



**SEMINARY
OF
CHRIST THE KING
Parent's Handbook
2024-25**

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Dear Parents of seminarians,

The faculty of the Seminary of Christ the King would like to thank you for cooperating in your son's discernment and formation by considering and encouraging his entrance into the high school seminary. We would like to begin these considerations for parents with some words of Saint John Paul II:

“Dear parents ... I earnestly exhort you to continue more and more to be among the men and women who deeply feel the problems of the life of the Church, who shoulder these problems and are also able to transmit this sensitivity to their children, with prayer, reading of the Word of God, and living example. Normally a vocation is born and matures in a healthy, responsible and Christian family background. It becomes rooted precisely there and draws from it the possibility of growing and becoming a strong tree, laden with ripe fruit. Certainly, it will be necessary to cooperate in harmony with the diocesan seminary and to proceed at the same rate in the delicate task of educating and training aspirants to the priesthood. The seminary, in fact, exercises a unique and determinant role. But everything starts from the family and in the last instance everything is conditioned by it.

Therefore, you too, dear members of the family, take part in the vocation of these boys. You, too, in a way, can and must reply to the Lord: “Behold. . . let it be done to me according to your word”, by granting him, or rather giving to him, the fruit of your mutual love. And be certain that for the Lord and for his Church it is worth committing oneself to this extent.”
(John Paul II *to Families and formators of the Pontifical Minor seminary in Rome*, December 20, 1981)

As long experience shows, a priestly vocation tends to show itself in the pre-adolescent years or in the earliest years of youth. Even in people who decide to enter the seminary later on it is not infrequent to find that God's call had been perceived much earlier. The Church's history gives constant witness of calls which the Lord directs to people of tender age. St. Thomas, for example, explains Jesus' special love for St. John the Apostle “because of his tender age” and draws the following conclusion: “This explains that God loves in a

special way those who give themselves to his service from their earliest youth.”

The Church looks after these seeds of vocations sown in the hearts of children by means of the institution of minor seminaries, providing a careful though preliminary discernment and accompaniment. In a number of parts of the world these seminaries continue to carry out a valuable educational work, the aim of which is to protect and develop the seeds of a priestly vocation so that the students may more easily recognize it and be in a better position to respond to it. The educational goal of such seminaries tends to favour in a timely and gradual way the human [moral], cultural and spiritual formation which will lead the young person to embark on the path of the major seminary with an adequate and solid foundation. “To be prepared to follow Christ the Redeemer with generous souls and pure hearts”: this is the purpose of the minor seminary ... The students “under the fatherly supervision of the superiors – the parents too playing their appropriate part – should lead lives suited to the age, mentality and development of young people. Their way of life should be fully in keeping with the standards of sound psychology and should include suitable experience of the ordinary affairs of daily life and contact with their own families.” (John Paul II *Pastores Dabo Vobis*, #63)

Mission Statement of the High School Seminary of Christ the King

The high school Seminary of Christ the King is the only high school seminary in Western Canada. As a seminary, our program focuses on helping young men to grow in holiness, to discern, and to prepare for the Catholic priesthood and consecrated life.

We are a Group 1 independent school of the B.C. School system. Our academic program follows the British Columbia curriculum, with the inclusion of Religious Studies and Latin. While our academic standards are high, the most important

and unique aspect of our program is the spiritual, personal and community formation of the young men who attend here. Applicants are screened before being allowed to attend the seminary and must express a strong, personal and free interest in discerning and preparing for the priestly and/or religious vocation. Students must also indicate through their personal history an ability to grow within the seminary community – all students board at the seminary.

Through personal spiritual direction, human formation, community structure, prayer and interaction with others, the seminary provides an atmosphere where young men can grow in their spiritual lives and in their ability to relate to others in ways that would prepare them to be mature, responsible, future leaders.

Why the high school seminary?

Many boys are not ready to leave home during their teenage years. No one can replace the love, affection, care and teaching role of parents for their children. It is at home that a child learns his identity as a person made in God's image, one called to love and to be loved. But for those boys who are called by God, are given a special gift to grow in their relation with Him and with others, and are ready to accept this call and gift, seminary life is a unique opportunity for their growth with God and with others.

When you as parents consider your son's attendance in the seminary, it is important that you do not see your main decision as only, "whether or not I can entrust the care of my son to those who run the seminary." We, the faculty of the seminary, cannot replace your role as parents. The entrustment that should be the centre of your discernment is your son's relationship to Jesus, who has entrusted your son to you as parents and to us as the faculty of the seminary. "Test the spirits to see if they be of God". (St. John & St. Benedict) Your, and our, main discernment with respect to your son's coming to the seminary should be: "is my son moved by Jesus to make this step; and if he is, is he ready to follow this call?"

The following considerations are practical guidelines regarding issues that arise for every seminarian, hence for parents of seminarians. We hope that these guidelines will be of help in answering some of your questions and concerns and in aiding you to prepare your son for entrance into the seminary and helping him once he has entered.

Over and above all practical matters is the importance of the spiritual life of your children. It is expected that before a boy attends the seminary, he has developed a habit of prayer. The seminary's daily routine is structured around liturgical and personal prayer. If a boy is not "acclimatized" to prayer at home, his entrance into the seminary will be more difficult. Boys who wish to apply to the seminary should be praying a daily Rosary and attending Mass as often as possible during the week. If these practices are not already part of your son's rule of life please help and encourage him – growth in the love and praise of God is the greatest gift you can offer your children.

Practical Skills Required for Entrance

Washing clothes

Before students come to the seminary they should have been washing and caring for their own clothes for some time. The seminary has a coin operated washer and dryer for the students. Seminarians need to know how to keep white and coloured clothes clean. They need to be used to keeping their clothes folded neatly in the drawers of their room. The seminary provides use of irons and ironing board. Please teach your sons how to iron their dress shirts and pants.

Basic sewing

Each student should know how to make basic repairs of his clothes and replacing buttons, etc. Please show your sons how to use a needle and thread.

Attitude towards work and obedience

Perhaps the most important practical “skill” you can aid us in, is the cultivation and insistence among your sons of an uncomplaining attitude towards, responsibilities, obedience and work. If your son is not obedient at home it is unlikely, he will be so at the seminary. A person’s growth in loving obedience and diligence is a necessary stepping-stone for responsible maturity in his relationship with God and with others.

Keeping Contact with Your Sons

Seminarians do not have access to the internet, hence, to email, in the seminary. Regular contact with your sons should be through written letters. Such communication may seem rather old-fashioned, but in our experience, it has proven to be the most personal and constructive form of regular communication between seminarians and their families.

The seminary has only one phone that is available for the students’ use. Students receive calls from their families on this phone.

- Please see the Appendix “**PHONING YOUR SON**”.
- If there are other seminarians waiting for the phone, there is a five-minute time limit on the use of the phone.

Dealing with Homesickness

The experience of homesickness is normal and healthy and most seminarians experience it. When and how boys experience homesickness varies. Some will experience it very early during the first few weeks of school, most will struggle with it after the first home weekend or vacation time, some will not experience it until the second semester, after the Christmas holidays and during the month of March are common tough times! Finally, among the seminarians there are the rare few for whom homesickness never seems to strike too violently.

When it comes, the experience usually comes in waves; as the wave crests, the sense of being away from home is felt most strongly, and the boy may feel, think and express his experiences in ways that seem like his whole world is falling apart.

As mentioned before, this is a normal and healthy experience. It is part of every child's moving from his childhood dependence on his parents to a more mature interdependence with them.

When a boy is experiencing homesickness, we do not suggest excessive phone calls. Phone communication at these times usually makes the situation worse. The problem with phone calls is that the boy is not in the physical, real presence of his mom or dad; he is listening to and speaking to an electrified voice. All the personal elements of the communication are left up to his imagination. He will fill them in as his feelings of homesickness dictate. This is why the phone call will often increase his troubles.

We suggest that the boy first goes to the chapel to bring his feelings to Jesus and Mary, get a good night's sleep, and call home the next day when his feelings have subsided somewhat. Parents' firm and loving support is very important both for their peace of mind and the boy's emotional stability and growth.

Responsibilities while away from seminary

Students in the high school seminary, and those who seriously desire to attend the seminary, should have an ordered rule of life not only while at the seminary but also while at home or away from the seminary. The following are the basics expected of seminarians while away from the seminary: Every day they should attend Mass if Mass is available. They should pray Morning prayer, Midday prayer, and Evening prayer (all taken from their Christian Prayer book) every day. They should pray the Rosary, preferably with their families, and

spend 15 – 30 minutes of spiritual reading and quiet time every day. They should get to confession about twice a month.

You can help your own and family's spiritual growth by encouraging, challenging you son, but most helpful is if you and your family adopt some or all of the prayer times together.

School Ceremonies/Parents' Days

Three times during the year the high school has school ceremonies that are combined with parents' days. Two of these, mid-October and late-March, coincide with the distribution of term report cards. At these times the seminarians present dramatic and musical performances for their parents, families, the rest of the seminary community and the monastic community. The high school students spend a lot of time preparing for these events and performances. These are also privileged times for parents to meet with teachers and discuss their son's development. **It is of great importance to the seminarians that their parents and families attend these events.**

Transport to and from the Seminary

The seminary is not responsible for transport to or from the seminary during home weekends or holidays. Presently we have some local Knights of Columbus who offer rides to students who are flying or the taking the bus in or out of Abbotsford. Students who wish to make use of the service provided by the Knights must book their flight or bus arrival and departure times with consideration for those providing the rides: pickup and drop off times from the seminary are between 7:30 AM and 8:00 PM.

Similarly, the seminary is not responsible for transport to or from the seminary for ordinary medical or dental care, except in the case of emergencies.

Arrival at the beginning of the School Year

School starts on the Wednesday after Labour Day with a family orientation day, pot luck lunch and registration.

Students and families should arrive between 10:00 and 11:30 a.m. A schedule for the day is sent to each parent. If circumstances necessitate that students arrive before this date arrangements must be made well in advance. Like any large family, the monastic community has a lot going on at this time preparing for the new school year. We appreciate your cooperation in arranging for your sons to arrive on time.

Holidays and Home Weekends

It is of utmost importance that students arrive and depart within the times set on the school calendar. Students are to be back at school at 8:00 p.m. at the latest after home weekends and school holidays, and may leave only after classes are finished at the beginning of such holidays. It is better for students to arrive early than to arrive late. If a student is late more than once on his return after home weekends or holidays, he will not be permitted to return home on the following home weekend.

Knights of Columbus Elocution Contest

Every year, the high school seminarians participate in the K of C elocution contest. This competition is held at Traditional Learning Academy in Coquitlam: 1189 Rochester St. Coquitlam, phone: 604 931 7245. This event happens on a Thursday and Friday in Late April or early May. Seminarians from the Vancouver area are asked to travel to and from the event from their homes. Since many of the seminarians are from out of province, we ask that those families from the Vancouver area who are able to help us by accepting an extra boy or two for the weekend, or assisting us with transport to and from the seminary.

Policy for student's acceptance and returning

The high school seminary program is designed to facilitate the growth in holiness, discernment, and development of vocations to the priesthood and religious life.

Most boys who come the high school seminary are in the “not sure” position with respect to their discernment of their vocation, and God’s will in this regard. Many boys are accepted on the basis of their demonstrated interest in things of God in general, in the priesthood and religious life in particular, and in their ability to grow within the seminary community.

During the school year, through interaction with other students, faculty, regular prayer and community life and spiritual direction, most students will discern quite quickly their desire and capacities to continue in the direction of seminary life.

Throughout the year the rector of the seminary meets individually with each student. Students are assessed on how seriously and actively they discern their relationship with God and His call, how they are growing within and contribute to the seminary community, as well as their classroom conduct and performance.

All students are accepted for one year at a time. Given the daily seminary routine of prayer, community life, study and work, it is usual that new students will take a few months to adjust to such a routine and be significantly affected by it. After the first few months new students are able to enter into the daily seminary structure in a life-changing manner. Having settled in, students will quite naturally begin to lean in one of two directions with respect to seminary life. Some will feel and respond to a desire to enter deeper and deeper into the new life they have been given. These will not find it an unreasonable burden to spend extra time visiting Jesus in the chapel on their own or getting up earlier for extra prayer; these boys start to become aware of the areas in their life that they need to improve; they learn to accept tasks asked of them. Others, though happy at having settled in, will be content to be comfortable with the routine. These latter will usually enjoy being in the seminary since the disciplined routine, the joy of the community, and the peacefulness of the prayer life, have

helped them to be freed from the experience of boredom and inner anxiety, have given them a more spiritual and reasonable control of their lives.

This latter group of students, often supported by their parents, may desire to continue in the seminary in light of all the positive benefits they have received and changes they have seen in their lives. Often, they have become comfortable, perhaps for the first time in their lives, with who they are in the presence of God, within a community of friends, and may be treated with special respect at home and at their parish because they are seminarians. They may express their desire to return to the seminary as “I want to keep growing”, “I want to come back next year so I can figure out if I really want to be a priest”, “I want to return so I can try harder and do better in my studies and in my spiritual life”.

We appreciate the fact that these latter students have grown and changed significantly during their year in the seminary. We watch their behaviour and discuss with them their thoughts and desires as they express and discern their motivations for being in the seminary. Most students who are not interested in personally engaging in seminary life or do not feel called in the direction of the priesthood or religious life are able to decide on their own that the seminary is probably not the best place for them to continue their studies. However, if at the end of the year it seems to the rector and the faculty that a student shows little or no interest or aptitude to personally engage and grow in the seminary community and has no inclination towards the priesthood or religious life, yet still would like to return, we will ask him to apply to another school for the coming year.

We have found over many years that to encourage or to allow such students to continue in the seminary – those who do not display in their behaviour and in their convictions a desire, or ability, to continue to “fight”, to push themselves in their struggle to grow, in the spiritual life, in their community life and in their studies – that they simply do not continue to grow.

Instead, they tend to stagnate. Some students need more parental care, a care that no one other than parents and near relatives can give them. When we discern that a student needs to be asked to go to another school, we do not see this as a negative judgment in their regard, rather as a positive moving forward in their life decisions and directions. There is an old saying among fishermen: “when you’re looking for fish, it’s just as important to know where they aren’t as to know where they are”.

As we are discerning what is best for your son, we will contact you and appreciate your enquiries and suggestions.

The discernment that the seminary fosters is not only in the direction of priesthood and consecrated life. Every human person must make life decisions, decisions upon which he can go forward in faith, hope, and love. No one enters or continues on the journey of life alone. When we are young, we may have a tendency to see our direction mainly in terms of moving from a state of dependence on our parents and those around us to a state of independence: where we can make our own choices and direct our own lives. It is true that we all must grow from a state of childhood dependence; but true growth is not to be found in independence, it is found in interdependence. We have been created and destined for a life of communion with God and with each other. It is the growth towards this life of communion that we encourage for all students at the seminary.

Final Consideration

We hope this booklet has been helpful in formulating and presenting ways in which we can work together with your sons in their growth and formation.

We don’t pretend to have all the answers or all the skills in order not to make any mistakes. We are also learning as we grow with Jesus, each other, and those who are entrusted to our care. We appreciate insights and suggestions from parents,

and are grateful to them for the gifts of their children and their families.

Please do not hesitate in asking for more clarification, making any suggestions with respect to the above issues and any others that you may have.

In Christ,

The Rector of the Seminary of Christ the King

Daily Order of the Seminary

Monday - Friday

5:45 a.m.	Rise
6:05	Morning Prayer followed by Meditation
6:30	Conventual Mass - Breakfast - House Chores
8:00	Study
8:30 - 11:25	Classes (with 5-minute break between periods)
11:30	Spiritual Reading in Seminary Chapel
11:45	Midday Prayer in Seminary Chapel followed by noon meal
12:30 p.m.	Break
1:30 - 4:25	Classes and P.E. (with 5-minute break between periods)
4:30	Shower/Snack
5:00	Study
5:30	Vespers in Seminary Chapel (Abbey Church on Fridays and Saturdays)
6:00	Supper followed by community time until 7:00
7:00	Discretionary Time
7:30	Study
8:30	Rosary (8:00 Friday Holy Hour)

Saturdays: Weekday order with no classes or study hall except:

7:30 a.m.	Housework
10:25	Spiritual Reading
10:30	Study Hall
11:50	Midday Prayer in Abbey Church
2:00 - 4:00	Community Activities (work period)
8:30	Rosary

Sundays

- 6:30 a.m. Rise
- 6:45 Morning Prayer in Seminary Chapel - Meditative Reading
- 7:10 Breakfast
- 8:30 Spiritual Reading in High School Chapel
- 9:00 Silent Prayer or Study
- 10:00 Conventual Mass
- 11:50 Midday Prayer in Abbey Church
- 12:00 p.m. Noon Meal followed by recreation
- 2:00 Group Lectio
- 4:30 Vespers and Benediction
- 6:00 Supper followed by community time until 7:00
- 7:00 Discretionary Time
- 7:30 Study
- 8:00 Rosary and Confessions

SCHOOL CALENDAR 2024-25

2024

- Sept. 4** **Seminarians arrive.**
- Sept. 5 Student orientation day.
- Sept. 6 First day of classes.
- Sept. 10 Solemnity of the Dedication of the Abbey Church. No classes.
- Sept. 30 Truth and Reconciliation Day. No classes.
- Oct. 11-14 Thanksgiving holiday after last class Friday to 8:00 p.m. Monday.
- Oct. 15-18 First-term examinations.
- TBD Christ the King Lecture.
- Nov. 1 Solemnity of All Saints. No classes.
- Nov. 2 All Souls' Day.
- Nov. 2-3 Vocation live-in: Saturday morning 8:30 a.m. until Sunday afternoon.
- Nov. 3 High school Parents' Day and Elocution Program at 2:00 p.m.
- Nov. 8-11 Home weekend: after last class Friday to 8:00 p.m. Monday.
- Nov. 24 Solemnity of Christ the King: patronal feast of the Seminary.
- Dec. 8 Advent Program at 2:00 p.m.
- Dec. 9 Solemnity of the Immaculate Conception of the Blessed Virgin Mary. No Classes.
- Dec. 16-19 Second term examinations.
- Dec. 20 Christmas vacation December 20 - January 5. Students may leave after lunch on Dec. 20.

2025

- Jan. 5** **Seminarians return 8:00 p.m.**
- Jan. 6 Solemnity of Epiphany. No classes.
- Jan. 7 First day of classes.
- Jan. 21 Father Abbot's feast day. No classes.
- Jan. 30-Feb. 2 Retreat: Thursday evening until Sunday morning.
- Feb. 8-9 Vocation Live-in: Sat. 8:30 a.m. until Sunday afternoon.

- Feb. 14-17 Home weekend: after last class Fri. to 8:00 p.m. Mon.
- Mar. 5 Ash Wednesday.
- Mar. 10-13 Third term examinations.
- Mar. 13-16 Home weekend: after last class Thurs. to 8:00 p.m. Sunday
- Mar. 21 Solemnity of St. Benedict. No classes.
- Mar. 30 High School Parents' Day. Oratory Contest at 2:00 p.m.
- (TBD) Speech Arts Festival. You may pick up your sons on Wed. after school and bring them back on Fri. before 5:00 p.m. for Vespers.
- Apr. 13 Palm Sunday.
- Apr. 17 Holy Thursday. Last day of classes. Easter Triduum begins with Mass of Our Lord's Supper 7:30 p.m.
- Apr. 18 Good Friday. Day of Recollection.
- Apr. 20 EASTER SUNDAY.
- Apr. 27 Students return 8:00 p.m.
- Apr. 28 Classes resume.
- May 1 Solemnity of St. Joseph the Worker, patron of Westminster Abbey. No classes
- May 19 Victoria Day. No Classes.
- May 24 Seminary track meet.
- May 29 Ascension Thursday. No classes.
- June 2-5 Final examinations.
- June 7 School closing and awards at 2:00 p.m.
- July 5-6 Vocation Live-In: Saturday morning 8:30 a.m. until Sunday afternoon.

HOME WEEKENDS, CHRISTMAS AND EASTER HOLIDAYS

2024

Oct. 11-14 Thanksgiving holiday: after last class Fri. to 8:00 p.m. Mon.

Nov. 8-11 Home weekend after last class Fri. to 8:00 p.m. Mon.

Dec. 21 Christmas vacation Dec. 20 – Jan. 5

2025

Jan. 5 Seminarians return. First Vespers of Epiphany

Feb. 14-17 Home weekend after last class Fri. to 8:00 p.m. Mon.

Mar. 13-16 Home weekend: after last class Thursday until 8:00 p.m. Sunday

April 20 EASTER SUNDAY. Vigil of the Resurrection begins at 10:00 p.m. Saturday. Easter vacation begins after the Vigil Mass (about midnight); those who wish to go home then may do so. Mass on Easter morning is at 10:00 a.m.

April 27 Students return 8:00 p.m.

PARENTS' DAYS:

2024

Nov. 3 First Performance at 2:00 p.m.

Dec. 8 Advent Program begins at 2:00 p.m.

2025

Mar. 30 Oratory Contest at 2:00 p.m.

It is very important that parents and families attend the parents' days. Your sons prepare for months for each performance, it means a lot to all of us if you attend.

PHONING YOUR SON

When calling your son please use the seminary phone number: **604 826 8975**.

The **high school seminary** has its own phone extension: **8272**.

All calls go through the Monastery phone lines and exchange system. Please do not leave messages unless it is urgent, the secretary will get it in the morning.

The extension to **the Rector's office** is: **6249**.

If you call and the secretary answers, she will forward your call. If you call and you get a recording, as soon as the recording begins you can enter the extension of the high school lobby, 8272, or of the Rector's office, 6249. This will forward your call directly to the respective phone.

Seminarians will need their own phone cards to make long distance calls on the seminary phone.

Phone calls should be made between:

School Days: 12:20 to 1:00, 4:10 – 4:40 and 7:00 – 7:20 during school days.

Saturdays between 8:30 – 10:15, 12:35 – 1:45, 4:15-5:15, 6:35-8:00.

Sundays and Sunday Order days 7:30- 8:15, 11:20-11:40, 12:35-4:15, 5:15-5:50.

Phone calls are **not to be made or received during study periods nor after 8:30 p.m.**

GENERAL CLOTHES LIST

GENERAL CONSIDERATION: In order to foster a spirit of Christian simplicity necessary for seminary life, we encourage all students to foster non-worldly attitudes towards clothes. Dress and sports clothes containing overt or ostentatious **logos or brand-name labels are not permissible in the seminary for any occasions**. If you already possess such clothing we suggest you obtain more simple wear.

Students require **two pairs of black dress shoes** – they must be **black**, and **thin soled**.

SUNDAY WEAR: Good clothes and shoes for Sundays and feast days. This is either a suit or else a jacket and trouser combination: any good combination is acceptable. Colours permissible for dress pants for Church and class are **black, dark blue**, and **gray**. Dress shirts for Church and class wear must be **white; each boy should have at least 3 white dress shirts, 4-5 are recommended**.

SCHOOL WEAR: Clothes for chapel, classes always require white dress shirt, tie and dress pants. Jeans and trousers of denim type material are not acceptable as school wear.

FOR SPORTS: Needed – among other things – are gym shorts, T-shirts, runners, a pair of gym shoes to be reserved for use in the gym, soccer boots. **Each student requires roller hockey blades, helmet, gloves and knee protection as well as 2 hockey sticks**. Physical Education periods are usually held outside.

OLD CLOTHES: for various outdoor activities and work periods.

BED SPREAD Etc.: A machine washable bed-spread (twin bed size), preferably bright-colored. The seminary supplies sheets, pillows and pillow slips, and blankets (though students may bring their own if they prefer). **Students have access to coin washers and dryers**: the machines use Canadian Loonies, \$2, one for each run of washer or dryer.

MISCELLANEOUS: Towels, soap, bathrobe, pajamas. **Every boy should have a good supply of handkerchiefs: 10 is suggested. Students are not permitted to use toilet paper as handkerchiefs.** It would be good to have a sleeping bag for occasional outings.

Each student must bring a USB stick to save his homework assignments on. It is not permitted to bring music, movies or programs on these devices.

BOOKS AND SCHOOL SUPPLIES

BOOKS: The textbooks for most high school subjects are supplied by the Seminary of Christ the King; but such things as workbooks and texts for Religion and Music class will need to be purchased. These can usually be obtained at the seminary Bookstore. New students can expect to spend about \$250 – \$320 on books, for they will need to buy a number of expensive books for choir and church use. Returning students are usually under \$50

SCHOOL SUPPLIES: Students should bring regular school supplies – binders, paper, pens, pencils. The seminary bookstore carries ordinary school supplies such as paper, pens, pencils, and stationery but it is best, and cheaper, to bring them. Students should have a good supply of pens (including one or two coloured ones) to avoid borrowing. Each student requires a pocket calculator for math and science.

DICTIONARIES: The seminary supplies English dictionaries in the junior years of high school. The senior students should have a good dictionary of their own. French and Latin dictionaries are recommended and may be obtained at the Bookstore.

SUNDRIES: The Bookstore also has sundries like soap, toothpaste, etc.

DETAILED CHECK LIST

- Long sleeved WHITE dress shirts (5-6 or more is ideal as laundry is done once a week)
- Ties (2 or more)
- Sunday/Feast Day Wear:
 - Black, dark blue, or gray dress pants
 - Black thin-soled dress shoes
 - Suit Jackets (2 is ideal as one may need cleaning but 1 is fine)
- **Two pairs** of black thin soled dress shoes.
- Socks (black for uniform, and others if desired, for everyday wear)
- Ties (2 or more)
- T Shirts (try to avoid logos or brand names if possible)
- Hoodies
- Shorts
- Sports pants
- Running Shoes (2 pairs:1 for gym use, and 1 for outdoors)
- Everyday/work wear for warmer and colder weather.
- Work gloves (some students wish they had these for colder weather)
- Jackets (for various types of weather. We get a lot of rain)
- Rubber boots for barn work
- Pajamas
- Underwear
- Bath robe

- Slippers (optional)
- Shower shoes/flip flops (to prevent athlete's foot)
- Basic winter attire (i.e. gloves, toque)
- Swim shorts (some boys like to swim in the pond)
- Toiletries
- Coins for laundry (each load is \$2: loonies & quarters)
- Tide Pods (easiest and least messy)
- Laundry basket or hamper
- Twin size bedding (for cold and warm weather)
- Hockey equipment (2 sticks, hockey helmet **with cage or visor**, gloves, elbow and knee pads, roller blades)
- Kleenex or handkerchiefs
- Flashlight (optional for getting up at night)
- Family photo for locker (optional)
- Towels (2)
- Black shoe polish
- Water bottle
- Loose leaf paper
- Binders for 8 to 11 subjects – medium or small size binders are best.
- Pens and pencils
- Fine point black pen for outlining
- Calculator specific to grade level requirements for Math
- Pencil crayons
- 1 or 2 USBs (NO music, movies or programs on these devices)

A **planner** will be provided, seminarians can buy extra paper, pens, etc. at the Seminary Book Store.

We recommend that seminarians **not** bring cell phones. If they are brought, they are to be handed in to the Rector and kept in his office. Cell Phones are only to be used for emergencies.

Seminarians should **not** bring laptop **computers** or other personal computers or **devices**.

SEMINARY COMMITMENTS

The following is a brief presentation of the commitments we expect from each high school seminarian. Please take the following requirements seriously and begin to prepare for seminary life right now. If you don't feel that you can live up to the commitments expected by seminary life, perhaps you are not ready to come to the seminary at the present time.

The mission of the high school seminary is to provide a stable environment and atmosphere where young men can grow in the life that Jesus Christ is calling them to live. By growing within the community of the seminary, seminarians are aided in their discernment of their vocations.

You may not be sure if Jesus is calling you to the priesthood or to the religious life, so we cannot expect of you a commitment to be such. We do expect a faithful respect, serious effort, and openness towards such vocations.

We expect that you are committed to grow spiritually, intellectually, emotionally, and physically.

We expect that you are committed to and believe yourself able to grow within the seminary community and under the direction of the rector and faculty.

We expect a firm commitment towards Jesus Christ and His Church, and behaviour patterns in agreement with seminary life.

Candidates for the seminary must regularly attend Mass and receive the Sacraments of Communion and Confession while away from the seminary. Sunday participation at Mass and

daily Rosary and part of the Office is a bare minimum, if available weekday Mass should be attended.

You should be willing to be “different” for Christ. You should ask yourself, “Do I want to be a Seminarian?” If your answer is yes, are you willing to be and to be seen as different as you learn to follow Jesus as a seminarian, or is fitting in with the rest of the world, being thought of as ‘cool’, more important to you? If the latter, it is likely that you are not ready for seminary life.

If you do want to come to the seminary you are already choosing something different from most other young men. This should extend to other areas of your life as well.

Since the seminary is a place where you come to grow in your ability to communicate with God through silence and prayer, electronic entertainment equipment such as iPod, iPad or similar devices are not permitted.

The use of hair gel, spray or dye and anything of this sort is not allowed. If your hair style demands such cosmetics, we suggest you get a haircut. We’ll give you one if you want!

Sports and dress clothes containing large external logos or large brand names, as well as any kind of platform shoes, are not permissible in the seminary.

COMMITMENTS IN THE AREAS OF CHASTITY

As a young man committed to discerning God’s call to the priesthood or to the religious life, the seminarian must, in his thoughts, words, and behaviour express a commitment to sexual purity.

Foul language, slang expressions, and jokes related to sex have no place in the life of any Christian, and doubly so for the seminarian.

As one discerning a priestly or religious vocation, you should not be dating or relating to girls in such a way that would indicate a priority in developing such relationships.

As a seminarian your behaviour within and without the seminary should express your commitment to seeking your vocation. The content of movies, television programs and magazines that you use for entertainment should be in accord with the truths of your Faith. Your example to others in this regard is very important. People know you are going to the seminary and expect that your behaviour will express your Christian Faith.

We do not expect that you are a saint and it is important that you don't think that everyone coming to the seminary is a saint. You are coming to grow, to grow, by God's grace, into a saint! And we will, by the grace of God, grow together. The seminary is a kind of family; every family has its tensions because each child is unique with his strengths and weaknesses. It takes time to learn how to work with and accept our own and other people's weaknesses and gifts.

Of highest importance to you is the prayerful realization that if you discern you are called to come to the seminary and you want to respond to that call, then know that what you are entering into is not something you can turn your back on in the future without serious spiritual and human consequences.

Whether you are called to the priesthood or to the religious life is not the most important thing, though that is part of what you are coming to discern. In the seminary we receive the Eucharist, spend hours in prayer, live in community, are taught and guided by religious every day. We try to live the way, the truth, and the life of which Jesus is King. To enter on this way at the seminary is a great opportunity for any young man, but carries with a great responsibility. Nothing gives greater purpose, peace and joy than following Jesus with all our heart, mind and strength. To grow in holiness, to be in such a relation with Jesus and to do His will is the greatest good we can want and ever hope to fulfil. Do you want this?

If you do, then welcome aboard. We have a great journey ahead of us and a good crew traveling with us. But prepare yourself for a fight!

Please offer some special prayers for the coming year. We are all looking forward to a very fruitful school year. If you feel that you are able to comply with the commitments listed here, please put your thoughts in writing and **send the Rector a short note on the matter.**