



Standard Weekdays

(Mon., Tues. Thurs.)

4:00AM – 6:00AM	Communal Midnight Prayers & Praises
6:00AM – 8:00AM	Morning Raising of Incense & Divine Liturgy
8:00AM – 8:30AM	Breakfast & clean up
8:30AM – 10:00AM	Personal quiet time & spiritual reading
10:00AM – 1:00PM	Work assigned by the convent (if available)
1:00PM – 2:00PM	Lunch & clean up
2:00PM – 5:00PM	Personal quiet time & spiritual reading
5:00PM – 5:30PM	Communal Agpeya prayers
5:30PM – 7:00PM	Rest
7:00PM – 8:00PM	Dinner & clean up
8:00PM – 9:00PM	Personal quiet time & spiritual reading
9:00PM – 10:00PM	Personal evening prayers & lights out

** Please note that on Tuesdays & Thursdays the following change is applied:*

5:30PM – 6:30PM	Spiritual word
6:30PM – 7:00PM	Personal quiet time & spiritual reading
7:00PM – 8:00PM	Dinner & clean up
8:00PM – 9:00PM	Personal quiet time & spiritual reading
9:00PM – 10:00PM	Personal evening prayers & lights out

Saturday

**The Saturday schedule is the same as Standard Days with the following change:*

10:00AM – 2:00PM	Work assigned by the convent (if available)
2:00PM – 3:00PM	Lunch & clean up
3:00PM – 5:00PM	Personal quiet time & spiritual reading
5:00PM – 6:30PM	Vespers praises & prayers
6:30PM – 8:00PM	Personal quiet time & spiritual reading
8:00PM – 9:00PM	Dinner & clean up
9:00PM – 10:00PM	Personal evening prayers and lights out

Fasting Weekdays

(Wednesdays & Fridays)

4:00AM – 6:00AM	Communal Midnight Prayers & Praises
6:00AM – 6:30AM	Morning Raising of Incense
6:30AM – 10:00AM	Personal quiet time & spiritual reading
10:00AM – 12:00PM	Work assigned by the convent (if available)
12:00PM – 2:00PM	Divine Liturgy
2:00PM – 3:00PM	Brunch & clean up
3:00PM – 5:00PM	Optional work assigned by the convent
5:00PM – 5:30PM	Communal Agpeya prayers
5:30PM – 7:00PM	Rest
7:00PM – 8:00PM	Dinner & clean up
8:00PM – 9:30PM	Personal quiet time & spiritual reading
9:30PM – 10:00PM	Personal evening prayers & lights out

Sunday

4:00AM – 7:00AM	Communal Midnight Prayers & Praises
7:00AM – 9:00AM	Morning Raising of Incense & Divine Liturgy
9:00AM – 9:30AM	Breakfast & clean up
2:00PM – 3:00PM	Lunch & clean up
5:00PM – 5:30PM	Communal Agpeya Prayers
7:00PM – 8:00PM	Dinner & clean up
8:00PM – 10:00PM	Personal evening prayers & lights out

**The rest of the day is left to personal quiet time and rest.*