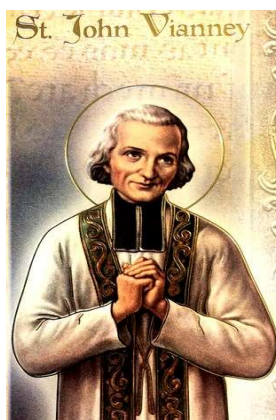


## APPENDIX I - Seminary Daily Program, 2022



### ST JEANNE VIANNEY SEMINARY DAILY PROGRAM

#### MOAMOA & MALOLOLELEI

#### SUNDAY

05.00am	:	Awake & Sunday Preparation
06.45am	:	Morning Prayer & Meditation
07.30am	:	EUCCHARIST
09.00am	:	Breakfast
10.30am	:	<b>Meeting/Accompaniment/Spiritual Direction</b>
12.00pm	:	To'onai & Malologa
03.00pm	:	Chaplet Divine Mercy
03.30pm	:	Holy Hour/Novena/Evening Prayer
05.00pm	:	Personal
06.00pm	:	Dinner
07.30pm	:	<b>Community Meeting/Reflection/Sharing</b>
09.30pm	:	Examine of Conscience & Night Prayer
10.00pm	:	Silent
10.30pm	:	Lights Off & Rest

#### MONDAY

05.00am	:	Awake & Prepare
05.30am	:	Rosary, Morning Prayer & Meditation
06.30am	:	EUCCHARIST
07.30am	:	Breakfast ( <i>break of Silence</i> )

**8.45am -12.45pm : CLASSES [*Lectures, Reading, Studying*]**

12.45pm : Lunch & Siesta

**2.30pm-5.00pm : Aoao & Seminalio's Sports**

06.00pm : Chaplet/Novena & Evening Prayer

06.45pm : Dinner

**07.30pm : Studying & Reading**

09.30pm : Examine of Conscience & Night Prayer

10.00pm : Silent

10.30pm : Lights Off & Rest

## **TUESDAY**

05.00am : Awake & Prepare

05.30am : Rosary, Morning Prayer & Meditation

06.30am : EUCHARIST

07.30am : Breakfast (*break of Silence*)

**8.45am -12.45pm : CLASSES [*Lectures, Reading, Studying*]**

12.45pm : Lunch & Siesta

2.30pm-4.00pm : Work / Cooking

04.00pm : Studying/Reading [Accompaniment/Spiritual Direction]

06.00pm : Chaplet/Novena & Evening Prayer

06.45pm : Dinner

**07.30pm : Studying & Reading**

09.30pm : Examine of Conscience & Night Prayer

10.00pm : Silent

10.30pm : Lights Off & Rest

## **WEDNESDAY**

05.00am : Awake & Prepare

05.30am : Rosary, Morning Prayer & Meditation

06.30am : EUCHARIST

07.30am : Breakfast (*break of Silence*)

**8.45am -12.45pm : CLASSES [*Lectures, Reading, Studying*]**

12.45pm : Lunch & Siesta

2.30pm-4.00pm : Work / Cooking

04.00pm : Studying/Reading [Accompaniment/Spiritual Direction]

05.30pm : HOLY HOUR - Chaplet/Novena & Evening Prayer  
 06.45pm : Dinner  
**07.30pm : Studying & Reading**  
 09.30pm : Examine of Conscience & Night Prayer  
 10.00pm : Silent  
 10.30pm : Lights Off & Rest

### **THURSDAY**

05.00am : Awake & Prepare  
 05.30am : Rosary, Morning Prayer & Meditation  
 06.30am : EUCHARIST  
 07.30am : Breakfast (*break of Silence*)  
**8.45am -12.45pm : CLASSES [*Lectures, Reading, Studying*]**  
 12.45pm : Lunch & Siesta  
 2.30pm-4.00pm : Work / Cooking  
 04.00pm : Studying/Reading [Accompaniment/Spiritual Direction]  
 06.00pm : Chaplet/Novena & Evening Prayer  
 06.45pm : Dinner  
**07.30pm : Studying & Reading**  
 09.30pm : Examine of Conscience & Night Prayer  
 10.00pm : Silent  
 10.30pm : Lights Off & Rest

### **FRIDAY - Day of FASTING til 12pm**

05.00am : Awake & Prepare  
 05.30am : Rosary, Morning Prayer & Meditation  
 06.30am : EUCHARIST  
 07.30am : Breakfast (*break of Silence*)  
**8.45am -12.45pm : CLASSES [*Lectures, Reading, Studying*]**  
 12.45pm : Lunch & Siesta  
 2.30pm-4.00pm : Work / Cooking  
 4.30pm-6.30pm : STUDYING  
 06.30pm : Dinner  
**7.30pm-8.30pm : HOLY HOUR - Chaplet/Novena & Evening Prayer**  
***Note: SOCIAL NITE*** on every 4th Friday of the month.

10.00pm : Silent  
 10.30pm : Lights Off & Rest

## SATURDAY

05.00am : Awake & Prepare  
 05.30am : Rosary, Morning Prayer & Meditation  
 06.30am : EUCHARIST (*break of Silence*)  
 07.30am : Breakfast  
**9.00am -11.30am : Manual or Pastoral work**  
 12.00pm : Lunch & Siesta  
 02.30pm : Sports  
 04.00pm : Cooking & Preparing the Umu  
 06.00pm : Chaplet/Novena & Evening Prayer  
 06.45pm : Dinner  
**08.00pm : Liturgy Preparation - Reading & Singing Practice**  
 09.30pm : Night Prayer (*Personal*)  
 10.00pm : Silent  
 10.30pm : Lights Off & Rest

