

## MONASTIC PRAYER SCHEDULE

### Sunday

6:30 – Rising Bell  
7:00 – Lauds  
7:30 – Breakfast  
9:30 – Mass  
1:00 – Main Meal  
4:30 – Rosary & Adoration  
5:30 – Vespers  
6:00 – Supper  
7:30 - Compline

### Monday

6:30 Rising Bell  
8:15 – Breakfast  
9:00 – Terce  
12:30 – Sext and None  
1:00 – Main Meal  
4:00 – Rosary & Adoration  
5:00 – Vespers  
5:30 – Mass  
6:00 – Supper (approximately)

### TUESDAY – SATURDAY

6:30 Rising Bell  
7:00 – Lauds  
7:30 - Mass  
8:15 – Breakfast  
9:00 – Terce  
12:30 – Sext and None  
1:00 – Main Meal  
4:30 – Rosary & Adoration  
5:30 – Vespers

**6:00 – Supper**

**7:30 - Compline**