

Key Features of the Rule of Life

- DAILY PRAYER
- MASS AND LITURGY OF THE HOURS
- APOSTOLIC WORK
- WEEKLY FAITH SHARING GROUP
- WEEKLY FORMATION SESSIONS
- SPIRITUAL DIRECTION
- WEEKLY & MONTHLY SILENT RETREATS
- MISSIONARY DISCIPLESHIP PLAN
- COMMUNITY LIFE
- CHRISTIAN HOLINESS



Tuition and Fees

NON-RESIDENTIAL:

- \$1,000/academic year. Includes formation program, twice a week community meal and activity fee.
- Partial bursary opportunities between \$200-500 are available upon application.

RESIDENTIAL:

- \$2,000 program fee and \$600/monthly rental which includes room and board, formation program and activity fee.
- Partial bursary opportunities between \$300-\$1000) are available upon application.

How to Apply

Application forms are available at <https://rcdos.ca/our-faith/vocations/sts-benedict-and-scholastica-formation-program> or by scanning the QR Code



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

Submit application form or any questions to Sr. Malou Tibayan: mtibayan@rcdos.ca



In partnership
with the Academic
Program of STM



DIOCESE OF SASKATOON



Sts Benedict & Scholastica Formation Program 2025-2026



For Young Adult Women and Men
(Residential or Non-Residential)

Who are we?

The Sts. Benedict and Scholastica formation program aims to form young adult Catholics in pursuing holiness while living in the world.

Its mission is to provide excellent academic, human, and spiritual formation for young men and women who would like to intentionally discern a vocational pathway to the priesthood, religious life, or towards a professional lay ecclesial minister-leader.

The program is modelled and guided by the Program for Priestly Formation, “Ratio Formatorum Sacerdotalis Sacerdotalis Nationalis” by the Canadian Conference of Catholic Bishops and on Pope Saint John Paul II’s “Pastores Dabo Vobis”, which set up human, intellectual, pastoral, and spiritual training as four pillars of formation.

Being rooted in an intimate and personal relationship 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 discipline of prayer.

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

Yearly Formation



Year 1 - Human & Spiritual Formation

Year 2 - Intellectual Formation

Year 3 - Pastoral Formation

A certificate will be given upon completion of every year and/or the three-year cycle of the program.

The goal of human formation 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” (John Paul II; Pastores Dabo Vobis, 43).

Year I: Human and Spiritual Formation (Building Foundation in Christ)

Our 2025-2026 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. 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

