



Mindful Saint Meinrad

One of the world's few archabbey entices and inspires

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If we've learned anything in two-plus years of a pandemic, it's that we need to take care of ourselves.

Saint Meinrad Archabbey in southern Indiana is all about providing care for emotional health.

It is a place of abundant gardens, sculptures and landscapes. A stroll through the grounds is a gift to the senses and the spirit. Birdsong combines with the chime of bells and a backdrop of melody emanating from the chapel where



monks gather to sing and pray throughout the day.

Sit on a garden bench to meditate or pray. Or simply clear your mind as the sun warms your body and soul.

The monastery was founded in 1854 by Benedictine monks who had immigrated to southern Indiana from Einsiedeln, Switzerland. Nearly 100 years later, Pope Pius XII designated Saint Meinrad as an archabbey, or principal abbey, in recognition of its importance: Monks from Saint Meinrad have moved on to start five monasteries

in other parts of the country. It is one of only two archabbey in the United States and 11 in the world.

Saint Meinrad is home to about 70 Benedictine monks whose work is to simply care for others. Currently, monk-led tours are not available, but you can scan a QR code on your smartphone and tour at your own pace.

The archabbey church, which was completed in 1907, is a magnificent Romanesque structure with twin bell towers. Every 15 minutes, novices pull ropes and ring bells the old-fashioned way.

Even if you've never been to Saint Meinrad, you might have received or given one of its signature products at a difficult time. Since 1988, the monks have produced CareNotes, small inspirational booklets that address some of the most difficult experiences we face in life. The booklets are available in the gift shop.

Adjacent to the shop is a showroom for Saint Meinrad's handmade caskets. Having seen the caskets the monks made for their deceased brethren, members of the public asked for the same quality and simplicity to be available for their loved ones. Local woodworkers, supervised by the monks, make caskets and urns from cherry, walnut, poplar and oak. Tours of the workroom are available upon request.

Nearby is an art gallery with rotating exhibits. A guest house provides simple overnight accommodations. Retreats throughout the year focus on topics such as spirituality, art and music.