

Monastic Experience Weekend at Santa Rita Abbey

Sample Schedule for 2020 Weekends

FRIDAY

4:30 p.m. Arrival and check-in at the gift shop
4:55 Orientation—monastery parlor
5:20 Vespers, quiet prayer, and Compline—
monastery church
Supper on your own at retreat house
7:00 Retire

SATURDAY

3:10 a.m. Vigils
4:00-7:00 Quiet time for contemplative prayer, *lectio divina* and breakfast
7:00 Lauds, Scripture & Communion Service
8:00 Short break
8:30 Conference
9:30 Tierce
9:45 Manual labor
11:15 Free time
12:00 p.m. Midday Prayer in church
12:15 Dinner in monastic refectory
12:45-1:45 Meridian (siesta)
2:00 Conference
3:00 None
3:20 Tour of altar bread bakery
3:45 Free time until Vespers

5:20 Vespers, quiet prayer, Compline
Supper at retreat house
7:00 Retire

SUNDAY

3:10 a.m. Vigils
4:00-7:00 Quiet time for contemplative prayer, *lectio divina* and breakfast
7:00 Lauds
8:00 Tierce & Eucharist
9:30 Informal gathering for questions, sharing vocation stories, etc.
11:00 a.m.—3:00 p.m. Free time
3:00 Viewing of documentary film on Trappist Cistercian life, followed by discussion—at the Family Guest House
5:00 Vespers, Adoration, Compline
Supper at retreat house
7:00 Retire

MONDAY

3:10 a.m. Vigils
4:00-7:00 Quiet time for contemplative prayer, *lectio divina* and breakfast
7:00 Lauds, Eucharist
Depart by 10:00 a.m.

