Christianity: Daily Schedule of a Benedictine Monk

	St Benedict's Monte Cassino monastery 540	Christ Church, Canterbury, England c1075	Modern Benedictine house (Congregation of France)
2.00	Rise **Nocturns** (the modern Matins)	Rise **Prayers** with seven psalms **Psalms** 119–150 **Nocturns** Several more **psalms** for royal house, **Matins** and **Lauds of the Dead, Matins of All Saints**	
3.00	Reading		
4.00			
5.00	**Lauds**	Reading	Rise **Matins** and **Lauds** (¾ hour to 1¼ hours)
6.00	Reading, including **Prime** (20 min)	**Lauds, Psalm** *miserere*, **Psalms** and **prayers** for royal house, **Anthems** **Prime**, Seven penitential **psalms** **Litany of the saints**	**Private Masses** (½ hour) and prayer
7.00		Reading	
8.00	Work, broken by **Terce, Sext** and **None** (10 min each)	Seven **psalms, Terce Psalms** for royal house, **Chapter or Morrow Mass**, Meeting in chapter-house, followed by **psalms for dead**	**Prime** Breakfast taken standing before or after Prime, Spiritual reading
9.00			
10.00		Work	**Terce** and **High Mass**
11.00			Work, chiefly study, writing or administration
12.00		**Sext** **Psalms** and **prayers** for relatives, etc. **High Mass**	**Sext** Dinner followed by recreation in common
13.00		**None, Psalms** and **prayers** for relatives etc. Dinner	
14.00	Dinner	Reading or work	**None**, followed by manual work indoors or out
15.00	Reading		
16.00	**Vespers** collation (reading) **Compline**	**Vespers, Psalms** for relatives, **Anthems, Vespers of All Saints** **Vespers of Dead**	**Vespers** Work (for most, this is study)
17.00	Retire	Reading	
18.00		**Compline, Psalm** *miserere*, Five **psalms** Retire	
19.00			Twice a week, conference with the abbot, choir practice, etc. Supper, followed by free time **Compline**
20.00			
20.30			Retire