds (Morning prayers) as if to wake the world that is still asleep.

After that, there is the meditation, which lasts about one hour, in the solitude of the cell. This culminates in the Holy Mass which follows, and which constitutes the highest moment of prayer: a bond of love, fraternity and communion in the Eucharistic Christ.

This completes four hours of continued prayer, a calm and joyful prayer, an experience of God. During the day the Nuns alternate personal prayer, choral prayer, manual work done in silence, and periods of fraternal gathering.

At 6 p.m. the Community gathers for the evening prayer of Vespers: this is a universal spiritual offering of the work of all humankind, a sacrifice of thanksgiving

and pardon for the whole world. The day ends with the calm and peaceful night, which also belongs to God.

Compline takes the nuns to their rest, without interrupting the spiritual tension towards Christ, in whom and through whom they sleep in watchful waiting.

The Nuns pray every day for seven hours, in the choir or in the cell, consuming themselves in the praise of the Father, the Son and the Spirit of Love. The homage of every form of life is due to God, Creator and Lord of life. The Nuns gathers in the choir seven times a day to sing the Divine Office: at sunrise for the Office of Readings and Lauds; in the morning for the celebration of the Holy Eucharist and Terce; at mid-day for Sext; early in the afternoon for None, a silent visit to the Blessed Sacrament, the Rosary and lectio divina; in the evening for Vespers and at the end of the day for Compline. The whole existence of the Nun belongs to God: when she prays, when she works, and when she rests. The Divine Office is almost always sung, because singing - together with silence - expresses the harmony and the religious intensity of praise, adoration and thanksgiving. The nuns work about four hours each day: they take care of the house and of some works for the community: needlework, manufacture of scapulars, rosaries, printing, stamp collecting, icons, painting, crochet... Like any poor person, the nuns earn their living "by the sweat of their brow" sharing hard work and precariousness. The atmosphere of each day is full of silence and solitude, of love and fraternity, love for God and neighbor, awareness of a world in need of their presence and awareness of how much the Church expects from them. The days are each similar to the other, but they are never equal: they are new in the way in which they are lived, full of the love of God and of the troubles of every brother and sister. All the problems and troubles of the world are presented to the Father for everyone. The nuns do not have either particular goals or deadlines or anything to get: God alone suffices. God and His kingdom.

The glory of God and the good of each soul. Everlasting life. The simple loving paschal mystery of God completely pervades and envelops their lives.

The one who follows CHRIST chooses Light, chooses Life, finds Happiness.

Flower of Carmel,
Tall vine blossom laden; splendor of heaven,

Childbearing yet maiden. None equals thee.
Mother so tender, Who no man didst know, On Carmel's children Thy favors
bestow. Star of the Sea.