

## Holy Spirit Seminary - Daily Schedule 2018

<b>Monday</b>	<b>Tuesday</b>	<b>Thursday</b>	<b>Wednesday</b>
6.00 am Morning Prayer	6.00 am Morning Prayer (private)	6.00 am Morning Prayer	6.30 am Angelus & Morning Prayer
6.15 am Meditation & Angelus	6.15 am Meditation & Angelus	6.15 am Meditation & Angelus	6.45 am Meditation & Angelus
6.45 am Eucharist	6.45 am Eucharist	6.45 am Eucharist	7.30 am Breakfast
7.30 am Breakfast	7.30 am Breakfast	7.30 am Breakfast	8.15 am CTI Lectures
8.15 am CTI Lectures	8.15 am CTI Lectures	8.15 am CTI Lectures	12 noon Lunch
12 noon Lunch	12 noon Lunch	12 noon Lunch	12.30 pm Rest
12.30 pm Rest	12.30 pm Rest	12.30 pm Rest	2.00 pm HSS Work/ Pastoral
2.00 pm CTI Work	2.00 pm Pastoral Activity	2.00 pm CTI Sports	3.45 pm Study
3.45 pm Private Study	3.45 pm Private Study	3.45 pm Private Study	5.00 pm CTI Eucharist *
5.00 pm Conference *	5.00 pm Vespers & Blessed Sacr. Adoration	5.00 pm Vespers & Blessed Sacr. Adoration	6.00 pm TV News
6.00 pm TV News	6.00 pm TV News	6.00 pm TV News	6.30 pm Dinner
6.30 pm Dinner	6.30 pm Dinner	6.30 pm Dinner	7.15 pm Night Prayer
7.15 pm Night Prayer	7.15 pm Sing sing practice	7.15 pm Night Prayer	8.00 pm Silence, Private Prayer & Study
8.00 pm Silence, Private Prayer & Study	8.00 pm Silence, Private Prayer & Study	8.00 pm Silence, Private Prayer & Study	11.00 pm Lights off
11.00 pm Lights off	11.00 pm Lights off	11.00 pm Lights off	
<b>Friday</b>			
6.00 am Morning Prayer	6.45 am Eucharist with Morning Prayer	6.45 am Morning Prayer & Angelus	
6.15 am Meditation & Angelus	7.30 am Breakfast	7.15 am Breakfast	
6.45 am Eucharist	9.00 am Garden/ Compound Work	8.30 am Eucharist	
7.30 am Breakfast	12 noon Lunch	10.00 am Private Time/ Pastoral	
8.15 am CTI Lectures	12.30 pm Rest	12 noon Lunch	
12 noon Lunch	2.00 pm Houses & Room Cleaning	2.00 pm Private Time	
12.30 pm Rest	3.45 pm Private Study	5.00 pm Benediction with the reflection (TH3)	
2.00 pm HSS Sports/Recreation	5.00 pm Rosary	6.00 pm TV News	
5.00 pm Bible sharing	6.00 pm TV News	6.30 pm Dinner	
6.00 pm TV News	6.30 pm Dinner	8.00 pm Silence, Private Prayer	
6.30 pm Dinner	7.15 pm Sunday Mass Liturgy Preparation	11.00 pm Lights off	
7.15 pm Night Prayer	8.30 pm Recreation		
7.45 pm Recreation	11.30 pm Lights off		
11.30 pm Lights off			

\* if not conference or CTI Mass - Evening prayer at 5:30 pm