



QUIET DAY TIMETABLE

6am	Office of Readings
6.30-7.00am	<i>Breakfast</i>
7am	Lauds
7.30-8.30am	<i>This time might be used to read the reflection by Br Ian</i>
8.45am	Terce
12pm	Eucharist
1pm	<i>Lunch</i>
2.15pm	None
5.30pm	Vespers
6.00-7.00pm	<i>This time might be used to read the reflection by Sr Alison</i>
7.00pm	<i>Supper</i>
8.30pm	Compline