



COMMUNITY OF THE
RESURRECTION

Timetable

	Weekdays	Sundays
Mattins	6.45	7.30 with Mass at 8.00
Breakfast	7:35 – 8.30	9.00
Midday Office	12.00	12.30
Mass	12.15	
Lunch	1.00	1.00
Evensong	6.00	6.00
Supper	6.45	6.45
Compline	8.45	8.45

Feast Days have a slightly different timetable which you will be given as they arise.

Silence is kept in the House and Retreat House from the end of Compline till 9am the following day, except on Sundays and Feast days when it ends at Breakfast.

Meals are taken with the brethren in the house refectory.

Weekday breakfasts and suppers, and Friday lunch, are normally **silent meals**.