

## Horarium

4:00 Rise, Coffee or Tea  
4:30 Matins  
5:00 Breakfast (pickup)  
5:30 Lauds, Rosary  
6:30 Personal time,  
Prepare for Mass  
8:00 Mass  
9:15 Terce  
Work  
12:00 Dinner, (main meal)  
with cd conference  
12:45 Sext, Personal time, rest,  
work  
2:00 Lectio Divina, Wed.  
(formation conference)  
3:00 Noon, meditation  
4:30 Vespers  
5:15 Light Supper (pickup)  
6:00 Compline, GRAND SILENCE

May retire anytime.

This horarium is subject to change  
as we develop as a community.

## Sunday Horarium

Our intention is to reclaim Sunday  
as the Lord's Day. We intend it to  
be a day of relaxing and "different"  
from the normal work week. Prayer  
will still be in common, i.e. Liturgy,  
Divine Office and Rosary. The light  
meals (breakfast and collation) are  
"pick up," not prepared. The noon  
meal will be a special event;  
simple, but taken in joy. It will be in  
common with sacred music and  
occasional conversation. The rest  
of the day will be spent any way a  
sister chooses. Reading and resting  
are encouraged but not regulated.  
Speaking in a low, peaceful voice  
will be allowed until after  
Compline, when the Great Silence  
begins. This is the Day the Lord has  
made. Let us rejoice in it!