St. Joseph Seminary - Propaedeutic Weekly Schedule
2023 – 2024

Time	Monday	Silent Tuesday	Wednesday	Apostolic Thursday	Friday	Saturday	Sunday
6:50 am	Meditation Prayer	Mass & Morning Prayer Integrated (7:30 am Lady Chapel)	Meditation Prayer	Morning Prayer and Adoration	Meditation Prayer	**9:30 am** Cleaning **10:30 am** Room Inspections **11:00 am** Rosary • *1st week Clean Rooms* • *3rd week Clean Common Areas* • *2nd, 4th weeks no cleaning as a community*	
7:20 am	Morning Prayer		Morning Prayer		Morning Prayer		
7:40 am	*Breakfast*	***8:15 am** Breakfast*	*Breakfast*	*Breakfast*	*Breakfast*		
8:30-9:15 am	Meditation	Meditation	Meditation	**8:30 am – 2:00 pm** APOSTOLIC ACTIVITY	Meditation		
9:30 – 11:20 am	***CLASS***	***CLASS***	***CLASS***		***CLASS***		
11:30 am	Eucharist		Eucharist (with NTC)		Eucharist	Eucharist	**Eucharist in a parish**
12:00 pm	*Lunch*	*Lunch (Refectory 11:30)*	*Lunch*		*Lunch*	*Lunch*	*Lunch*
1:00 pm	Midday Prayer	Midday Prayer	Midday Prayer		Midday Prayer	Use of Internet 1:30-4:30pm	Use of Internet 1:30-4:30pm
1:15 -1:30 pm	Rosary	Rosary	Rosary		Rosary		
	Human Formation (1:15-4:00pm)	Private Study Time	Private Study Time	**3:00 pm** Midday Prayer **(3:15-4:15pm Apostolic Experience Debrief Meeting)**	Private Study Time		
4:00 pm					Community Meeting		
4:30 pm	**4:30-5:15pm** Music Formation		Rector's Conference	Evening Prayer	Evening Prayer and Group Meeting		
5:15 pm	Evening Prayer	Evening Prayer (Silence ends)	Evening Prayer	Mass			
5:30 pm	*Supper*	*Supper*	*Supper*	*Supper*	*Supper*	***5:00 pm** Supper*	***5:00 pm** Supper*
6:30 – 8:30 pm	Personal Time	Sports Evening	Personal Time	Sports Evening	Community Night		
10:00 pm	**8:45 pm** Night Prayer (Lady Chapel) and GRAND SILENCE	GRAND SILENCE	GRAND SILENCE	GRAND SILENCE	GRAND SILENCE	GRAND SILENCE	GRAND SILENCE