

Retreat House Schedule

Daily Schedule of St. Antony's Retreat House

All non-fasting days — Monday, Tuesday, and Thursday: 4:00 Midnight Praises and Divine Liturgy

8:00 a.m. - 8:30 a.m.	Breakfast
8:30 a.m. - 10:30 a.m.	Personal Time
10:30 a.m. - 4:00 p.m.	Assigned Work
4:00 p.m. - 6:00 p.m.	Rest Time
6:00 p.m. - 6:30 p.m.	Agpeya: None (9th Hour), Vespers (11th Hour), Compline (12th Hour), and Vespers
6:30 p.m. - 7:00 p.m.	Dinner
7:00 p.m. - 8:00 p.m.	Retreat and Meditation Time
8:00 p.m. - 9:00 p.m.	Spiritual Talk
9:00 p.m. - 9:30 p.m.	Refreshments
9:30 p.m. - 9:45 p.m.	Midnight Prayers
10:00 p.m.	Sleep Time

All fasting days, Wednesday, Friday, Saturday, and Sunday: 4:00 Midnight Praises

6:00 a.m. - 10:00 a.m.	Personal Time
10:00 a.m. - 12:00 p.m.	Divine Liturgy
(Saturday & Sunday: 9:00-11:30 a.m.)	
12:00 p.m. - 12:30 p.m.	Lunch
12:30 p.m. - 4:00 p.m.	Assigned Work
4:00 p.m. - 6:00 p.m.	Rest Time
6:00 p.m. - 6:30 p.m.	Agpeya: None (9th Hour), Vespers (11th Hour), Compline (12th Hour), and Vespers
(Saturday: 5:00-7:00 p.m.)	- Vespers prayers & raising of incense)
6:30 p.m. - 7:00 p.m.	Dinner
7:00 p.m. - 8:00 p.m.	Retreat and Meditation Time
8:00 p.m. - 9:00 p.m.	Spiritual Talk
9:00 p.m. - 9:30 p.m.	Refreshments
9:30 p.m. - 9:45 p.m.	Midnight Prayers
10:00 p.m.	Sleep Time