

A Typical Work Day in the Life of a Passionist Nun of Ellisville

1:50 am Rise
2:00 First Hour of the Divine Office (*Matins*)
2:30 – 3:00 Contemplation in a darkened Choir
3:00 – 5:45 Back to sleep until the rising bell
6:00 Second Hour of the Divine Office (*Lauds*) solemnly sung/chanted

6:30 am Holy Mass
7:00 – 7:25 Silent prayer of Thanksgiving
7:30 Third Hour of the Divine Office (*Tierce*)
about 7:40 Breakfast
7:50 Personal needs like brushing teeth, making beds
8:15 – 11:30 Work (15 min. of spiritual reading within this time frame)
11:30 Stations of the Cross (done privately)

11:45 Noon meal and dishes
about 12:35 Fourth Hour of the Divine Office (*Sext*)
12:45 – 1:30 Recreation
1:30 – 2:30 Silence Time
2:45 pm Fifth Hour of the Divine Office (*None*) plus prayers follow which are dedicated to you! (“..those who ask our prayers..”)
3:10 – 3:40 Spiritual reading
3:40 – 5:00 Work

5:10 pm Sixth Hour of the Divine Office (*Vespers*) solemnly sung/chanted
5:30 – 6:30 Contemplative prayer in Choir
6:30 Evening meal and dishes
about 7:15 Recreation
8:10 Rosary is prayed in Choir
8:40 Seventh Hour of the Divine Office (*Compline*) then the *Asperges* plus at the Pieta we pray seven Hail Marys for holy perseverance
about 9:00 Retire (lights out by 9:30!)