

HOLY SPIRIT SEMINARY – DAILY SCHEDULE 2025

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