

## Welcome to Our Lady of Guadalupe Abbey

We trust you will have a prayerful and restful time with the Holy Spirit of God and with us.

### Monastic Office

#### SUNDAY SCHEDULE

6:30 Rising Bell

7:00 Lauds

**7:30 Breakfast**

**9:30 Mass**

**12:00 Lunch**

5:00 Adoration

5:30 Vespers

**6:00 approx. Supper**

7:30 Compline

#### **MONDAY**

6:30 Rising Bell

7:00 Lauds

**7:30 approx. Breakfast**

12:30 Sext and None

**1:00 Lunch**

5:00 Vespers

**5:30 Mass**

**6:00 approx. Supper**

7:30 Compline

#### TUESDAY – SATURDAY

6:30 Rising Bell

7:00 Lauds

**7:30 Mass**

**8:15 approx. Breakfast**

12:30 Sext and None

**1:00 Lunch**

5:00 Adoration

5:30 Vespers

**6:00 Supper**

7:30 Compline

**No compline on Saturday – Matins at 7:15 pm.**

