

01.17.2024

A Day in the Life of an SVD Candidate

We asked Ladouceur Flarissaint, a junior majoring in philosophy at DWC, to document his routine on January 17, 2024 to give you a glimpse into what his daily life is like as a seminarian.



6:30 a.m.

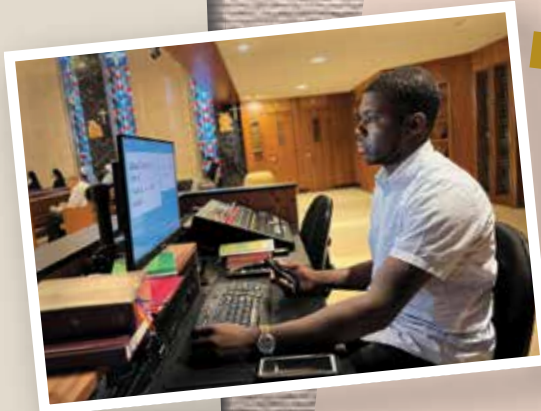
I wake up and do my personal prayers. As a seminarian, I consider personal prayer to be the best way to start my day.

7 a.m.

I take a shower and head to the Main Chapel to join the community for morning prayer.

7:45 a.m.

I always arrive 15 minutes before daily Mass to set up the visual aids and the sound system. It's my community service at the seminary to type the readings, psalms, Gospels, and songs in PowerPoint. Then I present them on TV screens during Eucharistic celebrations.



8:45 a.m.

Right after Mass, I go to the dining room and make a tray of food for my mentee and deliver it to his room because he's sick. Then, I return to the dining hall for breakfast.

9:00 a.m.

I go to my Divine Simplicity and the Trinity class.

10:00 a.m.

I take a break to prepare for my next class.

7 p.m.

I prepare the PowerPoint and visual aids for the following day's Mass.

7:30 p.m.

I meet back up with my Formation Group and our formator. Each week, we discuss a topic or hear from a speaker. On this night, we review our program for the new semester.

12 p.m.

I deliver another meal to my mentee and check on him before joining the large community for lunch.

1 p.m.

I attend Epistemology class, a branch of philosophy concerned with knowledge.

2 p.m.

I take a 30-minute nap. Sometimes when we have long days full of commitments, DWC students take short naps to stay alert and focused.

3 p.m.

I attend Cross-Cultural Psychology class.

4:30 p.m.

I exercise for 30 minutes on the treadmill. Physical health has been a priority for Divine Word Missionaries since the congregation was founded, so candidates are encouraged to stay fit and active.

6 p.m.

I go to the Main Chapel for evening prayer.

6:15 p.m.

I take my mentee his supper, then join my formation group for dinner. We get together for a meal once each week.

8:30 p.m.

I catch up on homework, emails, and messages from family and friends back in Haiti.

11:30 p.m.

I go to bed and do my personal prayers to thank God for the day and ask Him to protect me during the night.

