

HOLY SPIRIT SEMINARY – DAILY SCHEDULE 2022

	MONDAY	TUESDAY	THURSDAY	(Wednesday)	WEDNESDAY
06:00 am 06:15 am 06:45 a.m. 07:30 a.m. 08:15 a.m. 12:00 noon 12:30 p.m. 02:00 p.m. 03:45 p.m. 05:00 p.m. 06:00 p.m. 06:30 p.m. 07:15 p.m. 08:00 p.m. 11:00 p.m.	Morning Prayer Meditation & Angelus Eucharist Breakfast CTI Lectures Lunch Rest CTI Work Study Period Formation Session T.V. News Dinner Night Prayer Silence & Study Period Lights Off	Morning Prayer (private) Meditation & Angelus Eucharist Breakfast CTI Lectures Lunch Rest Study Period/ Invited speakers Vespers & Bld. Sac. Adoration T.V. News Dinner Sing sing Practice Silence & Study Period Lights Off	Morning Prayer Meditation & Angelus Eucharist Breakfast CTI Lectures Lunch Rest CTI Sports Study Period Vespers & Bld. Sac. Adoration T.V. News Dinner Night Prayer Silence & Study Period (3 rd Thu 08 p.m. staff meeting Lights Off	06:30 a.m. 07:30 a.m. 08:15 a.m. 12:00 noon 12:30 p.m. 02:00 p.m. 03:45 p.m. 05:00 p.m. 06:00 p.m. 06:30 p.m. 07:15 p.m. 08:00 p.m. 11:00 p.m.	Integrated Morning Prayer & Bible Sharing Breakfast CTI Lectures Lunch Rest HSS Work Study Period Eucharist T.V. News Dinner Night Prayer Silence & Study Period Lights Off
	FRIDAY	SATURDAY		(Sunday)	SUNDAY
06:00 a.m. 06:45 a.m. 07:30 a.m. 08:15 a.m. 12:00 noon 12:30 p.m. 02:30 p.m. 05:30 p.m. 06:00 p.m. 06:30 p.m. 07:30 p.m. 11:30 p.m.	Morning Prayer, Meditation & Angelus Eucharist Breakfast CTI Lectures Lunch Rest HSS Community Sports & Recreation, etc. Rest & Private Prayer (*) T.V. News Dinner Organized Community Recreation Lights Off	6:45 a.m. Eucharist integrated with Morning Prayer 07:30 a.m. Breakfast 09:00 a.m. Garden/Compound Work 12:00 noon Lunch 12:30 p.m. Rest 01:30 p.m. Pastoral Activity (or Sunday morning) 05:00 Rosary or >>> >>> >> 06:00 T.V. News 06:30 p.m. Dinner 07:15 p.m. Sunday Mass Prep., Sing sing Practice & Recreation 11:30 p.m. Lights Off	<p style="text-align: center;">2nd SATURDAY</p> 05:30 a.m. Rosary & Outdoor Eucharist 05 p.m. Seminarian Council Meeting <p style="text-align: center;">3rd SATURDAY</p> Private prayer of Rosary 05 p.m. Seminary Community Meeting	06:45 a.m. 07:15 a.m. 08:25 a.m. 08:30 a.m. 12:00 noon 12:30 p.m. 02:00 p.m. 05:00 p.m. 06:00 p.m. 06:30 p.m. 07:15 p.m. 08:00 p.m. 11:00 p.m.	Morning Prayer Breakfast Angelus Eucharist Lunch Rest Private Time Benediction with Reflection (Th 4 & 3) T.V. News Dinner Night Prayer Silence & Study Period Lights Off

On **Fridays**, community SPORTS and recreation **could be** every other week to accommodate *other social activities outside* the seminary – e.g., *educational tour, recreational tour, visit to important places in POM, etc.* **Diocesan meeting** could be arranged by each diocesan student coordinators anytime (free time) as needed. (*) **In Lent** – Station of the Cross