

FORMING

*Forming*



*Worthy*

*Fellow*

*Workers*

SEMINARIAN HANDBOOK  
DIOCESE OF WICHITA

***Letter of Fr. Emil Kapaun, Servant of God,***

*Maybe you do not realize what it means to be a priest, but I tell you – after I have studied all these years I am more convinced that a man must be a living saint in order to dare to take that step. And that is where my worries come in. Gee whiz, I have a feeling that I am far, far from being a saint worthy to receive the priesthood. Think what it means!! To offer up the Living Body + Blood of our Savior every day in Holy Mass – to absolve souls from sin in Holy Confession and snatch them from the gates of hell in which they would suffer for all eternity. These and a hundred or more duties and responsibilities make a person realize that the vocation to the priesthood is so sublime that the angels in heaven were not given a vocation to the priesthood, no, not even the Blessed Mother who was never stained with sin – even she was not called to be a priest of God – and here I am called!!*

***to Emil and Vicky Melcher, April 14, 1940***



*Father Emil Kapaun, Servant of God, Pray for Us.*

FORMING

WORTHY

*Mission  
Statement*

SERVANTS OF GOD AND NEIGHBOR

IN LOVE WITH JESUS CHRIST

FORMED IN THE HEART OF THE CHURCH

WORKERS



## Introduction

In the summer of 2009 during the Year for Priests proclaimed by His Holiness, Pope Benedict XVI, the seminarians of the Diocese of Wichita, KS gathered for evenings of formation to produce this handbook.

Without their dedication, their willingness to be formed, and their authenticity in effort, this work would not be possible.

This handbook will serve as a guide to your formation as a seminarian of our diocese. It is a simple guide based upon the promises you may one day make when you are ordained to the diaconate and priesthood. Being formed to fulfill these promises will, God-willing, allow you to be formed to serve Gods' people as a priest.

Thank you for your efforts in formation. Thank you most for the ways you are willing to be formed as *Worthy Fellow Workers* formed in the image of Christ to one day serve the people of God.

FORMING  
Chapter 1:  
WORTHY  
Prayer



St. Benedict  
Pray for Us.

## Prayer of Abandonment

*Father,  
I abandon myself into your hands; do with me what you will.  
Whatever you may do, I thank you:  
I am ready for all, I accept all.  
Let only your will be done in me, and in all your creatures.  
I wish no more than this, O Lord.  
Into your hands I commend my soul;  
I offer it to you  
with all the love of my heart,  
for I love you, Lord,  
and so need to give myself,  
to surrender myself into your hands,  
without reserve,  
and with boundless confidence,  
for you are my Father.*

Charles de Foucauld

## Principles:

**"Pray without ceasing."  
1 Thessalonians 5:17**

### ***A seminarian should:***

- Attend daily Mass.
- Frequent the sacrament of Confession at least monthly.
- Engage in spiritual direction.
- Pray the Liturgy of the Hours.
- Actively participate in the liturgy.
- Set aside time for lectio divina and spiritual reading.
- Set aside time for daily mental prayer and meditation.
- Foster devotion to the Blessed Virgin especially by praying the Rosary.
- Foster devotion to the saints.
- Examine his conscience daily.

**"Our hearts are restless until they rest in thee." St. Augustine**

## Purpose:

**"Where your treasure is, there also will your heart be."  
Matthew 6:21**

### ***A seminarian is a man of prayer because:***

- He must be in personal relationship with Jesus Christ.
- Prayer leads to his sanctification and the sanctification of others.
- Prayer sanctifies time, a gift of God.
- Prayer allows him to discern God's will in his life.
- Prayer gives him strength for the journey.
- Prayer humbles him before his Father.

**"My little children your hearts are small, but prayer stretches them and makes them capable of loving God. Through prayer we receive a foretaste of heaven and something of paradise comes down upon us." St. John Vianney**

## **Tips for Living the Promise:**

**“Rising very early before dawn, He left and went off to a deserted place, where He prayed.” Mark 1:35**

***A seminarian will grow in prayer by:***

- Making prayer a priority.
- Being transparent with his spiritual director.
- Being accountable to someone else.
- Being a man of fraternity, praying with his brothers.
- Intentionally working to grow in his spiritual life.
- Exploring different methods/techniques of prayer:
  - Lectio Divina
  - Marian Devotions
  - Spiritualities of the Saints
- Discovering when he is at his best and praying at that time.
- Establishing habits and routines of prayer.

**“For mental prayer in my opinion is nothing else than an intimate sharing between friends; it means taking time frequently to be alone with Him who we know loves us. The important thing is not to think much but to love much and so do that which best stirs you to love. Love is not great delight but desire to please God in everything.” St. Teresa of Avila**

## **Thresholds:**

**“Speak, [Lord] for your servant is listening.”  
1 Samuel 3:10**

Each seminarian enters at a different level on his spiritual journey. In the journey of prayer, the desire for a relationship with Jesus Christ will, with effort, deepen throughout life. As the desire for this relationship deepens, the desire to go beyond the minimum will, with cooperation and the help of God, bring one to deeper communion with Jesus Christ.

### ***During College/Pre-Theology a seminarian should:***

- Learn to develop his personal relationship with Jesus Christ.
- Attend daily Mass.
- Learn the Liturgy of the Hours.
- Begin the habit of praying the Divine Office.
- Frequent the sacrament of Confession at least monthly.
- Engage in spiritual direction.
- Develop a habit of lectio divina and spiritual reading.

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***During Theology a seminarian should:***

- Attend daily Mass.
- Deepen his personal relationship with Jesus Christ.
- Regularly pray the Liturgy of the Hours.
- Readily offer his assistance during the Liturgy, exercising the minor ministries.
- Frequent the sacrament of Confession at least monthly.
- Deepen transparency with his spiritual director.
- Be ready to enter immediate preparation for Holy Orders.
- Foster a habit of lectio divina and spiritual reading.

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***During Immediate Preparation a seminarian should:***

- Attend daily Mass.
- Strengthen his personal relationship with Jesus Christ.
- Firmly establish the habit of praying the Liturgy of the Hours.
- Frequent the sacrament of Confession at least monthly.
- Be ready to preach and teach the saving truths of Jesus Christ.
- Foster a habit of lectio divina and spiritual reading.
- Firmly answer the question: “Is **God** calling **Me** to the **Priesthood?**”

**“Have patience with all things, but chiefly have patience with yourself. Do not lose courage in considering your own imperfections, but instantly start remedying them - everyday begin the task anew.” St. Francis de Sales**

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## **Anima Christi**

*Soul of Christ, sanctify me  
Body of Christ, save me  
Blood of Christ, inebriate me  
Water from Christ's side, wash me  
Passion of Christ, strengthen me  
O good Jesus, hear me  
Within Thy wounds hide me  
Suffer me not to be separated from Thee  
From the malicious enemy defend me  
In the hour of my death call me  
And bid me come unto Thee  
That I may praise Thee with Thy saints  
and with Thy angels forever and ever.  
Amen.*

FORMING

Chapter 2:

WORTHY  
Simplicity  
of Life



OW  
EDS  
St. Francis  
of Assisi  
Pray for Us.

## Prayer of St. Francis of Assisi

*Lord,  
Make me an instrument of Thy peace;  
where there is hatred, let me sow love;  
where there is injury, pardon;  
where there is doubt, faith;  
where there is despair, hope;  
where there is darkness, light;  
and where there is sadness, joy.  
O Divine Master,  
grant that I may not so much seek to be consoled as to  
console;  
to be understood, as to understand;  
to be loved, as to love;  
for it is in giving that we receive,  
it is in pardoning that we are pardoned,  
and it is in dying that we are born to Eternal Life.  
Amen.*

## Principles:

**“For we brought nothing into the world, just as we shall not be able to take anything out of it.” 1 Timothy 6:7**

### *A seminarian should:*

- Practice stewardship of time, talent, and treasure.
- Be a man of fraternal charity.
- Assure everyone could be included in activities with his diocesan brothers.
- Write thank you notes for everything. Including:
  - Prayer
  - Financial support
  - Dinners attended
  - Other occasions
- Pay credit cards in full each month.
- Not have loans.
  - Student loans obtained prior to entrance in seminary are acceptable.
  - All loans and credit card debt must be disclosed to and discussed with the Director of Vocations.
- Never ask others for financial assistance.
- If financial assistance is needed he should:
  - Ask his family first.
  - Then, if needed, ask the Director of Vocations.
- Be responsible with gifts received.
- Pursue grants or scholarships when possible. Pell grants are available to some college students. Scholarships are available to most students.
  - All grant and scholarship monies received should be disclosed to the Director of Vocations.
  - Scholarships will be used to assist the diocese in deferring education costs.
- Engage in times of recreation, hobbies, and vacation that correlate with his state in life.

**“God has no need for your money, but the poor have. You give it to the poor, and God receives it.” St. Augustine**

## **Purpose:**

**“No one can serve two masters.”**

**Matthew 6:24**

### ***A seminarian cultivates simplicity of life because:***

- Simplicity of life is a reminder that he is in the world, not of the world.
- Simplicity of life enables him to detach from things and attach himself more fully to God.
- Simplicity of life cultivates within him a true spirit of sharing that creates a mentality of “we, you, ours” not “I, me, mine.”
- Simplicity of life is an expression of stewardship, which is the grateful response of a Christian disciple who recognizes and receives God’s gifts and shares these gifts in love of God and neighbor.
- Simplicity of life allows him to fully serve others as a spiritual father.
- Simplicity of life allows him to foster an attitude of gratitude.
- Simplicity of life insures all of his brothers can be included in everything done as diocesan brothers.

**“Live simply that others might simply live.”**

**St. Elizabeth Ann Seton**

## **Tips for Living the Promise:**

**“Do not take gold or silver or copper for your belts; no sack for the journey, or a second tunic, or sandals, or walking stick. The laborer deserves his keep.” Matthew 10:10**

*A seminarian will grow in simplicity of life by:*

- Creating and following a personal budget.
- Giving away unused items.
- Giving to charity even if the gift seems small.
- Learning to discern needs and wants.
- Creating lists before going to the store.

**“He has no fear that thieves will come to rob him, or that rust or moths will corrupt his garments; and if anything is given to him, he does not think of laying it by for his own use, but freely shares it with his brethren...” St. Catherine of Siena**

## **Thresholds:**

**“If you wish to be perfect, go, sell what you have and give to the poor and you will have treasure in heaven. Then come, follow me.” Matthew 19:21**

Each seminarian approaches simplicity of life on a path towards maturity. In perfecting this virtue, a seminarian will learn to detach from the things of this world and attach to God. A seminarian will learn to be a faithful steward of the gifts God gives to him, especially his time, talent, and treasure. A seminarian will learn to be a man of fraternal charity, one who sacrifices his needs for the needs of his brothers. As these desires deepen, he will find himself freer for service to others and to the Church.

### ***During College/Pre-Theology a seminarian should:***

- Practice stewardship of time, talent, and treasure by:
  - Being an active participant in the liturgies of his parish.
  - Offering his services and talents to the service of the Church and others.
  - Contributing financially to his parish or summer assignment.
- Make diocesan fraternity a priority.
- Insure that younger brothers are always included and welcome.
- Discern needs vs. wants.
- Be debt free.
- Develop a personal budget.
- Not allow his personal space to be overrun with things.
- Pursue grant opportunities by applying for Federal Financial Aid if he is eligible.
- Pursue all scholarship opportunities available.

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***During Theology a seminarian should continue to:***

- Practice stewardship of time, talent, and treasure by:
  - Being an active participant in the liturgies of his parish.
  - Offering his services and talents to the service of the Church and others.
  - Contributing financially to his parish or summer assignment.
- Foster fraternity among his brothers and assure that everyone is included and welcome.
- Remain debt free.
- Discern needs vs. wants.
- Desire to detach from material things.
- Pursue all scholarship opportunities available.

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***During Immediate Preparation a seminarian should:***

- Practice stewardship of time, talent, and treasure by:
  - Being an active participant in the liturgies of his parish.
  - Offering his services and talents to the service of the Church and others.
  - Contributing financially to his parish or summer assignment.
- Remain debt free.
- Foster fraternity by example and leadership becoming a mentor to his younger brothers, especially those just entering seminary.
- Become a man of sacrifice for others and the Church.

**“My secret is easy to learn. It can be summed up in these few words: give everything away and keep nothing for yourself.”**

**St. John Marie Vianney**

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## A Budget for Needs

**“For you know the gracious act of our Lord Jesus Christ, that for your sake He became poor although He was rich, so that by His poverty you might become rich.” 2 Corinthians 8:9**

Every seminarian has needs. Below are listed some of the things a seminarian will need while studying for the priesthood. Your personal budget may vary. The items below estimate costs that are the responsibility of each seminarian.

<b>Recurring</b>	<b>Amount</b>	<b>One-Time</b>	<b>Amount</b>
Books	\$600	Breviary	\$150
Casual Clothing	\$200	Cassock/Surplice	\$300
Uniform	\$200	Computer	\$700
Food	\$1000	Suit	\$250
Fraternity/Recreation	\$500	<b>Total</b>	\$1400
Hygiene Items	\$200		
Medical Insurance	\$800		
Medicine	\$100		
Phone Calls	\$200		
Stamps	\$50		
Room Supplies	\$100		
School Supplies	\$200		
Thank You Notes	\$50		
Transportation	\$1000		
<b>Total</b>	\$5200		

## Personal Budget

You may wish to create your own personal budget.

<b>Recurring</b>	<b>Amount</b>	<b>One-Time</b>	<b>Amount</b>
Books		Breviary	
Casual Clothing		Cassock/Surplice	
Uniform		Computer	
Food		Suit	
Fraternity/Recreation			
Hygiene Items			
Medical Insurance			
Medicine			
Phone Calls			
Stamps			
Room Supplies			
School Supplies			
Thank You Notes			
Transportation			
<b>Total</b>		<b>Total</b>	

**“True poverty is not to lack things but to be detached, to give up voluntarily one’s dominion over them. That’s why some poor people are really rich--and vice versa.” St. Josemaria Escriva**



## **Apostles Burse**

**“The community of believers was of one heart and mind, and no one claimed that any of his possessions was his own, but they had everything in common. With great power the apostles bore witness to the resurrection of the Lord Jesus, and great favor was accorded them all. There was no needy person among them, for those who owned property or houses would sell them, bring the proceeds of the sale, and put them at the feet of the apostles, and they were distributed to each according to need.” Acts 4:32-35**

Seminarians enter formation from varying backgrounds. Some seminarians are not able to fund their basic needs let alone find extra funds for fraternity and recreation. The Apostles Burse is an opportunity for brother seminarians to contribute from their excess income to assist brothers in need.

The burse will be funded by contributions of seminarians. Twice each year the Director of Vocations will contact seminarians to inquire if they are able to contribute to the Apostle’s Burse. At any time, a seminarian may spontaneously contribute.

The funds will be used first for the needs of individual seminarians. If there are excess funds, they will be distributed to a senior man at each seminary each semester to support fraternal activities.

**To contribute to the fund, please send a check to:**  
Priest Retirement and Education Fund Apostle’s Burse  
Catholic Diocese of Wichita  
Attn: Kim Stecklein  
424 N Broadway  
Wichita, KS 67202

**“To desire to be poor but not be inconvenienced by poverty, is to desire the honor of poverty and the convenience of riches.”  
St. Francis de Sales**

## **Prayer of Abandonment**

*Dearest Lord,  
Teach me to be generous. Teach me to serve You as You  
deserve; to give and not to count the cost; to fight and not to  
heed the wounds; to toil and not to seek for rest; to labor and  
not ask for reward, save that of knowing that I am doing Your  
will. Amen.*

St. Ignatius Loyola

FORMING  
WORSHIP

Chapter 3:  
*Obedience*



OW  
ERS

*St. Dominic  
Pray for Us.*

## Prayer for Obedience

*Most High, Glorious God,  
Enlighten the darkness of our minds.  
Give us a right faith, a firm hope and a perfect charity,  
so that we may always and in all things act according to Your  
holy will. Amen.*

St. Francis of Assisi

## Principles:

**“God loves a cheerful giver.”**

**2 Corinthians 9:7**

### ***A seminarian should:***

- Be clean-shaven each day. Side-burns, if worn, should be short, neat, and trimmed.
- Learn to be a public person by:
  - Dressing appropriately in public especially at Mass.
  - Conducting himself as a seminarian.
  - Insuring his clothes are clean and pressed, and his shoes polished.
- Acknowledge RSVP's promptly and follow through with his response.
- Attend:
  - All Friday evenings of formation
  - Seminarian dinners
  - Serra Club Steak Dinners
  - Ordinations
  - Day of fraternity at the lake
  - Day of recollection
  - Seminarian Christmas party
  - Quo Vadis
- Requests for excused absences from the above events must be submitted in writing to the Director of Vocations.
- Volunteer his services by staying after events to assist with cleaning.
- Clean after himself and others when living in a rectory or another's home.
- Keep his living space presentable.
- Be enrolled in a health insurance program. If not on a parent's plan, a referral to an agent is available.
- Complete all Virtus training bulletins promptly.

**“The first step of humility is unhesitating obedience, which comes naturally to those who cherish Christ above all.”**

**St. Benedict**

## **Purpose:**

**“Do whatever he tells you.”**

**John 2:5**

### ***A seminarian cultivates obedience because:***

- Obedience allows him to surrender his will to God.
- Obedience allows him to offer himself as a gift of self-sacrifice for God’s glory through acts of service for others.
- Obedience allows him to be available for others so that he is ready to be sent where God wills to be of benefit for others.
- Obedience allows him to be docile to the Holy Spirit and to his superiors.
- Obedience allows him to place his trust in God.
- Obedience teaches him patience and humility.
- Obedience allows him to be a man of the Church.
- Obedience is the one thing that God will not have without our gifting it to Him.

**“By obedience a man offers to God his will.”**

**St. Thomas Aquinas**

## **Tips for Living the Promise:**

**“To obey is better than sacrifice.”  
1 Samuel 15:22**

***A seminarian will grow in obedience by:***

- Practicing humility at home with one’s own family.
- Submitting to others in authority.
- Refraining from complaining.
- Praying for guidance for his superiors.
- Stifling the desire to do the minimum.
- Following the rules, not pushing the limits.
- Practicing self-denial.

**“Lord, take me from myself and give me to yourself.”  
St. Catherine of Siena**

## **Thresholds:**

**“Not what I will but what You will.”**

**Mark 14:36**

A seminarian begins to learn obedience by surrendering his will in small ways. “The person who is trustworthy in very small matters is also trustworthy in great ones; and the person who is dishonest in very small matters is also dishonest in great ones.” Luke 16:10.

A seminarian learns obedience by being faithful to schedules, being docile when asked to volunteer, and following the rules, not “pushing the envelope.” As one’s desire to do God’s will deepens, his patience and the humility learned when practicing obedience will grow.

### ***During College/Pre-Theology a seminarian should:***

- Learn the expectations of the diocese.
- Learn the expectations of the seminary.
- Learn to be a public person in dress and demeanor.
- Be present at expected functions in the diocese.
- Volunteer readily when needed.

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***During Theology a seminarian should:***

- Faithfully follow the expectations of the diocese and seminary.
- Lead others by example such as:
  - Being present at diocesan functions.
  - Readily volunteering his services.
  - Go out of his way to make others feel welcome.
- Grow in self-awareness of being a public person.

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***During Immediate Preparation a seminarian should:***

- Faithfully follow the expectations of the diocese and seminary.
- Teach others through example by:
  - Being present at diocesan functions.
  - Offering assistance when needed.
  - Readily volunteering his services.
  - Going out of his way to make others feel welcome.
- Be comfortable with himself as a public person.

**“He who is his own master is a scholar under a fool.”  
St. Bernard**

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## **Summer Formation and Work**

**“God put Abraham to the test. He called to him, ‘Abraham!’**

**‘Ready!’ he replied.” Gen 22:1**

Summer is the “third” semester of formation. Seminarians are reminded there is “no vacation from discerning their vocation.” Though they are on a vacation from formal seminary formation, formation continues throughout the summer and other times seminarians are away from seminary.

## **Summer Work**

Seminarians are expected to work 40 hours per week for at least 10 weeks each summer. If they are enrolled in summer classes, a modified work schedule is allowed. However, a seminarian is expected to work.

International seminarians are unable to work due to immigration status. International seminarians are to seek, with the counsel of the Director of Vocations, a suitable formation program for the summer.

At times diocesan offices and ministries will offer employment opportunities and formation programs for seminarians. (e.g. Totus Tuus, Catholic Cemeteries, and Catholic Life Center) The Director of Vocations will communicate these opportunities to seminarians. To obtain employment, a seminarian must apply and interview for these positions. Theologians, international seminarians, and seminarians who reside outside of the Sedgwick County will be given preference for these positions.

During the summer after first theology, unless otherwise directed by the Director of Vocations, seminarians are expected to study Spanish for eight weeks. A stipend will be provided commensurate with the length of the program.

Living in a rectory or diocesan housing is not the norm for seminarians except transitional deacons. Permissions for exceptions must be approved by the Director of Vocations.

## **Summer Evaluations**

Each summer seminarians will be evaluated by the pastor where they attended Mass, a work supervisor, and complete a self-evaluation.

Each seminarian should meet with his pastor and work supervisor to review the evaluations prior to submitting them to the Director of Vocations.

Once submitted, the seminarian will meet with the Director of Vocations before returning to seminary to discuss his evaluations and his program of formation for the summer.

**“I often thought my constitution would never endure the work I had to do, (but) the Lord said to me: ‘Daughter, obedience gives strength.’” St. Teresa of Avila**

## Appropriate Dress

**“If you love me, you will keep my commandments.”**

**John 14:15**

Seminarians are public persons. Their demeanor and the way they dress is a reflection of themselves, and it is a reflection of the Church. Each seminarian should be aware of his public presence in his speech, candor, demeanor, and dress.

## Dress Code

- Casual:*** Jeans or Khakis, Polo Shirt, Belt, Shoes and Socks
- Semi-Formal:*** Slacks, Polo Shirt, Belt, Dress Shoes and Socks
- Collegians Formal:*** Suit with Tie, Dress Shoes
- Pre-Theologians and Theologians Formal:*** Black Suit, Clerics

## Occasions

Friday Evenings of Formation:	<i>Casual</i>
Serra Club Functions:	<i>Semi-Formal</i>
Meetings at Seminary with Bishop or Director of Vocations:	<i>Semi-Formal</i>
Seminarian Dinners:	<i>Formal</i>
Ordination Receptions:	<i>Formal</i>
Formal Meetings:	<i>Formal</i>
Ordination Liturgies:	<i>Cassock, Surplice, Collar</i>

Theologians may wear clerics in public in the diocese during liturgies, formal occasions, during their summer assignment if required by the assignment, or during a parish assignment.

Even though a diocesan “standard” cassock and surplice is not required, many seminarians purchase a “standard” surplice for diocesan events. Seminarians who wish to purchase a “standard” surplice may ask the Director of Vocations for further information.

**“O obedience! Your authority is so great that no one can have authority over you, because you have left behind the deadly servitude of selfish sensuality that had deprived you of your dignity. Once this enemy was slain by contempt for doing your own will, you regained your freedom.” St. Catherine of Siena**

## **Prayer of St. Teresa of Avila**

*Lord,*

*Grant that I may always allow myself to be guided by You, always follow Your plans, and perfectly accomplish Your holy will. Grant that in all things, great and small, today and all the days of my life, I may do whatever You may require of me. Help me to respond to the slightest prompting of Your grace, so that I may be your trustworthy instrument, for Your honor. May Your will be done in time and eternity – by me, in me, and through me. Amen.*

St. Teresa of Avila

FORMING

Chapter 4:

WORTHY  
*Celibacy*



OW  
ERS  
*St. John  
Vianney  
Pray for Us.*

## Dedication to Jesus

*Lord Jesus Christ,  
Take away my freedom, my memory, my understanding, and my will. All that I have and cherish You have given me. I surrender it all to be guided by Your will. Your love and Your grace are wealth enough for me. Give me these, Lord Jesus, and I ask for nothing more. Amen.*

St. Ignatius of Loyola

## **Principles:**

**“To love Him with all your heart, with all your understanding, with all your strength, and to love your neighbor as yourself’ is worth more than all burnt offerings and sacrifices.”**

**Mark 12:33**

### ***A seminarian should:***

- Pray Night Prayer with his brothers once a week.
- Eat one meal each week in the cafeteria as diocesan brothers.
- Purposely develop friendships with diocesan brothers.
- Develop friendships with priests of the diocese.
- Set aside time for diocesan brothers.
- Offer assistance to a brother in need.
- Place others’ needs ahead of his needs.
- Expect nothing in return for favors or sacrifices.
- Cultivate a sense of prudence regarding occasions of sin.
- Exercise prudent discretion in choosing to watch movies, television shows, or material on the internet.
- Make sure the music he hears, the humor he enjoys, and the language he uses are consistent with the dignity of a priestly vocation.
- Learn to sacrifice his time for others.
- Do everything for the people of the Diocese of Wichita.

**“Purity is the fruit of prayer.”**

**Blessed Teresa of Calcutta**

## **Purpose:**

**“Bear one another's burdens, and so you will fulfill the law of Christ.” Galatians 6:2**

***A seminarian continues to grow in celibate chastity because:***

- Celibacy conforms us to become an *alter Christus*.
- Celibacy calls us to a deeper relationship with Jesus Christ.
- Celibacy enables us to become a self-gift to God and to others by placing us before others to “be for” others.
- Celibacy allows us to fall in love with the people of God.
- Celibacy, practiced well, leads to a balanced life.
- Integration allows a seminarian to include all his brothers.
- Integration leads to maturity.
- Celibacy gives purpose to mission.
- Celibacy allows us to cling to God by being in communion with others expressed through service and sacrifice.
- Celibacy frees us to serve others.
- Celibacy calls us to faithfully serve the people of the diocese.

**“The vow of celibacy is a matter of keeping one's word to Christ and the Church, a duty and a proof of the priest's inner maturity. It is the expression of his personal dignity.”  
Servant of God, John Paul II**

## Tips for Living the Promise:

**“He summoned the Twelve and began to send them out two by two.” Mark 6:7**

*A seminarian will grow in celibate chastity by:*

- Doing everything with a smile.
- Discerning and maintaining healthy friendships.
- Going out of his way to help another.
- Doing good deeds in secret.
- Fasting from worldly pleasures.
- Recognizing each person as made in God’s image and likeness.
- Learning proper boundaries in all relationships.
- Having a healthy support structure.
- Stretching to befriend all brothers.

**“No one should judge that he has greater perfection because he performs great penances and gives himself in excess... Merit consists in the virtue of love alone, flavored with the light of true discretion, without which the soul is worth nothing.” St. Catherine of Siena**

## **Thresholds:**

**“Encourage yourselves daily while it is still ‘today.’”  
Hebrews 3:13**

To live a life of celibacy it is not enough to live a life of continence. A seminarian must be a man of sacrifice and fraternal charity. He must be a man of prayer. He must be transparent in formation.

No man is an island. Fraternity allows a man to re-create himself so that he has “fuel” to be a man of sacrifice for others.

A priestly life is a life of sacrifice for others. When a seminarian or priest engages this life of sacrifice, he experiences God’s love in a profound way - thus, allowing him to lead a healthy, holy, and joyful celibate life.

### ***During College/Pre-Theology a seminarian should:***

- Pray Night Prayer with his brothers once a week.
- Eat one meal each week in the cafeteria as diocesan brothers.
- Seek friendships with his diocesan brothers.
- Learn to be a man of fraternity.
- Learn to be a man of sacrifice.
- Expect nothing in return for favors or sacrifices.
- Learn prudence in discerning friendships.
- Do everything for the people of the Diocese of Wichita.

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***During Theology a seminarian should:***

- Pray Night Prayer with his brothers once a week.
- Eat one meal each week in the cafeteria as diocesan brothers.
- Cultivate friendships with diocesan brothers.
- Assure that younger seminarians are included.
- Become a man of fraternity.
- Become a man of sacrifice.
- Expect nothing in return for favors or sacrifices.
- Do everything for the people of the Diocese of Wichita.

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***During immediate preparation a seminarian should:***

- Pray Night Prayer with his brothers once a week.
- Eat one meal each week in the cafeteria as diocesan brothers.
- Foster friendships among all of his diocesan brothers.
- Insure that new and younger seminarians are welcomed and included.
- Gather his brothers in prayer and fraternity.
- Lead others in becoming a man of sacrifice.
- Expect nothing in return for favors or sacrifices.
- Do everything for the people of the Diocese of Wichita.

**“To fall in love with God is the greatest of romances, to seek Him the greatest adventure, to find Him the greatest human achievement.” St. Augustine**

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## **Prayer of St. Thomas Aquinas**

*Grant me grace, O merciful God, to desire ardently all that is pleasing to You, to examine it prudently, to acknowledge it truthfully, and to accomplish it perfectly, for the praise and glory of Your name. Amen.*

St. Thomas Aquinas

FORMING  
WORTHY

*Appendix:  
Promises*



LOW  
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*St. Charles  
Boromeo  
Pray for Us.*

## **Deacons:**

Do you resolve to be consecrated for the Church's ministry by the laying on of my hands and the gift of the Holy Spirit?

Do you resolve to discharge the office of deacon with humble charity in order to assist the priestly Order and to benefit the Christian people?

Do you resolve to hold fast to the mystery of faith with a clear conscience, as the Apostle urges, and to proclaim this faith in word and deed according to the Gospel and the Church's tradition?

Do you resolve to keep for ever this commitment to remain celibate as a sign of your dedication to Christ the Lord for the sake of the Kingdom of heaven, in the service of God and man?

Do you resolve to maintain and deepen the spirit of prayer that is proper to your way of life and, in keeping with this spirit and what is required of you, to celebrate faithfully the Liturgy of the Hours with and for the People of God and indeed for the whole world?

Do you resolve to conform your way of life always to the example of Christ, of whose Body and Blood you are a minister at the altar?

Do you promise respect and obedience to me and my successors?



## **Priests:**

Do you resolve to exercise the ministry of the word worthily and wisely, preaching the Gospel and teaching the Catholic faith?

Do you resolve to celebrate faithfully and reverently, in accord with the Church's tradition, the mysteries of Christ, especially the sacrifice of the Eucharist and the sacrament of Reconciliation, for the glory of God and the sanctification of the Christian people?

Do you resolve to implore with us God's mercy upon the people entrusted to your care by observing the command to pray without ceasing?

Do you resolve to be united more closely every day to Christ the High Priest, who offered Himself for us to the Father as a pure sacrifice, and with Him to consecrate yourselves to God for the salvation of all?

Do you promise respect and obedience to your Ordinary and his successors?

FORMING

WORTHY



*May God who has begun  
the good work in you  
bring it to fulfillment.*

WORKERS