



## Welcome to St Shenouda Monastery Sydney Australia.

### Retreat House.

**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 – 9.00pm	Spiritual Time with Sayedna or Abouna.
9.00pm – 10.30pm	Movie/ Supper/ Activities.
10.30pm – 11.00pm	Prayer Before Sleep at Church
11.00pm – 3.30am	Bedtime (please follow the noise/ rules poster).

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

