

# Benedictine Monastery of Hawaii

## Daily Schedule

**\*\*Prayer and Meals are held inside the Hale Malia Retreat Center building\*\***

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30	6:30 - 7:30 Adoration of the Blessed Sacrament (optional)	6:40 - Depart BMH for Mass	6:30 - 7:30 Adoration of the Blessed Sacrament (optional)	6:40 - Depart BMH for Mass	6:30 - 7:30 Adoration of the Blessed Sacrament (optional)	6:40 - Depart BMH for Mass	6:40 - Depart BMH for Mass
7:00	Blessed Sacrament (optional)	Mass at St. Michael Parish in Waialua	Blessed Sacrament (optional)	Mass at St. Michael Parish in Waialua	Blessed Sacrament (optional)	Mass at St. Michael Parish in Waialua	Mass at St. Michael Parish in Waialua
7:30	Morning Prayer (Lauds)		Morning Prayer (Lauds)		Morning Prayer (Lauds)		
8:00	Breakfast	**Silence**	8:15	**Silence**	8:15	**Silence**	**Silence**
8:30		Morning Prayer (Lauds)	Mass	Morning Prayer (Lauds)	Mass	Morning Prayer (Lauds)	Morning Prayer (Lauds)
9:00		Breakfast	Breakfast	Breakfast available for Guests	Breakfast	Breakfast available for Guests	Breakfast
9:30							
10:00	Sunday Mass	9:30 - 12:00	9:30 - 12:00	9:30 - 12:00	9:30 - 12:00	9:30 - 12:00	9:30 - 12:00
10:30		Work	Work	Work	Work	Work	Work
11:00							
11:30							
12:00	Angelus (on the Lanai)	Angelus (on the Lanai)	Angelus (on the Lanai)	Angelus (on the Lanai)	Angelus (on the Lanai)	Angelus (on the Lanai)	Angelus (on the Lanai)
12:30	(followed by Lunch)	(followed by Lunch)	(followed by Lunch)	Lunch available for Guests	(followed by Lunch)	Lunch available for Guests	(followed by Lunch)
1:00							
1:30		1:00 - 3:00	1:00 - 3:00	1:00 - 3:00	1:00 - 3:00	1:00 - 3:00	1:00 - 3:00
2:00	1:00 - 4:30	Work	Work	Work	Work	Work	Work
2:30	Rest/Free Time						
3:00							
3:30		3:30 - 4:30	3:30 - 4:30	3:30 - 4:30 Adoration of the Blessed Sacrament (for Vocations)	3:30 - 4:30	3:30 - 4:30	3:00 - 4:30
4:00		Lectio Divina (individually)	Lectio Divina (individually)	Lectio Divina (individually)	Lectio Divina (individually)	Lectio Divina (individually)	Rest/Free Time
4:30	Vespers & Rosary	Vespers & Rosary	Vespers & Rosary	Vespers & Rosary	Vespers & Rosary	Vespers & Rosary	Eve I - Vespers & Rosary
5:00	5:15	5:15	5:15	5:15	5:15	5:15	5:15
5:30	Dinner	Dinner	Dinner	Dinner available for Guests	Dinner	Dinner available for Guests	Dinner
6:00							
6:30							
7:00							Vigils (TBA)
7:30	**Grand Silence**	**Grand Silence**	**Grand Silence**	**Grand Silence**	**Grand Silence**	**Grand Silence**	**Grand Silence**
8:00	(until after morning Lauds)	(until after morning Mass)	(until after morning Lauds)	(until after morning Mass)	(until after morning Lauds)	(until after morning Lauds)	(until after morning Lauds)
8:30							
9:00							

**WEDNESDAY & FRIDAY** are fast days for our Community; no formal meals will be served, however food is available for Guests.

A Community member is assigned to provide a meal for Guests and Community members unable to fast.

[Revised: 1/19/21]