



Office of Priestly Vocations

Guidelines for Aspirancy to the Priesthood

As an aspirant for the seminary with the Diocese of Covington, you commit yourself to some preparations to make transition into the seminary smoother. You are beginning the process of prayerfully considering whether God is calling you to the priesthood. Granted, you are not in the seminary yet, but your implementation of these recommendations in your personal life will show your readiness and spiritual maturity, God willing, to one day be ready to apply. You may find that some of these can be adapted when personal circumstances prevent them from being fulfilled. Talk with a trusted spiritual director/mentor to sort out what makes sense at this time in your life. By no means, if you are already doing more than is recommended, should you lessen your current spiritual exercises. The idea is to continue to challenge yourself to grow.

Prayer Life:

1. Daily Mass (as often as possible).
2. At least 10 to 15 minutes of daily meditation on Scripture (e.g., on the Mass readings of the day).
3. Sacramental Confession at least once a month.
4. Regular (at least monthly) spiritual direction with a priest.
5. Prayer at regular times each day. Morning Prayer and Evening Prayer of the Liturgy of the Hours are especially recommended.
6. Spiritual reading as you are able.
7. Other devotional practices, particularly Eucharistic Adoration and the Rosary.

Other Things to Do:

1. Attend a "Come & See" Vocation Weekend at either the Josephinum in Columbus, OH (college aged men) or St. Vincent Seminary in Latrobe, PA (men who are beyond college age). Reservations to visit a seminary can be made by contacting Fr. Conor Kunath.
2. Attend some vocation events. A full schedule of events can be found at the Diocesan Website.
3. Become more familiar with the Church's liturgical instruction concerning the Mass and strive to become more prayerful in your participation while at Mass. Consider becoming an Extraordinary Minister of Holy Communion, Lector, Altar Server, Cantor, and/or Usher at your home parish.
4. If you are a student in college or graduate school, find ways to become involved with the Catholic campus ministry or other non-official spiritual and ministerial activities on campus. If you are able, get involved with other devout young adults.
5. Practice forms of social engagement that avoid places and practices unbecoming of one aspiring to be a priest. Moderate time in the use of Internet, television, movies, music and other forms of entertainment.
6. Through prayer, penance, spiritual direction and any other appropriate means, be free from any inordinate attachments and especially addictions of any sort: drugs, alcohol, sex, gambling, internet browsing, buying, etc. Practice a healthy pattern of living: balanced diet, regular exercise and proper hygiene.
7. Meet with your mentor/spiritual director on a monthly basis. Plan to meet with Fr. Conor Kunath also at least monthly.
8. If not a student in college or graduate school, have full time employment.

Every man enters the aspirancy at different levels of maturity and spiritual readiness. For this reason you are asked to stay in touch with Fr. Conor Kunath and to keep him apprised of your progress in discernment. The pace at which you will move along in your aspirancy is based on the prayerful considerations between you, Bishop Foys, and Fr. Kunath.