

Horarium

(Schedule of Canonical Hours)

3:00 am

Office of Matins / Silent Prayer

5:30am

Office of Lauds / Lectio Divina / Office of Prime

7:45am

Office of Terce / Holy Sacrifice of the Mass / Thanksgiving

9:00am

Manual Labor/Ordinary Silence

11:45am

Office of Sext In choir

Dinner in Refectory with reading / Dishes/Cleanup

1:15pm

Prayer/Solitude/Study

Office of None In solitude

3:30pm

Novitiate – Formation

Professed – Necessary Work permitted or continuation of solitude/prayer

All—Recreation on Sundays (Spatiammentum) and Selected Feasts

4:30pm

Office of Vespers

Office of Compline

5:30pm

Great Silence /Prayer/Solitude/Spiritual Reading/Collation Ad libitum

Incipit In Nocturne / Holy Hours and rest as assigned

Hermit days

Professed – Weekly

Novitiate - Monthly