

MONASTIC PRAYER SCHEDULE

Sunday

6:30 – Rising Bell
7:00 – Lauds
7:30 – Breakfast
9:30 – Mass
12:00 – Main Meal
4:30 – Rosary & Adoration
5:30 – Vespers
6:00 – Supper

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