

Convent Daily Schedule

Non-Fasting Weekdays

12:00 PM – 1:00 PM	Lunch
1:00 PM – 3:00 PM	Work Assigned by the Convent
6:30 PM – 10:00 PM	Quiet time / Listening to sermons / Spiritual reading

Fasting Weekdays

6:30 AM – 9:00 AM	Personal quiet time and spiritual reading
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Saturday

10:00 AM – 12:00 PM	Work assigned by the Convent (if available)
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 / Listening to sermons / Spiritual reading

Sunday

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
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 / Listening to sermons / Spiritual reading

