

# Monastic Experience Weekend at Santa Rita Abbey

## Sample Schedule

### 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  
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.

