



## **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.**