

# NORTH STAR 3e Level 5

Name \_\_\_\_\_

## Video Activity Worksheet

### Unit 6: Religion

#### *The Trappists of Mepkin Abbey*

### Comprehension

#### Predict

*This video shows an inside look at the dedicated life of modern day monks at Mepkin Abbey. You will hear some monks explain why they chose to live a monastic life. Before you watch the video, answer the following questions.*

What do you think a monastic life is like? Why does a person choose this type of life?

#### Focus

*Watch the video. Find the answer to the following question.*

How many Trappist monasteries are there in the United States?

### Comprehension A

*Check (✓) the topics that are discussed in the video.*

- The history of Christian monasteries
- The difference between the Trappists and other monastic groups
- The daily life of a Trappist monk
- The reaction of some monks' parents
- The people who influenced the decision to join a monastery
- A main function of a contemplative life.

### Comprehension B

*The parents of Aelred Hagen and Stan Gumula were not particularly supportive of their sons' decision to become Trappist monks although for different reasons. List five reasons mentioned in the video.*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_



## Speaking

**Choose one of the topics. Record and submit a one-to-two-minute response.**

- The narrator says that monks occupy a place “somewhere between fear and fascination.” What does this mean? Do you agree? What is your own opinion about monks and monastic living?
- Are you attracted to any aspect of the contemplative life? Why or why not?
- The monks talk about being called to the monastic life. What does it mean when you feel called to do something? Have you ever felt called to do something?
- If you had a child who chose a lifestyle different from yours, how would you feel? What would you say?

## Writing

**How has religion influenced and affected your life or the life of someone you know? Write an essay defining positive and/or negative effects of religion on various aspects of your (or this person's) life.**

