

St. Andrew's Work Day Schedule

in the style of St. Benedict

- 10:00am Gathering and orientation, coffee/donuts
 The Manger
- 10:15am Morning Prayer
 Blessing and communion with the Holy Spirit at mid-morning
 The Manger
- 10:30am Work period
- 12:00noon Noonday Prayer and video meditation on St. John's Passion Gospel
 Fervor, commitment, and a longing for peace
 The Manger
- 12:15pm Lunch (provided) and rest in silence
 The Manger
- 1:00pm Work period
- 3:45pm Video meditation on the Seven Last Words and Midafternoon Prayer
 A sense of impermanence and a willingness to forgive
 The Manger
- 4:00pm Clean up and preparation for the Lord's Day
- 4:15pm Fr. Moki (formation presentation)
 The Manger
- 5:30pm Vigil Eucharist
 Cathedral choir stalls