

# The Monk's Day

The monastery timetable varied in summer and winter and was based on Roman military hours of varying length so that only at spring and autumn equinoxes would the Cistercian timetable coincide with our 24 hour day. The monk's day began and ended four or five hours earlier than ours. He rose at 2 am and went to bed at about 6.30 pm in winter and 8 pm in summer. Monks ate fewer meals than we do. It was not meals that divided up the day but the church services. Three of these, Matins, Lauds and Prime usually took place before daybreak. Tierce, Sext and None happened during the day and the last two, Vespers and Compline were at sunset, just before bedtime.

## The Horarium (timetable - summer)

<u>2am</u>	<b>Virgils (Matins)</b> , Meditation, <b>Lauds</b> just before daybreak
<u>6am</u>	<b>Prime</b> at daybreak followed by Chapter meeting. Work. Mass in summer before Tierce.
<u>9am</u>	<b>Tierce</b> , followed by work
<u>12 noon</u>	<b>Sext</b> followed by dinner: one pound of bread, two dishes of vegetables, fish, eggs, cooked without grease, and beer: Then a rest or reading.
<u>3pm</u>	<b>Nones</b> : work
<u>6pm</u>	<b>Vespers</b> : supper of left over bread, fruit, vegetables: the Collation, the evening reading usually in the chapter house
<u>8pm</u>	<b>Compline</b>

## The Horarium (timetable - winter)

<u>2am</u>	<b>Virgils (Matins)</b> , Meditation, <b>Lauds</b> just before daybreak
<u>6am</u>	<b>Prime</b> at daybreak followed by Chapter meeting: Work
<u>9am</u>	<b>Tierce</b> , followed by work.
<u>12 noon</u>	<b>Sext</b> , followed by reading.
<u>3pm</u>	<b>Nones</b> , followed by dinner: one pound of bread, two dishes of vegetables, fish, eggs, cooked without grease, and beer, then work.
<u>6pm</u>	<b>Vespers</b> : the Collation, the evening reading usually in the chapter house.
<u>6.30pm</u>	<b>Compline</b> : A short period in the warming house and an evening drink, before Compline.