All vacant periods are meant for prayer, study, and wholesome recreational activities. A – seminarians' time belongs not simply to himself, but to the Lord and the people he shall one day serve. Use your time wisely, as befits men who have commited themselves to following Christ.

## FALL SEMESTER Year of Formation 2021-2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	7:00 Lauds & Mass	7:00 Lauds & Mass	7:00 Lauds & Mass	7:00 Lauds & Mass	7:00 Lauds & Mass	N.B. Hour-long fast before Mass
8:00 – 9:00 Fruit & Cereal served in Community Room	8:00 AM Breakfast	8:00 AM Breakfast	8:00 AM Breakfast	8:00 AM Breakfast	8:00 AM Breakfast	<b>8:00 AM</b> Rosary , <b>Lauds &amp; Mass</b>
N.B. Hour-long fast before Mass	8:30 – 9:20 Class / Study Period	8:25 – 9:40 Class / Study Period	8:30 – 9:20 Class / Study Period	8:25 – 9:40 Class / Study Period	8:30 – 9:20 Class / Study Period	9:00 AM Breakfast
10:00 Solemn Lauds	9:30 – 10:20 Class / Study Period	9:50 – 11:05 Class / Study Period	9:30 – 10:20 Class / Study Period	9:50 – 11:05 Class / Study Period	9:30 – 10:20 Class / Study Period	9:30 AM Recreation / Free Time
	10:30 – 11:20 Class / Study Period	11:15 – 12:30 PM Class / Study Period	10:30 – 11:20 Class / Study Period	11:15 – 12:30 PM Class / Study Period	10:30 – 11:20 Class / Study Period	
10:30 Mass	11:30 AM – 12:20 PM Class / Study Period		11:30 AM – 12:20 PM Class / Study Period		11:30 AM – 12:20 PM Class / Study Period	
11:30 - Brunch	12:30 PM - Lunch	12:30 PM - Lunch	12:30 PM - Lunch	12:30 PM - Lunch	12:30 PM - Lunch	12:30 PM - Lunch
12:30 – 5:30 Recreation / Free Time		1:10 – 2:25 Class / Study Period	1:00 – 4:00 Class / Study Period	1:10 – 2:25 Class / Study Period	1:30 – 3:30 Worklist	1:00 – 5:30 Recreation / Free Time
		2:45 – 4:00 Community Sports	4:00 Schola / General Schola	3:00– 4:00 Writing Lab		
5:15 Evening Prayer (on your own)	5:00 Meditation & Vespers	5:00 Meditation & Vespers	5:00 Meditation & Vespers	5:00 Meditation & Vespers	5:00 Meditation & Vespers	5:15 Evening Prayer (on your own)
5:30 Dinner	5:30 Dinner	5:30 Dinner	5:30 Dinner	5:30 Dinner	5:30 Dinner	5:30 Dinner
	6:30 – 7:30 Class / Study Period		6:30 – 7:30 Rector's Conference			
		7:00 – 8:30 Study Hall		7:00 – 8:30 Study Hall		6:00 Recreation / Free Time
8:00 – 9:00 Holy Hour, Examen & Compline <i>Community</i>		Class 6:30 - 9:00		Class 6:30 - 9:00		
11:00 Curfew Lights Out	11:00 Curfew Lights Out	11:00 Curfew Lights Out	11:00 Curfew Lights Out	11:00 Curfew Lights Out	12:00 Curfew Lights Out	12:00 Curfew Lights Out