

HOLY SPIRIT SEMINARY – DAILY SCHEDULE 2024

Monday		Tuesday		Thursday		Wednesday	
6:00 a.m.	Morning Prayer	Morning Prayer (private)		Morning Prayer			
6:15 a.m.	Meditation & Angelus	Meditation & Angelus		Meditation & Angelus			
6:45 a.m.	Eucharist	Eucharist		Eucharist		6:30 a.m.	Integrated Morning Prayer & Bible Sharing
7:30 a.m.	Breakfast	Breakfast		Breakfast		7:30 a.m.	Breakfast
8:15 a.m.	CTI Lectures	CTI Lectures		CTI Lectures		8:15 a.m.	CTI Lectures
12:00 noon	Lunch	Lunch		Lunch		12:00 noon	Lunch
12:30 p.m.	Rest	Rest		Rest		12:30 p.m.	Rest
2:00 p.m.	CTI Work	HSS Work		CTI Sports		2:00 p.m.	HSS Work
3:45 p.m.	Study Period	Study Period		Study Period		3:45 p.m.	Study Period
5:00 p.m.	Formation Session	Vespers & Bld. Sac. Adoration		Vespers & Bld. Sac. Adoration		5:00 p.m.	Eucharist
6:00 p.m.	TV News	TV News		TV News		6:00 p.m.	TV News
6:30 p.m.	Dinner	Dinner		Dinner		6:30 p.m.	Dinner
7:15 p.m.	Night Prayer	Sing Practice		Night Prayer		7:15 p.m.	Night Prayer
8:00 p.m.	Silence & Study Period	Silence & Study Period		Silence & Study Period (3rd Thu 8:00 p.m. Staff Meeting)		8:00 p.m.	Silence & Study Period
11:00 p.m.	Lights Off	Lights Off		Lights Off		11:00 p.m.	Lights Off

Friday		Saturday		Sunday	
6:00 a.m.	Morning Prayer	6:45 a.m.	Eucharist integrated with Morning Prayer	6:45 a.m.	Morning Prayer
6:15 a.m.	Meditation & Angelus	7:30 a.m.	Breakfast	7:15 a.m.	Breakfast
6:45 a.m.	Eucharist	9:00 a.m.	Garden, Compound Work	8:25 a.m.	Angelus
7:30 a.m.	Breakfast	12:00 noon	Lunch	8:30 a.m.	Eucharist and Pastoral Activity
8:15 a.m.	CTI Lectures	12:30 p.m.	Rest	12:00 noon	Lunch
12:00 noon	Lunch	1:30 p.m.	Pastoral Activity	12:30 p.m.	Rest
12:30 p.m.	Rest	5:00 p.m.	Rosary. 2nd Saturday , 5:30 a.m. Rosary & Outdoor Eucharist; 5:00 p.m. Seminarian Council Meeting. 3rd Saturday , Private prayer of Rosary; 5:00 p.m. Seminary Community Meeting	2:00 p.m.	Private Time
2:30 p.m.	HSS Community Sports, Recreation			5:00 p.m.	Benediction with Reflection (TH 3 & 4)
5:00 p.m.	Rest & Private Prayer*	6:00 p.m.	TV News	6:00 p.m.	TV News
6:00 p.m.	TV News	6:30 p.m.	Dinner	6:30 p.m.	Dinner
6:30 p.m.	Dinner	7:15 p.m.	Sunday Mass Prep., Sing Practice	7:15 p.m.	Night Prayer
7:30 p.m.	Organized Community Recreation	11:00 p.m.	Lights Off	8:00 p.m.	Silence & Study Period
11:00 p.m.	Lights Off			11:00 p.m.	Lights Off

***In Lent** – Station of the Cross.

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.