

# WINTER MONASTIC PRAYER SCHEDULE

## Sunday

5:45 – Rising Bell

6:15 – Vigils

7:00 – Lauds

7:30 – Breakfast

**9:30 – Mass**

12:00 – Main Meal

4:30 – Rosary

5:30 – Vespers

6:00 – Supper

## MONDAY – SATURDAY

5:45 - Rising Bell

6:15 - Vigils

7:00 – Lauds

**7:30 - Mass**

8:15 – Breakfast

9:00 – Terce

12:30 – Sext and None

1:00 – Main Meal

4:30 – Rosary

5:30 – Vespers

6:00 – Supper