Daily Schedule

Today is Saturday, September 5, 2026 · Non-Fasting Days

Non Fasting Weekdays

Time	Activity
4:00 AM – 6:00 AM	Communal Midnight Prayers & Praises
6:00 AM – 8:00 AM	Morning Raising of Incense & Divine Liturgy
8:00 AM – 8:30 AM	Breakfast & Clean up
8:30 AM – 10:00 AM	Personal quiet time & spiritual reading
10:00 AM – 12:00 PM	Work assigned by Convent
12:00 PM – 1:00 PM	Lunch
1:00 PM – 3:00 PM	Work assigned by the Convent
3:00 PM – 5:00 PM	Personal quiet time & spiritual reading
5:00 PM – 5:30 PM	Communal Agpeya Prayers
5:30 PM – 6:30 PM	Dinner & Cleanup
6:30 PM – 10:00 PM	Quiet time / listen to sermon / spiritual reading

Fasting Weekdays

Time	Activity
4:00 AM – 6:00 AM	Communal Midnight Prayers & Praises
6:00 AM – 6:30 AM	Morning Raising of Incense
6:30 AM – 9:00 AM	Personal quiet time and spiritual reading
9:00 AM – 12:00 PM	Work assigned by Convent
12:00 PM – 2:00 PM	Divine Liturgy
2:00 PM – 3:00 PM	Lunch & Clean up
3:00 PM – 5:00 PM	Personal quiet time & spiritual reading
5:00 PM – 5:30 PM	Communal Agpeya Prayers
5:30 PM – 7:00 PM	Spiritual Reading
7:00 PM – 8:00 PM	Dinner & Clean Up
8:00 PM – 10:00 PM	Quiet Time / Listen to sermon / Spiritual Reading

Saturday TODAY

Time	Activity
4:00 AM – 6:00 AM	Communal Midnight Prayers & Praises
6:00 AM – 8:00 AM	Morning Raising of Incense & Divine Liturgy
8:00 AM – 8:30 AM	Breakfast & Clean up
8:30 AM – 10:00 AM	Personal quiet time & spiritual reading
10:00 AM – 12:00 PM	Work assigned by Convent (if available)
12:00 PM – 1:00 PM	Lunch & Clean up
1:00 PM – 3:00 PM	Personal quiet time & spiritual reading
3:00 PM – 4:00 PM	Rest
4:00 PM – 5:30 PM	Communal Vesper Praises / Vespers
5:30 PM – 6:30 PM	Dinner and Clean up
6:30 PM – 10:00 PM	Quiet time / listen to sermon / spiritual reading

Sunday

Time	Activity
4:00 AM – 7:00 AM	Communal Midnight Prayers and Praises
7:00 AM – 9:30 AM	Morning Raising of Incense & Divine Liturgy
9:30 AM – 10:30 AM	Breakfast and Clean up
10:30 AM – 1:00 PM	Personal quiet time & spiritual reading / Bookstore
1:00 PM – 2:00 PM	Lunch and Clean up
2:00 PM – 5:00 PM	Quiet Time / Listen to sermon / Spiritual Reading
5:00 PM – 5:30 PM	Communal Agpeya Prayers
5:30 PM – 6:30 PM	Dinner and Clean up
6:30 PM – 10:00 PM	Quiet time / listen to sermon / spiritual reading

Bookstore & Bakery Hours

Non-Fasting Days · weekly hours

St. Demiana Bookstore

Day	Hours
Monday	9:00 AM – 3:00 PM
Tuesday	9:00 AM – 3:00 PM
Wednesday	9:00 AM – 3:00 PM
Thursday	9:00 AM – 3:00 PM
Friday	9:00 AM – 3:00 PM
Saturday	9:00 AM – 2:00 PM
Sunday	11:00 AM – 1:00 PM

Bakery

Hours will be posted later — for now, please check the bakery door for current hours.