



PROPAEDEUTIC PROGRAM



HOLY TRINITY SEMINARY
SEMINARY OF THE CATHOLIC DIOCESE OF DALLAS TEXAS



THE PROPAEDEUTIC PROGRAM AT HOLY TRINITY SEMINARY IS, AS ITS NAME IMPLIES, *INTRODUCTORY* IN NATURE. IT IS ALSO, HOWEVER, *INTENSIVE*, PROVIDING SIGNIFICANT TIME FOR GROWTH IN PRAYER, TRUST, AND FRATERNITY. THIS STAGE OF FORMATION MAINTAINS ITS OWN SPECIFIC CHARACTER AND ENABLES THE SEMINARIAN TO LAY A FOUNDATION FOR A NEW WAY OF LIFE CENTERED IN CHRIST.



During the propaedeutic stage, the seminarian lives in community, and while the program is housed in the same building where more advanced seminarians are being formed, seminarians in the propaedeutic stage constitute a distinct community of their own, with their own designated priest formators, living areas, horarium, and events. In short, the Propaedeutic Program has its own scope and sequence.

During the propaedeutic stage, seminarians engage in all four dimensions of formation (human, spiritual, intellectual, and pastoral), although they focus primarily on the human and spiritual dimensions.

PRE-THEOLOGIAN SEMINARIANS

3-year program

- PROPAADEUTIC
 - One year
- DISCIPLESHIP
 - Two years

COLLEGE TRANSFER SEMINARIANS

4-year program

- PROPAADEUTIC
 - One year
- DISCIPLESHIP
 - Three years

COLLEGE FRESHMAN SEMINARIANS

4 to 5-year program

- PROPAADEUTIC
 - One year
- DISCIPLESHIP
 - Four years for the men who enter with no college credits
 - Three years for the men who enter with significant college credits
 - Possible summer in the UD Rome Program

The foundation established during the propaedeutic stage gives rise to a more integrated seminarian, a man who has grown in his relationship with Jesus Christ and the Church as well as in self-knowledge and self-mastery.





COMMUNITY LIFE

- DISTINCT HORARIUM
- LIVING QUARTERS ON SEPARATE FLOOR OF RESIDENCE HALLS
- COMMUNAL MEAL PREPARATION & DINING
- DEVELOPMENT OF HEALTHY FRIENDSHIPS
- WORK ORDER
- COMMON PRAYER
- FRATERNAL LEISURE

FORMATION WORKSHOPS

- SELF-AWARENESS & SELF-KNOWLEDGE
- FAMILY OF ORIGIN
- TECHNOLOGY USE
- AFFECTIVE MATURITY
- ETIQUETTE TRAINING
- CULTURAL COMPETENCY

MEDIA FAST

- DETACHMENT FROM SMARTPHONE
- RESTRICTED USE OF SOCIAL MEDIA
- LAPTOP CURFEW

LIFE SKILLS & HEALTHY MASCULINITY

- PERSONAL FITNESS, EXERCISE, AND WEIGHTLIFTING
- AUTO MAINTENANCE
- WOODWORKING
- FISHING
- RAFTING / HIKING EXPEDITIONS





CONFERENCES

- HOW TO PRAY
- LECTIO DIVINA
- SILENCE
- MENTAL PRAYER
- SPIRITUAL READING
- AFFECTIVE JOURNALING

RETREATS

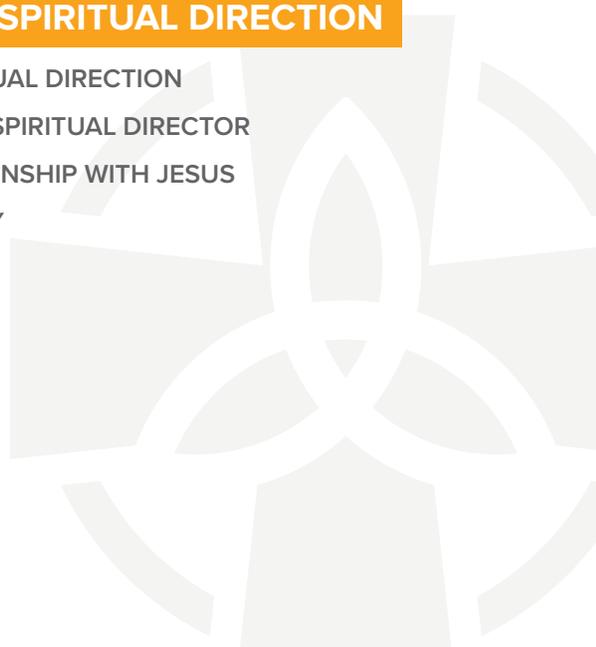
- ANNUAL 7-DAY SILENT RETREAT
- MONTHLY DAY OR WEEKEND OF REFLECTION
- PILGRIMAGE TO BL. STANLEY ROTHER SHRINE

RETREAT THEMES

- DISCERNING THE PROMPTINGS OF THE HOLY SPIRIT
- DEVELOPING A STRONG RELATIONSHIP WITH JESUS CHRIST
- VOCATIONAL DISCERNMENT

ELEMENTS FOR EFFECTIVE SPIRITUAL DIRECTION

- HOW TO PREPARE FOR SPIRITUAL DIRECTION
- BUILDING TRUST WITH YOUR SPIRITUAL DIRECTOR
- ARTICULATING ONE'S RELATIONSHIP WITH JESUS
- APPROPRIATE TRANSPARENCY





FALL SEMESTER 6 CREDITS *(ALL)*

- CATECHISM I – PROFESSION OF FAITH & CELEBRATION OF THE CHRISTIAN MYSTERY
- LITERARY TRADITION I

SPRING SEMESTER 3 – 9 CREDITS *(BASED ON INDIVIDUAL NEEDS/ABILITIES)*

- CATECHISM II – LIFE IN CHRIST & CHRISTIAN PRAYER *(ALL)*
- UNDERSTANDING THE BIBLE *(OPTIONAL)*
- LITERARY TRADITION II *(OPTIONAL)*

** Seminarians in the propaedeutic stage are not allowed to take formal classes in philosophy.*





WORKSHOPS

- MULTICULTURAL COMPETENCY
- MISSIONARY ZEAL
- DEVELOPING A HABIT OF SELF-DONATION
- UNION WITH THE UNIVERSAL CHURCH

MINISTRIES

- LOCAL PARISH IMMERSION
- SPRING BREAK MISSION TRIP
- PRO-LIFE MINISTRY
- WEEKLY MINISTRY TO THE POOR
 - *Soup Kitchens*
 - *Homeless Ministry*

COMMUNION WITH HOME DIOCESE

- WINTER BREAK IMMERSION
- HOLY WEEK & EASTER IN HOME DIOCESE
- SUMMER IN HOME DIOCESE WITH SEMINARY SUPPORT



HORARIUM

MONDAY & WEDNESDAY

6:45 AM	Lauds & Holy Hour <ul style="list-style-type: none">• <i>Confessions available on Mondays</i>• <i>Eucharistic Exposition on Wednesdays</i>
8:00 AM	Breakfast
9:00 AM	Formation Conferences & Workshops
11:10 AM	Mid-Day Prayer
11:30 AM	Mass
12:15 PM	Lunch
1:30 PM	Study & Reading
3:30 PM	Recreation & Sports
5:45 PM	Vespers <ul style="list-style-type: none">• <i>Rosary precedes Vespers on Wednesdays</i>
6:00 PM	Dinner <ul style="list-style-type: none">• <i>Dinner is with those in the Discipleship phase on Mondays</i>
9:00 PM	Compline
10:00 PM	Curfew / Grand Silence

TUESDAY & THURSDAY

6:45 AM	Lauds & Holy Hour <ul style="list-style-type: none">• <i>Confessions available on Thursdays</i>
8:00 AM	Breakfast
8:30 AM	Study
9:30 AM	Class
11:30 AM	Mass
12:15 PM	Lunch
1:00 PM	Study
2:00 PM	Class
3:45 PM	Manual Labor
5:45 PM	Rosary & Vespers
6:15 PM	Dinner
7:30 PM	Sports & Recreation
9:00 PM	Compline
10:00 PM	Curfew / Grand Silence

Note: Individual meetings with formation director, spiritual director, or counselor may occur during study & reading, recreation & sports, or in the evening.

HOLY TRINITY



FRIDAY

6:45 AM	Lauds & Holy Hour
8:00 AM	Breakfast
9:00 AM	Formation Conferences & Workshops
11:10 AM	Mid-Day Prayer
11:30 AM	Mass
12:15 PM	Lunch
1:30 PM	Pastoral Ministry
3:30 PM	Recreation & Sports
5:45 PM	Vespers
6:00 PM	Dinner
9:00 PM	Compline
11:00 PM	Curfew / Grand Silence

SATURDAY

8:15 AM	Mass • <i>Day of Recreation & Leisure</i>
11:00 PM	Curfew

SUNDAY

	(PARISH IMMERSION ONCE A MONTH)
8:30 AM	Lauds*
9:15 AM	Mass*
10:30 AM	Brunch*
6:30 PM	Exposition, Vespers, and Benediction*
7:15 PM	Ministry and Experience Sharing and Debrief • <i>Compline to follow</i>
10:00 PM	Curfew / Grand Silence

* with discipleship community



WHERE TOMORROW'S
CHURCH
BEGINS





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