○ prayed, worked, and studied
○ grew own food, created things in workshops, played music

- Service and Scholarship
  ○ provided basic health and education
  ○ looked after poor and sick
  ○ gave food and lodging to travelers
  ○ some monks and nuns became missionaries which helped spread Christianity
  ○ libraries with Greek and Roman works

- Women
  ○ early on, women were able to preach and lead ceremonies
  ○ later on, church officials took those rights away and refrained from teaching women too much
    ■ example: Hildegard of Bingen