

**SSF Glasshampton.**  
**Timetable**

*NB. A bell will be rung to mark each meal-time and five minutes before each chapel service.*

**Sunday.**

0700	Morning Prayer
0730	Prayer Time
0800	Eucharist - followed by Breakfast (0900 approx.)
1215	Midday Prayer - followed by Lunch (1240 approx.)
1630	Afternoon Tea - in Guest Common Room or Garden
1730	Evening Prayer
1800	Prayer Time
1900	Supper
2100	Night Prayer

**Monday to Saturday.**

0700	Morning Prayer
0730	Prayer Time
0800	Eucharist - followed by Breakfast (0845 approx.)
0920	Brothers' Meeting
0945-Noon	Work Period
1215	Midday Prayer followed by Lunch (1230 approx.) and then Solitude
1400-1600	Work Period
1600	Afternoon Tea in Guest Common Room / Garden <i>(on Fridays brothers do not attend)</i>
1630	Reading & Study
1730	Evening Prayer
1800	Prayer Time
1900	Supper
2100	Night Prayer <i>(Saturday - Begins with the Blessing of the Light at 2040)</i>

*After Night Prayer the Greater Silence begins and the front door is locked.*

*N.B. Tuesday Mornings are a free time for the Brothers; Morning Prayer is said at 8 a.m., Midday Prayer and Mass are at 12 noon.*

*On Thursdays after Evening Prayer there is half an hour of prayer before the Blessed Sacrament at the back of the chapel.*

*Fridays are Quiet Days, & there is a time of guided meditation or prayer together at the back of the chapel between 8.30 p.m. and 9 p.m.*