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When approached with the question of what is the most significant experience that I had this past year in the seminary, there are three “moments,” you could say, that stand out. First, the fraternity that was present right from the start; second, praying the Liturgy of the Hours; and third, developing a deeper prayer life.

The beauty of the fraternity in the seminary is that it is not based on just liking someone, having the same interest, reaching for the same goals, or hanging out with the same people. While all of these are important, there is something much deeper than that – it is our union in Christ; day in and day out we are all in the chapel trying to listen to that voice that says, “Come and follow me.”

The Liturgy of the Hours has become a great companion for me this past year. There are so many things that I would like to talk about regarding this wonderful prayer of the Church, but the one that stuck from this past year is what Abbot Jeremy Driscoll, OSB said in a conference given to the seminarians: “When you pray the Liturgy of the Hours even by yourselves you are united to the whole Church in this ‘sacrifice of praise.’ ... Not only are you united to the Church here on earth, but also to the Church in heaven. Ultimately you are united to the prayer of Christ himself, who prayed these same words when he was on earth. The praying of the Liturgy of the Hours is praying the words authored by the Holy Spirit, spoken by the Son, in praise of the Almighty Father.”

The last thing that I would like to leave with our readers is a line from the Rule of St. Benedict that has helped me with my prayer life, and that line is “Listen with the ear of your heart.”