



Seminary Formation at Home

OSJMS Formation Program in the time of the
Covid-19 Crisis and the Quarantined Life





Context

The Covid-19 brought many consequences to our lives that are out of our control. We are challenged to continue with our lives but with great awareness of the unseen enemy around us.

How does the OSJ Minor Seminary respond to the challenges of this global crisis?



The worst effect of the virus in our society is division, separation, and indifference which are all the opposite of what seminary formation promotes that is Human and Christian Formation fostered in community life.

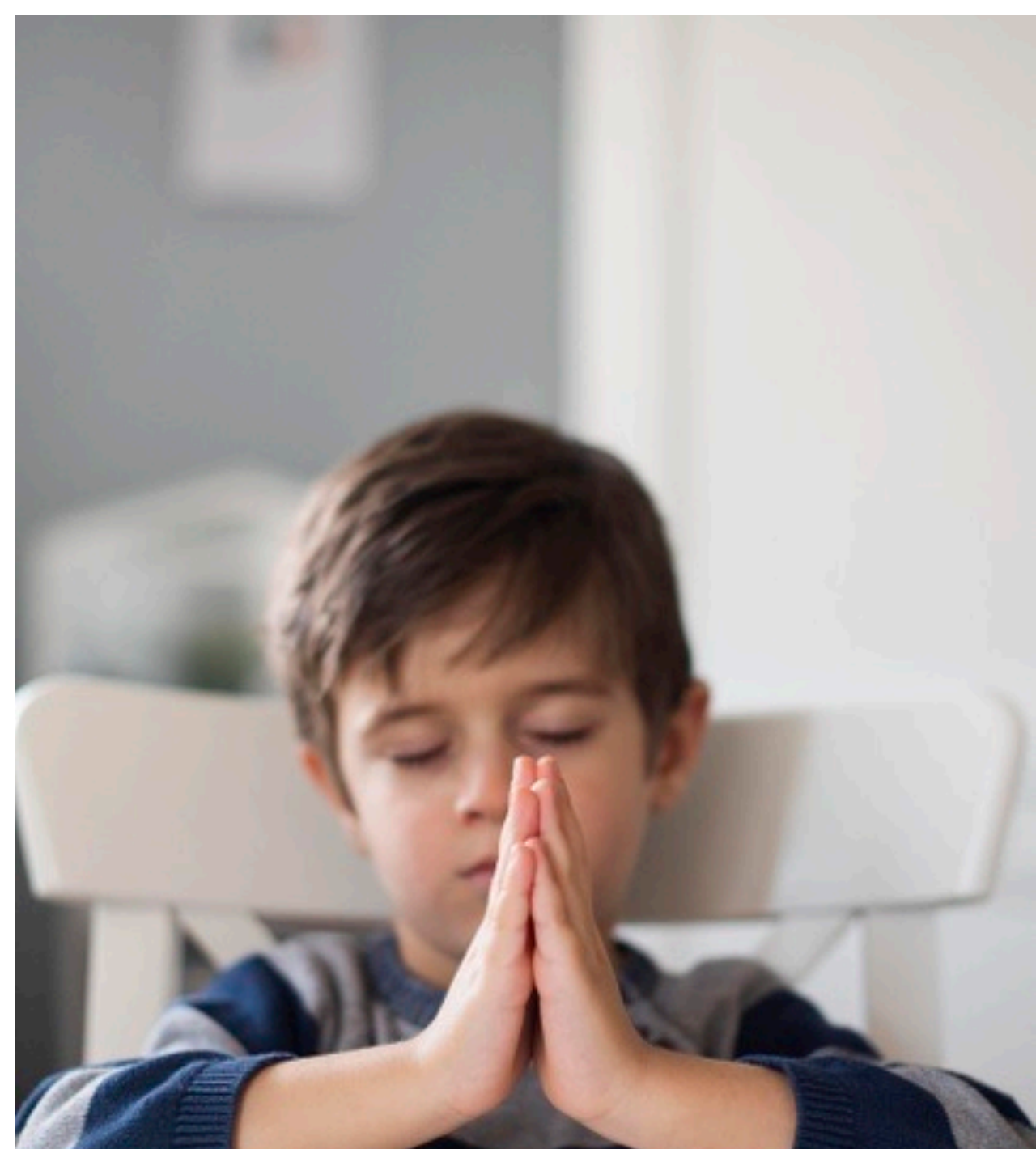
Is Seminary Formation still possible and relevant in this time of crisis?

The answer is: YES!

Through the SEMINARY FORMATION at HOME!

- Parents/ Guardians are Co-Formators of the Religious and Priests Formators in the Seminary.
- Seminary Formation happens in Community and Seminary Life, but the greater part of it happens within the seminarian, in his formation of Self-Discipline.





Seminary Formation Program at Home

Objective: To provide guidelines for seminarians to continue with their seminary formation at the safety of their homes. It aims to help seminarians to realize that even though they are not within the seminary premises, their heart, mind and soul must always be under the formation of the seminary.



Considerations

Unless a vaccine for COVID is developed and made available for everyone or the cases of the virus becomes manageable for our healthcare system, we do not recommend seminarians to return to the usual seminary formation inside the seminary. To ensure the safety of everyone, the seminarians will have to stay at their homes

- With the help of their parents who will act as formators, the seminarians are expected to continue to practice the essential elements of seminary formation such as following the prescribed schedule of the seminary and the discipline that is expected of them.

What should the parents do as co-formators?



1. Discipline

They are responsible in their son/s observance of discipline expected of them as seminarians.



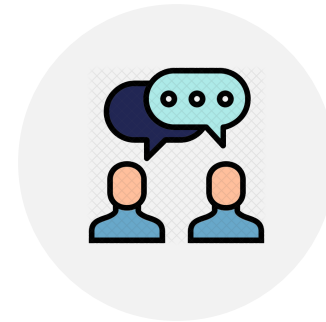
2. Rules and Regulations

They must make it sure that their son/s continue to follow the rules and regulations stated in our seminary handbook.



3. Daily Schedule

They must also monitor their son/s observance of the schedule provided by the seminary.



4. Communication and Updates

They are also required to be in constant communication with the formators regarding updates, concerns, and other matters about formation.

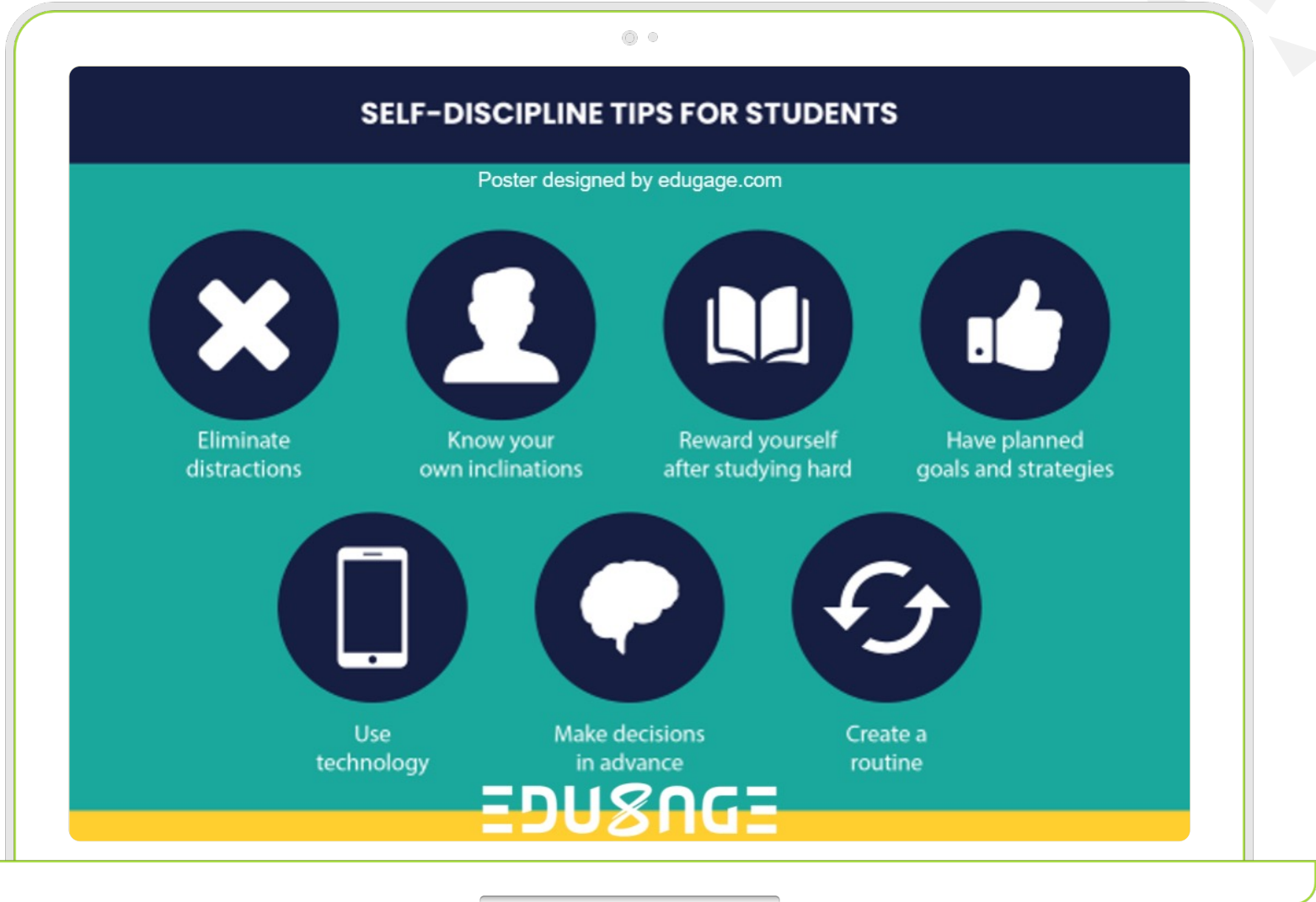



5. Evaluation

Finally, parents will also be asked to answer an evaluation form by the end of the formation year or if the situation returns to normal.

Seminarians must not see this crisis as a hindrance to seminary formation but rather, it challenges them to value **SELF-DISCIPLINE**.

Seminarians are practically on their own homes where the seminary formators are not physically present. It is now a greater challenge for them to realize that their discipline and formation are not only dependent on the presence of their formators but rather on themselves.





TRIDUUM MASSES IN HONOR OF ST. JOSEPH MARELLO

*Please join us on May 27-29 at
6:00 pm*

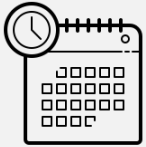
Live at OSJ Minor Seminary Page



The Seminary will strive to provide the program and materials needed for them to be guided in this formation at home set up. Formators will communicate to the seminarians about these through their parents.

Take note: Seminarians will still be given evaluation by their parents based on how they observed the guidelines for seminary formation at home. The evaluation will serve as material for the formators to process and guide seminarians in their human and Christian formation.

What should the seminarians do in their seminary formation at home?



1. Daily Schedule

They will be given a structured daily schedule that they are expected to religiously observe with the guidance of their parents.



2. Spiritual & Academic Activities

They must perform the activities prescribed by the program of formation especially spiritual and academic activities.



3. Performance Results

They will also be required to submit results or proofs of completion of certain tasks or activities.



4. Online Colloquium

They need to undergo individual dialogue and peer conference with their guidance counselor, prefect of discipline, and spiritual director. This will be possibly done online or via video call.



5. Daily Reflection

They will also be required to have a daily reflection notebook which will be checked by their parents. This can be a matter for discussion during the dialogue between the parents and the formators.

Daily Schedule for Seminarians' Formation at Home

Saturdays and Sundays must be spent as time for bonding with the family. During these days also, scheduled activities regarding human and spiritual formation will be held such as dialogue with the Prefect of Discipline/ Spiritual Director/ Guidance Counsellor. Prayers and the Holy Eucharist are not postponed on Saturdays and Sundays rather it is greatly encouraged that the entire family prays and attends the mass together. *Oblates of St. Joseph Minor Seminary*

Time	Activity
5:30 am - 6:00 am	Rising/ Showers/ Personalia
6:00 am - 7:00 am	Online Lauds and Holy Mass (*Wednesday – Lauds & St. Joseph Rosary)
7:00 am - 7:30 am	Breakfast
7:30 am - 9:30 am	Online Class/ Performance Task/ Activities
9:30 am - 10:00 am	Break/ Merienda
10:00 am - 12:00 pm	Online Class/ Performance Task/ Activities
12:00 am - 1:00 pm	Angelus/ Lunch
1:00 pm – 4:00 pm	Online Class/ Performance Task/ Activities (*Friday – Completion of Requirements & Consultation)
4:00 pm - 4:15 pm	Break/ Merienda
4:15 pm - 5:30 pm	<p>Grades 7, 9, 11 (Monday and Wednesday - Household Chores / Tuesday and Thursday - Sports and Recreation)</p> <p>Grades 8, 10, 12 (Tuesday and Thursday – Household Chores / Monday and Wednesday – Sports and Recreation) Friday is free time.</p>
*4:30 pm - 5:30 pm	Seven Sorrows and Joys of St. Joseph and Holy Eucharist (Wednesday)
5:30 pm - 6:00 pm	Showers/ Personalia
6:00 pm - 7:00 pm	<p>Online Vespers (Daily)</p> <p>Rosary (Monday and Thursday)</p> <p>Novena to St. Joseph Marelllo (Tuesday)</p> <p>Holy Hour Online (Every First Thursday)</p>
7:00 pm - 7:30 pm	Dinner
7:30 pm - 8:00 pm	Compline/ Night Prayers (Personal /Organized by Class)
8:00 pm - 9:00 pm	Strict Study Period
9:30 pm	Lights off

Seminary Formation at Home Program Matrix

Involving three aspects of Seminary Life:
Spiritual, Human, and Community



Spiritual Formation

Activity	Description
1. Holy Eucharist	The Celebration of the Holy Eucharist will be shared live on our facebook page. Seminarians must participate at home following the guidelines of the CBCP for attending online masses with the respect and reverence.
2. Communal and Personal Prayer	The Liturgy of the Hours will also be shared live on our facebook page during the scheduled time for every prayer. Seminarians must pray the breviary simultaneously. Devotions (rosary and novenas) shall be prayed personally or with the entire family.
3. Meditation/ Examination of Conscience/ Spiritual Journal and Reflection Writing	Seminarians must dedicate some time for meditation and writing of their reflections on the Daily Gospel. Parents must check every weekend if their sons are faithful in writing their reflections everyday.
4. Sacrament of Reconciliation/ Confession	The Sacrament of Confession is important in the spiritual growth of Seminarians. During this time that they are at home, we recommend asking the services of any priest closest to them. The Spiritual Director will encourage them to go to confession.

Spiritual Formation

Activity	Description
5. Holy Hour	Every Thursday evening, the Holy Hour will be shared live on our facebook page. Seminarians must participate and pray for the pandemic to end and for the increase of vocation to the priesthood and religious life. Same protocols in attending online masses must be observed.
6. Individual Spiritual Direction and Guidance Counselling	The Spiritual Director and Guidance Counsellor will do online individual dialogue at least twice or if the need arises. Seminarians may take the initiative also to ask for dialogue if they desire. The Spiritual Director and Guidance Counsellor must communicate with the parents regarding the schedule.
7. Online Monthly Recollection	As part of the spiritual formation of the Seminarians, an online streaming of monthly recollection will be available on our facebook page. Seminarians are obliged to join in the recollection which will also include some points for reflection that the seminarians are expected to answer.

Human Formation

Activity	Description
1. Class Encounter	There has been great anxiety among the youth ever since the beginning of the pandemic. The class encounter will give seminarians the opportunity to share their experiences with their classmates and help one another. The online encounter will be facilitated by their respective class representatives with guidance of a formator.
2. Individual Colloquium/ Dialogue	The Prefect of Discipline will make a schedule of appointments with every seminarian for individual colloquium. The purpose of this is to help seminarians process the formation that they are undergoing. Seminarians must have the IC at least twice the entire FY or given the necessity of it.
3. Family/ Parents Encounter	Given the situation of seminarians at home, the family plays a very important role in their formation, especially their parents and guardians. Formators will be available for online encounter with parents and guardians. The parents and guardians must seek an appointment with the formators to discuss matters on the formation of their sons.

Community Formation

Activity	Description
1. House Cleaning	<p>The Congregation of the Oblates of St. Joseph values hard work and manual labor by the example of our Patron, St. Joseph. Seminarians will have the schedule for house chores, but this does not mean that they must only work during the scheduled time. The formators will instruct the parents regarding the assignments of their sons every week. Parents will evaluate how their sons cleaned the area. The formators will also be asking parents to show photos as proof that their sons are doing the tasks.</p>
2. Sports and Recreation	<p>Part of taking care of our health is through sports and recreation, as well as proper exercise and relaxation. Contact sports are prohibited and seminarians are not allowed to play outside due to the Covid-19. Seminarians are encouraged to engage in other available activities with their family members. Examples: Zumba/ Dance/ Aerobics/ Indoor Games. They are not prohibited from computer or mobile games but these must be under the guidance of their parents.</p>

Take Note:

- 1. Formation at home relies on the responsibility of the **parents as co-formators**. They must realize that together with the seminary, they are responsible in the growth and development of their son/s' formation. Covering up of their son/s failure to comply with the schedule and requirements will not help but rather block the development of their son/s formation.



Take Note:

- 2. The parents must understand that it is their responsibility as well to provide the needs of their son/s especially the things necessary to make this seminary formation at home possible such as a gadget for online communication and of course an internet connection. This also includes providing a **suitable environment for the seminarians** to do the prescribed activities such as a private place and atmosphere for prayer and personal dialogue.

Take Note:

- 3. The OSJMS Formators will make sure that this program will be helpful for seminarians and not a huge burden for the parents. We must understand that this is only temporary until the vaccine is discovered and made available and/or the cases of Covid-19 patients in the country are zero or closer to none. If that happens, the seminarians will be asked to return to the usual seminary formation.

Take Note:

- 4. The Seminary Formation at Home will also consider changes in the list of fees that the parents have to provide for their son/s. **The Monthly Pension** will be lessened to the minimum cost of seminary operation. This will also be helpful for parents to have the means to provide for other needs of their son/s especially for the online activities.



Take Note:

- 5. During online activities, it is important that the parents also monitor their children. Using split screen or opening other windows outside of the required activity is strictly prohibited in order to keep their **focus** on their studies and formation.

Thank You



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