



Ordo – Botel Abbey

Early Morning

4:30 am – 5:00 am: Personal Rising and Preparation

5:00 am – 6:00 am: Matins & Lauds

6:00 am – 7:00 am: Bread baking/Breakfast

Mid-Morning

8:30 am – 9:30 am: Prime, recreation, Terce (Cell rule)

9:30 am – 12:00 pm: Obediences

12:00 pm – 12:30 pm: Sext Cell rule

12:30 pm – 1:00 pm: Midday Meal

Afternoon

1:00 pm – 2:00 pm: Manual Labour / Apostolate Work (e.g., Bread preparation, gardening, minor repairs, cleaning of shared spaces, candle-making, etc.)

2:00 pm – 3:30 pm: Rest or Private Study (including spiritual readings, lectio divina, rest, or contemplative silence)

3:30 pm – 4:00 pm: None (Cell rule)

4:00 pm – 4:30 pm: Private Walk or Meditative Silence

Evening

4:30 pm – 6:00 pm: Evening Work (tidying, or additional projects, lay table, feed animals)

6:00 pm – 6:45 pm: Vespers & Compline

7:00 pm: Retire for the Night

Notes:

- **Sunday Adjustments:** There will be no work scheduled for Sunday, beginning with the Vespers of Saturday, and ending with Second Vespers of Sunday, which will be moved to 3PM, excepting that work which is necessary to the functioning of the community.
- **Monday:** Monday shall be designated as a day of quiet reflection and rest, circumstances permitting. There shall be an exemption from all work, with the observance of the provisions laid out directly above, with the normal schedule resuming at Vespers on Monday night.
- **Weekly observances:** Two periods of work in the week will severally be given over to spiritual discussion and/or confession, and to chant training.
- **Attendance at Offices:** All resident monastics and novices are required to attend the capitular offices listed above, and to observe those non-capitular offices at the times specified. The Abbot and Prior, due to the exigencies of mission work and secular employment to support the Brotherhood, will attend the capitular offices as their schedules permit, and will otherwise keep their appointed cell rules
- **Hebdomadary Office:** According to a Rota, a hebdom. will be appointed to lead the capitular services. It will be his responsibility, in conjunction with the Ecclesiarch, to arrange the service books, and to intone the Antiphons, and otherwise oversee all other aspects of the divine offices.
- **The Chapter:** Every fortnight, following Second Vespers of the Sunday, the Brotherhood will meet in Chapter to discuss any business arising which needs to be brought before the community.