



Daily Monastic Schedule

Weekdays

5:00am	Matins, First Hour, Veneration & Liturgy/Typica Cell time. Optional buffet breakfast.
9:00am	Third Hour & morning work period
12:00pm	Sixth Hour & lunch
1:30pm	Afternoon work period
5:00pm	Ninth Hour & Vespers
5:45pm	Supper
6:30pm	Compline

Sundays & Vigil Rank Feasts

Evening before:

5:00pm	Supper
6:30pm	Vigil service

Morning of the feast:

9:00am	Hours & Divine Liturgy
11:15am	Festive meal