



LIFE OF A SEMINARIAN



PROTEIN CUP The seminarians gathered on November 2 for the third annual Protein Cup, an in-house powerlifting competition that celebrates strength, camaraderie, and community. This event, which features the three main lifts—bench press, squat, and deadlift—provides an opportunity for the seminarians to challenge themselves physically while building bonds of brotherhood. Congratulations to **Mateo Hernandez** for winning this year's Protein Cup!

MASS AWAY As part of their formation, the seminarians attended Mass at St. Thomas Syro-Malabar Catholic Church in Garland on November 3 to gain exposure to and appreciation of the rich diversity of the distinct Rites of the Catholic Church.

VISIT TO SVDP THRIFT STORE Earlier this month, the propaedeutic seminarians visited the St. Vincent de Paul Society. In addition to touring the SVDP Thrift Store, one of the seminarians shared his vocation story with the employees, followed by a rosary prayed in Spanish.

WEEKEND OF RECOLLECTION After a busy fall schedule, the seminarians spent some time away from schoolwork this past weekend. It was a welcome respite for all, and provided the

men with the opportunity to grow in spirituality. Led by Fr. **John Bayer**, O.Cist., the Discipleship IV and Pre-Theology traveled to Cedarbrake Catholic Retreat Center in Temple, TX. The Discipleship I and III men spent their weekend in Grand Prairie at the Nazareth Retreat Center and were led by Fr. **Philip Neri Powell**, O.P. The propaedeutic men stayed on campus for the retreat, with **Fr. Don Zeiler** as their retreat director.



#iGIVECATHOLIC

Holy Trinity Seminary is participating in #iGiveCatholic2024, a global giving day dedicated to Catholic philanthropy, on **Tuesday, December 3, 2024**.
Advanced giving is now open! [Click here to donate](#). All gifts benefit our formation program.



HOLY TRINITY SEMINARY



ADVENT LESSONS & CAROLS

SUNDAY, DECEMBER 8 AT 7 PM

FREE ADMISSION | RECEPTION TO FOLLOW

Holy Trinity Seminary Chapel | 3131 Vince Hagan Dr, Irving TX

WORSHIP WITH THE
+ SEMINARIANS

9:15 AM

LAST MASS THIS SEMESTER
Sunday | December 8, 2024 | 9:15 AM



THANKSGIVING BLESSINGS



HOLY TRINITY SEMINARY

SEMINARY OF THE CATHOLIC DIOCESE OF DALLAS TEXAS



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