

# A DAY IN THE LIFE OF A SALESIAN IN FORMATION

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Vocation Office News



**M**ichael Eguino grew up in the Bronx, NY. While in his sophomore year his family experienced an emergency that profoundly affected him. His father was diagnosed with brain tumor. Spending time at his dad's bedside, and in constant prayer and reflection, life began to make sense. The surgery was a success. He says, "I knew at that moment that my life could have meaning only in committing to works that are greater than me."

He is presently at the Salesian Formation House, in Orange, NJ. He describes for us a day in his life at the seminary.



**I am a SALESIAN seminarian and 'I'm lovin' it!'** As a post novice in formation I study keeping in mind that the young people I minister to will benefit. Studies help me to equip myself for my ministry.

**6.00 a.m.**

I wake up at 6:00, thank God for another day with a sign of the cross, take a shower, put on my collared shirt which is a sign to me of the vows I made to God and head off for community prayers.

**6:30 a.m.**

I join my community for meditation which is a half hour, Morning Prayer and Mass followed by breakfast. At the end of meditation we are encouraged to make a resolution for the day.

Breakfast is real quick since classes at the university begin real early.

**8:10 a.m.**

I'm off on my Trek bike, for Seton Hall University. When it snows or rains we share the community van to get to school. Ethics (Philosophy),

Educational Psychology, Introduction to Psychology, Introduction to Education, and Intermediate Spanish.

From 8.10 a.m. to 4.00 p.m. I stay at school attending classes or studying in the library and finishing papers. Around noon, I make a visit to the Blessed Sacrament in the university chapel and then proceed to the cafeteria for lunch.

**4.45 p.m.**

Evening prayers are at 4.45 p.m. followed by spiritual reading which is then followed by a good night thought - a tradition dating back to Don Bosco where the director gives a spiritual thought to the community and updates the community on upcoming events. Then we say the rosary on our own or in groups.



**5.30 p.m.**  
we have dinner. At dinner time we sit, talk, laugh, joke and share the events of the day while we eat. The food is excellent and hence I have to watch my weight. It's a great time to celebrate being family. We come together as brothers.

**6:30 p.m.**  
Dinner ends we all pitch in to clean up. Then its off to studies and finishing papers.

At about 9:30 I end my studies and I take some time to either call family, surf the net, play some music, exercise, watch some TV, or play a game of UNO or Chess with my brothers.

Around 10:30 I make a visit to the blessed sacrament and then go to my room. Before going to bed I entrust myself to our Mother Mary by saying three Hail Mary's and go to sleep.

**7.00 p.m.**  
Every Wednesday we have an hour of adoration from 7.00 – 8.00 p.m.

