

MONASTIC PRAYER SCHEDULE

Sunday

6:30 – Rising Bell

7:00 – Lauds

7:00 to 9:00 – Breakfast

9:30 – Mass

1:00 – Main Meal

4:30 – Rosary

5:30 – Vespers

6:00 – Supper

MONDAY – SATURDAY

6:30 - Rising Bell

7:00 – Lauds

7:30 - Mass

7:00 to 9:00 – Breakfast

9:00 – Terce

12:40 – Sext and None

1:00 – Main Meal

4:30 – Rosary

5:30 – Vespers

6:00 – Supper