

6.30	Angelus – rise	
7.00	Lauds	Morning Prayer
8.00	Chapter	Community meeting
	Breakfast	
8.30	Lectio Divina	Prayerful reading
9.30	Work	
11.45	Mass	Eucharist
	Private prayer	
12.45	Angelus – lunch	
	Community recreation	
	None – free time	
15.30	Work	
18.15	Vespers	Evening Prayer
	Private prayer	
19.30	Angelus - dinner	
	Community recreation or free time	
21.00	Compline	Night Prayer