



Welcome to St Shenouda Monastery Sydney Australia

St Demiana Portable.

**For your own benefit and enjoyment during your stay in the
monastery we would like you to observe this timetable.**

TIMETABLE.

4.00am - 5.30am Midnight praise (Tasbeha)

5.30am - 9.00am Rest.

9.00am – 12.00pm Holy Liturgy at Church. (Every Day)

12.00pm – 1.00pm Lunch at the Dining Room.

1.00pm – 2.00pm Spiritual Talk with Sayedna or one of the Fathers at Church.

2.00pm – 5.00pm Free Time/ Personal Meditation/ Bookshop.

5.00pm – 6.30pm Sunset Prayers and/or Vespers at Church (Saturdays only)

6.30pm – 8.00pm Dinner/ Rest.

8.00pm – 3.30am Back to room/ Private Retreat/ Sleep to be ready for Tasbeha.

4.00am Be at Church for Midnight Praises (Tasbeha).

**Note: Please make sure to Attend all the Prayers and Benefit
Spiritually.**