

Holy Spirit Seminary – Daily Schedule 2017

Monday	
6.00 am	Morning Prayer
6.15 am	Meditation & Angelus
6.45 am	Eucharist
7.30 am	Breakfast
8.15 am	CTI Lectures
12 noon	Lunch
12.30 pm	Rest
2.00 pm	CTI Work
3.45 pm	Private Study
5.00 pm	Conference
6.00 pm	TV News
6.30 pm	Dinner
7.15 pm	Night Prayer
8.00 pm	Silence, Private Prayer & Study
11.00 pm	Lights out

Tuesday	
6.00 am	Morning Prayer
6.15 am	Meditation & Angelus
6.45 am	Eucharist
7.30 am	Breakfast
8.15 am	CTI Lectures
12 noon	Lunch
12.30 pm	Rest
2.00 pm	Pastoral Activity
3.45 pm	Private Study
5.00 pm	Vespers & Blessed Sacr. Adoration
6.00 pm	TV News
6.30 pm	Dinner
7.15 pm	Sing sing practice
8.00 pm	Silence, Private Prayer & Study
11.00 pm	Lights out

Thursday	
6.00 am	Morning Prayer
6.15 am	Meditation & Angelus
6.45 am	Eucharist
7.30 am	Breakfast
8.15 am	CTI Lectures
12 noon	Lunch
12.30 pm	Rest
2.00 pm	CTI Sport
3.45 pm	Private Study
5.00 pm	Vespers & Blessed Sacr. Adoration
6.00 pm	TV News
6.30 pm	Dinner
7.15 pm	Night Prayer
8.00 pm	Silence, Private Prayer & Study
11.00 pm	Lights out

Wednesday	
6.30 am	Angelus & Morning Prayer
6.45 am	Meditation & Angelus
7.30 am	Breakfast
8.15 am	CTI Lectures
12 noon	Lunch
12.30 pm	Rest
2.00 pm	HSS Work/ Pastoral
3.45 pm	Study
5.00 pm	CTI Eucharist
6.00 pm	TV News
6.30 pm	Dinner
8.00 pm	Silence, Private Prayer & Study
11.00 pm	Lights out

Friday	
6.00 am	Morning Prayer
6.15 am	Meditation & Angelus
6.45 am	Eucharist
7.30 am	Breakfast
8.15 am	CTI Lectures
12 noon	Lunch
12.30 pm	Rest
2.00 pm	HSS Sport
5.00 pm	Bible sharing
6.00 pm	TV News
6.30 pm	Dinner
7.15 pm	Recreation
11.30 pm	Lights out

Saturday	
6.45 am	Eucharist with Morning Prayer
7.30 am	Breakfast
9.00 am	Garden/ Compound Work
12 noon	Lunch
12.30 pm	Rest
2.00 pm	Houses & Room Cleaning
3.45pm	Private Study
5.00 pm	Rosary & Blessed Sacr. Adoration
6.00 pm	TV News
6.30 pm	Dinner
7.15 pm	Sunday Mass Liturgy Preparation
8.30 pm	Recreation
11.30 pm	Lights Off

Sunday	
6.45 am	Morning Prayer & Angelus
7.15 am	Breakfast
8.30 am	Eucharist
10.00 am	Private Time/ Pastoral
12 noon	Lunch
2.00 pm	Private Time
5.00 pm	Benediction with the reflection (TH3)
6.00 pm	TV News
6.30 pm	Dinner
8.00 pm	Silence, Private Prayer
11.00 pm	Lights out