

SISTERS OF ST JOSEPH ROUTINE

The following content is based on oral history notes from the Sisters of St Joseph. The routine is for Novices and Postulants during their first year and was in practice at St Joseph's Convent, North Sydney before 1949.

5.00	Morning call	Sisters take turns to ring the bell – usually the task of whoever cooks breakfast
5.20	Morning bell	
5.25	Chapel	Morning prayers – group vocal prayers <ol style="list-style-type: none">1. Prayer to St Joseph2. Our Father3. The Angelus4. The acts of faith, hope and charity5. To family followed by meditation on scripture and how to live
6.00	Mass in the Chapel	
6.30	Make beds, prepare for the day	
7.00	Breakfast	Porridge in winter, chops sausages, cereal and tea Toast cooked on a long spike over fuel stove
After breakfast, professed Sisters attend to their duties, usually school teaching.		
7.30	Charges	Novices to work with postulants on the following duties: <ul style="list-style-type: none">– General cleaning – wax polished floors in dormitories and corridors and clean mats in drawing room and public rooms– Kitchen work – cooking, washing and making of altar bread– Laundry: sheets put through mangle, habits washed and guimps stretched and waxed to make ironing easier– Personal effects to be done by individuals unless elderly or sick and in this case, to be done by novices.
8.30	Spiritual reading	All gather in community room and read in turns from the Bible and spiritual books
9.00	Study/Mother House duties	Teacher training in the hall or organ practice

10.00	Morning tea	Spiritual formation classes - studying the Rule A couple of Sisters to go to collection for charitable homes.
11.45	Reflection/'examen'	Held in the Chapel – self-reflection on how we live our lives
12.00	Angelus and Office of Our Lady	in the Chapel
12.30	Dinner	Dining room duties
1.30	Recreation	Social time, clothes mending, talking quietly in groups of friends - generally silence reigns
2.30	Spiritual reading	In groups, for example, Archbishop Goodier's 'Life of Christ' Prayer time – the same for all
5.00	Rosary and vespers	In Latin in the Chapel – individuals are encouraged to visit the Chapel in spare time for private prayer
6.00	Litany of Saints	All together in the Chapel
	Tea	Two professed Sisters to work in the kitchen, with novices to assist Often, more than 200 people need to be fed. Dining room to be prepared by placing sheeting made by the Sisters along the centre table. Loaves of bread served on boards to help oneself.
7.00	Prayers and private meditation	
7.30	Recreation as before	
8.30	Examination of conscience and nightly prayers	
9.00	Night prayer	The Great Silence – Sisters to only speak in whispers
10.00	Lights out	Or Sisters can seek permission to study in allotted rooms.