



# Sts. Benedict & Scholastica

F O R M A T I O N   P R O G R A M



In partnership  
with the  
Academic  
Program of STM

## MORE THAN A UNIVERSITY DISCERNMENT PROGRAM

**Candidates Discerning Priesthood &  
Candidates Discerning Religious Life or Ministry in the Church- Women or Men**

Candidates will be accepted to the program upon an application and interview process, followed by a review and evaluation of suitability to this program.

While candidates are always in a process of discernment, this program is for candidates who have made a decision to pursue an academic and vocational pathway that seeks ordained ministry, religious life, or professional lay ecclesial ministry.



Year 1 - Human Formation

Year 2 - Intellectual Formation

Year 3 - Pastoral Formation

DAILY PRAYER

MASS AND LITURGY OF THE HOURS

APOSTOLIC WORK

WEEKLY FAITH SHARING GROUP

WEEKLY FORMATION SESSIONS

SPIRITUAL DIRECTION

WEEKLY & MONTHLY SILENT RETREAT

MISSIONARY DISCIPLESHIP PLAN

COMMUNITY LIFE

CHRISTIAN HOLINESS

**Live in community and study while you  
discern your life vocation. Obtain a degree  
and formation while you do it.**



**APPLY NOW**



INQUIRIES CONTACT

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# Sts. Benedict & Scholastica

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## MISSION STATEMENT

The Mission of the Sts. Benedict and Scholastica Formation Program is to provide excellent academic, human, and spiritual formation for young men and women who have discerned a vocational pathway to the priesthood, religious life, or towards a professional lay ecclesial minister-leader. A Bachelor of Arts degree with a Philosophy major that fulfils the requirements for admittance to various Master of Theology programs, including the Masters of Divinity. Other academic programs would also be considered.

The program is guided by “The Gift of the Priestly Vocation” (*Ratio Fundamentalis Institutionis Sacerdotalis*) from the Congregation of the Clergy, and Program for Priestly Formation, “*Ratio Formationis Sacerdotalis Nationalis*” by the Canadian Conference of Catholic Bishops regarding essential features of philosophical education as a preparation for the study of Theology. These directives also guide the human and spiritual formation of this program.

## “ORA ET LABORA”

This program aims to form young adult Catholics in pursuing holiness while living in the world. It consists of academic formation- which is provided through an appropriate academic institution including Saint Thomas More College- and spiritual, human, and pastoral formation, which is provided through community living, prayer, and training in our house of formation. This program may be a period of vocation preparation and discernment and preparation for priesthood, religious life, or any form of lay vocation and ministry.

The spiritual, human, and pastoral formation consists of four parts: a Rule of Life, Intensive Spirituality Training, Yearly Formation, and an end of year Spiritual Exercises.



## Sts. Benedict & Scholastica

FORMATION PROGRAM

### I. Rule of Life

By joining this program, you are agreeing to strive for holiness according to the life of the house of formation. Our Rule of Life includes the following commitments:

**Daily Prayer:** You will develop the discipline of daily prayer, building up to one hour of personal prayer each day.

**Mass and Liturgy of the Hours:** You will attend Mass every Sunday and at least two additional times during the week. You will join in community prayer of the Liturgy of the Hours.

**Holy Hour:** You will make a weekly time for Eucharistic Adoration.

**Apostolic Work:** You will volunteer in parish ministry and in ministry of service to others.

**Weekly Faith Sharing Group:** You will take part in a small (no more than four-person) faith sharing group each week.

**Weekly Formation Sessions:** We will gather on a designated evening each week for two hours of formation training. This is where the bulk of the Intensive Spirituality Training and Yearly Formation will take place.

**Spiritual Direction:** You will meet monthly with a spiritual director. You will be able to choose your spiritual director from a list approved by Bishop Mark.

**Weekly Silent Retreat:** This one is optional. You have the opportunity to join the Verbum Dei sisters for their weekly morning retreat.

**Monthly Silent Retreat:** We will make a day-long silent retreat each month.

**Missionary Discipleship Plan:** With our help, at the beginning of each year you will prepare a Discipleship Plan, setting goals for personal and spiritual growth for that year and for the end of the program.

**Community Life:** You commit to being a positive and involved member of our formation community, supporting one another in friendship, mutual charity, and striving for holiness.

We encourage and expect you to develop positive relationships with men and women. In order to allow you to focus on the formation process and community life, you are committing to not engaging in dating relationships while a part of this formation program.

**Christian Holiness:** You will strive for Christian holiness and rejection of sin in every aspect of life. This includes only moderate and legal use of alcohol, no use of drugs (including marijuana), and treating everyone with Christian respect and charity.

## II. Intensive Spirituality Training

Being rooted in an intimate and personal relationships with God and orienting our entire lives toward identification with Jesus is at the heart of this program. Your time with us is a chance to put down solid foundations on the contemplative life, based on personal and living knowledge of God and firm disciplines of prayer.

Every September and periodically throughout the year, our formation sessions will be dedicated to spiritual training. You will be given guidance in personal and communal prayer, faith sharing, Liturgy of the Hours, Catholic devotions, finding God in service and ministry, and everything you'll need to make the most of your time here. The key formator is the Holy Spirit, and we want to help you open yourself to the Lord's work.

It is expected that your life of prayer will grow and deepen each year.

## III. Yearly Formation

The formation sessions for the remainder of the year will be dedicated to Human, Intellectual, and Pastoral formation. This is modelled on Pope Saint John Paul II's *"Pastores dabo vobis"*, which set up human, intellectual, pastoral, and spiritual training as four pillars of formation for future priests. This training will be done on a three-year cycle. Anyone staying on for a fourth year will be given a personalized formation plan for their last year, including leadership in the formation house.

### Year One: Human and Spiritual Formation- (Building Foundation in Christ)

Pope John Paul II called human formation the basis of all formation. Its goal is to work with God in forming our *"human personality in such a way that it becomes a bridge and not an obstacle for others in their meeting with Jesus Christ"* (*Pastores dabo vobis*, 43).

Our year of human formation will focus on knowledge of self and reconciliation with our own history, with a special emphasis on understanding how our upbringing impacts us and our relationship with God. This might sound like pop-psychology, but it's been well established that our childhood attachments and relationship with our parents have a profound impact on our image of God, relationships with self and others, our sexuality, and our ability to serve.

We want to see clearly the positive and negative elements of our past so that we can freely and deeply love God, others, and ourselves.

### Year Two: Intellectual Formation- (Discipleship Stage)

The program at St. Thomas More College will provide you with academic training. The goal of this year's formation is to deepen your understanding of Catholic teaching about God and the human person in service of greater holiness and deeper discipleship. We will examine the beauty and truth of the Catholic Faith with topics like the person of Jesus; grace, virtues, and the Gifts of the Spirit; the universal call to holiness; Christian perfection; and vocations and discernment.

### Year Three: Pastoral Formation- (Apostleship Stage/Missionary Discipleship)

Our faith is never to be kept to ourselves. It must be lived and shared. This year's formation will be more active and practical than the other years, seeing apostolic work as based on love rather than obligation. It will include training on leadership, evangelization, service to the poor and marginalized, one-on-one pastoral care skills, spiritual accompaniment and parish involvement. Depending on availability, this year may involve a mission trip as well.

## IV. Spiritual Exercises

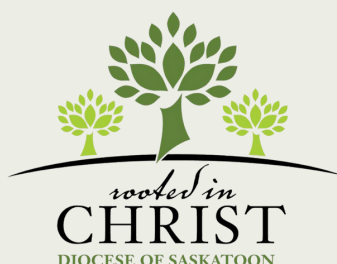
At the end of each academic year, we will make a silent retreat. It will last one week after your first year, two weeks after your second, three weeks after your third, and a four weeks after your fourth year. The aim of the Spiritual Exercises is to lead us to enter an intimate dialogue with God, to face ourselves honestly, and to be more aware of others. There will be a time for contemplation and reflection on Scripture, reflecting on your own life, resting in the Lord after a busy year, and striving to grasp the will of God in daily life.

## Tuition, Fees and Bursary

Fees for the accompanying program with St. Thomas More (or other approved programs) are in accordance with the University of Saskatchewan tuition fees.

The program fee for the Sts. Benedict and Scholastica Formation House which includes room and board, formation program and activity fee, is payable to the Diocese of Saskatoon. The full fee schedule will be provided upon application.

For more information contact Fr. Daniel Yasinski at [dyasinski@rcdos.ca](mailto:dyasinski@rcdos.ca) or Sr. Malou Tibayan at [mtibayan@rcdos.ca](mailto:mtibayan@rcdos.ca). Partial bursary opportunities are available upon application.





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