

A typical week at Matteson¹

Sunday	Monday - Wednesday	Thursday	Friday	Sabbath ⁹
06:30 Breakfast Preparation	06:30 Breakfast Preparation	06:30 Breakfast Preparation	06:30 Breakfast Preparation	07:30 Breakfast Preparation
07:00 Worship	07:00 Worship	07:00 Worship	07:00 Worship	08:00 Breakfast
07:30 Breakfast	07:30 Breakfast	07:30 Breakfast	07:30 Breakfast	09:30 Departure for local church
08:30 - 12:15 Varied Program ² (and lunch preparation)	08:30 - 12:15 Classes (and lunch preparation) ⁶	08:30 - 12:30 Practical Work	08:45 - 10:15 Family Meeting	10:00 Church
13:00 Prayer and Lunch ³	13:00 Prayer and Lunch	13:00 Prayer and Lunch	10:15 - 13:00 Sabbath preparation	13:00 Prayer and Lunch
14:30 - 17:30 Varied Program	14:30 - 17:30 Outreach/Practical Work	14:30 - 17:30 Practical Work (or classes in the winter months)	13:00 Prayer and Lunch	14:30 - 17:30 Sabbath afternoon activity ¹⁰
18:00 Supper ⁴	18:00 Supper ⁷	18:00 Supper	14:30 - 18:00 Sabbath preparation ⁸	18:00 Supper
19:00 Flexible Time ⁵	19:00 Flexible Time/Choir/ Outreach	19:00 Flexible Time	18:00 Supper	19:00 Flexible Time
			19:00 Friday evening (Sabbath) programme	<i>We tend to have a free weekend once a month where there is no school program (students may go home if they wish).</i>

¹ Subject to change

² Varied Program, meaning it may differ from week to week

³ Before lunch, we have a short family prayer time

⁴ Supper preparation begins 30 minutes before supper

⁵ Flexible Time, meaning time to catch up on personal and, if needed, school things

⁶ On Wednesdays, we usually have family walk between 08:30 - :09:00. Classes begin at

09:15 and end at 13:00

⁷ If we have outreach, we usually have sack supper

⁸ In the winter months, when Sabbath starts earlier, we start the Sabbath together at sunset

⁹ On some Sabbaths, we travel to visit other churches around Norway. In such cases, the program would change to accommodate for this

¹⁰ Can vary from week to week