

	Object	Precisions	
06:00	Lauds of Our Lady	In cell. Praise to God with the Virgin Mary. Then back to sleep. [OPTIONAL]	
06:15			
06:30			
06:45		Sleep!	
07:00			
07:15			
07:30			
07:45	Rise	The time is approximate. To ensure all are awake before Prime.	
08:00	Prime - <i>Angelus</i>	Private recitation. To be done before the day's work begins.	
08:15	Thanksgiving <i>Lectio Divina</i>	Solitary, meditative reading of the Bible, or prayer.	
08:30			
08:45	Terce	Private, meditation, prayer, and reading. Can be performed anywhere.	
09:00			
09:15	Breakfast (9:00 - 10:00)		
09:30			
09:45			
10:00			
10:15	Conventual Mass	In the Chapel. A communal High Mass.	
10:30			
10:45			
11:00	Manual Work		
11:15			
11:30			
11:45			
12:00		<i>Angélus Sext</i>	Private, meditation, prayer, and reading. Can be performed anywhere
12:15			
12:30			
12:45			
13:00			
13:15	Lunch (13:00 - 14:00)		
13:30			
13:45			
14:00	Manual Work		
14:15			
14:30			
14:45			
15:00		Recitation of the Office of None	Private, meditation, prayer, and reading. Can be performed anywhere.
15:15			
15:30			
15:45			
16:00			
16:15			
16:30			
16:45			
17:00			
17:15			
17:30			
17:45			
18:00			
18:15	Vespers of Our Lady	In the Chapel	
18:30			
18:45			
19:00			
19:15	Evening Meal (20:00 - 21:00)		
19:30			
19:45			
20:00	Study		
20:15			
20:30			
20:45			
21:00		<i>Angélus - Complines</i>	Private, meditation, prayer, and reading. Can be performed anywhere.
21:15			
21:30			
21:45			
22:00			
22:15			
22:30			
22:45			
23:00			
23:15			
23:30			
23:45			
00:00			
00:15	Matins	In the Chapel.	
00:30			
00:45			
01:00			
01:15			
01:30			
01:45			
02:00			
02:15			
02:30			
02:45			
03:00			
03:15		Sleep!	
03:30			
03:45			
04:00			
04:15			
04:30			
04:45			
05:00			
05:15			
05:30			
05:45			