

St. Joseph Seminary

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:50 AM	Meditation	Meditation	Meditation	6:50 – 7:40 am Morning Prayer & Adoration	Meditation	<p style="text-align: center;">9:30 am Cleaning</p> <p style="text-align: center;">10:30 am Room Inspections</p> <p style="text-align: center;">11:00 am Rosary</p> <ul style="list-style-type: none"> • <i>First week per month clean your rooms and room inspections</i> • <i>One week per month clean common areas</i> • <i>Other weeks no cleaning as a community</i> 	
7:20 AM	Morning Prayer	Morning Prayer	Morning Prayer		Morning Prayer		
7:40 AM	Breakfast	Breakfast	Breakfast		Breakfast		
8:30 am – 11:20 am	CLASS	CLASS	CLASS		CLASS		
11:30 AM	Eucharist	Eucharist	Eucharist (with NTC) <i>First Wednesday Open to Public</i>		Eucharist	Eucharist	
12:00 pm (noon)	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1:15 pm – 4:05 pm	HUMAN FORMATION	CLASS	CLASS	CLASS	CLASS		
4:00 PM					Community Meeting		
4:30 PM			Rector's Conference	Evening Prayer	Evening Prayer With Group Meeting		
4:45 PM				Eucharist			
5:15 PM	Evening Prayer	Evening Prayer	Evening Prayer				
5:30 PM	Supper	Supper	Supper	Supper	Supper	5:00 p.m. Supper	5:00 p.m. Supper
6:30 pm – 8:30 pm	Study Time	Sports Evening	Study Time	Sports Evening			
7:00 pm – 9:00 pm (Approximately)					Community Night		
10:00 PM	<u>GRAND SILENCE</u>	<u>GRAND SILENCE</u>	<u>GRAND SILENCE</u>	<u>GRAND SILENCE</u>	<u>GRAND SILENCE</u>	<u>GRAND SILENCE</u>	<u>GRAND SILENCE</u>

N. B. Seminarians are expected to build at least 30 minutes of silent prayer or meditation into their schedule each day of the week.