



Behold, how good
and how pleasing it is for
brothers to dwell
as one. ■ Psalm 133:1



**IMMACULATE
HEART OF MARY
SEMINARY**

WINONA, MINNESOTA



A community dedicated to Christian service outside its own walls...

About **IHMS**

For over a half century the programs at **Immaculate Heart of Mary Seminary (IHMS)** have been forming men of mature human quality and deep spirituality. Having instructed over 1,500 men over the years, with over one-third of them continuing on to become priests, IHMS is more than a place, it is an experience, an opportunity for men to follow Christ. IHMS is a Roman Catholic college seminary located in Winona, Minnesota and residing alongside Saint Mary's University of Minnesota. Here the staff and faculty progressively strive to deliver first-class spiritual and academic resources which ingrains an outstanding foundation of Prayer, Philosophy and Theology in men.

IHMS was started in 1948 and the building it now resides in on the Saint Mary's University campus was erected in 1950. Though Immaculate Heart of Mary Seminary is an integral part of Saint Mary's University, it is a unique community within itself. It is a human and spiritual community where Christian charity unites seminarians of varied talents and temperaments, backgrounds and abilities.



IHMS is also a community dedicated to Christian service outside its own walls. The seminarians are active in many facets of the Winona community in the form of apostolic works assisting the poor and under-served of the community. This apostolic experience brings the seminarians into contact with a variety of God's people and shows them it is in giving that one begins to truly live the Gospel message and life at its deepest level.

As a community committed to academic and priestly formation, seminarians also enrich their lives with wholesome recreation, exercise and leisure. Being able to form the mind and body, to be fully realized in the design that God has planned for each individual, is a central goal of IHMS. By focusing on four pillars of formation- human, spiritual, intellectual and pastoral- IHMS aims to bring out the best qualities of every seminarian.

A Sacred Mission

Flowing from its responsibility to build God's Kingdom on Earth, Immaculate Heart of Mary Seminary nurtures and brings to maturity a man's calling from God to the ministerial priesthood. IHMS strengthens and deepens the seminarian's personal commitment to Jesus Christ with the highest quality programs of human, spiritual, intellectual, and pastoral formation. While supporting and encouraging the development of each man's growth in virtue and natural gifts, IHMS strives to help the men discern and answer God's call with hearts on fire.

A Focused Vision

Always focused on the mission of God's Church, Immaculate Heart of Mary Seminary is a beacon of Christ Himself, inviting men to follow His call, preparing a new generation of priests for leadership and service.

"The essential work of the seminary takes place in the context of community. The seminary is a school of human virtue, of growth in honesty, integrity, intellectual rigor, hard work, tolerance, where the common good is built with solidarity and discipline— all leavened by humor and healthy enjoyment."

— USCCB PPF 5th Edition, no.260

A place to **gather & grow**

Recent renovations provide the men with a better place for groups to gather and grow.

A major renovation and building project was carried out from 2016-2018 to render the facility even more effective in the work of formation. A new entry was added, as well as an elevator and other features which make the entire complex barrier-free accessible. New lounges for hospitality and fraternity were created. Heating and cooling units were updated, as were electrical and plumbing utilities. Other enhancements were also part of this multi-million dollar project geared toward aiding the men in their journey of discernment.

This has been a long, but greatly needed, change to the seminary and we are very grateful to everyone for helping us in all stages of this project.



Human Formation

As the foundation for the other three pillars, human formation is the necessary pillar with which to begin foundational growth.

Here the men are challenged to seek and develop their personality in such a way that it becomes a bridge, not an obstacle, for others to meet Jesus Christ. IHMS strives to develop balanced men who can relate well to others and grow into healthy, mature and holy men. IHMS provides various structured events for growth in human formation. Monday Night Formation classes provide in-depth study of key areas of seminarians' formation with an emphasis on the Cardinal Virtues. Wednesday Night Formation Conferences, directed by a

faculty member or a guest speaker, address the community regarding how the four pillars of formation are integrated in the life of the seminarian. In a family-like atmosphere, college-level and pre-theology men live and work together as a community to set a tone that is conducive to and inspiring for abundant living, fraternal support and contemplative prayer.



In a family-like atmosphere, college-level and pre-theology men live and work together as a community...



Spiritual Formation

The Spiritual Formation program strives to establish a foundation within the seminarian for a lifetime of priestly ministry.

IHMS strives to help seminarians develop an intimate relationship with God the Father and Jesus Christ through the Holy Spirit. Here, one has the opportunity to grow spiritually through daily communal prayer, personal prayer, and individual spiritual direction. The Eucharist is central to the day and the life of each man at IHMS. The Spiritual formation program challenges seminarians to live in intimate communion with God through lives of celibacy, obedience, and simplicity of life. The invitation and challenge for each member of the seminary to engage in priestly formation, having the Eucharist always as the source and summit of life, is to show that faith is a personal decision which involves every aspect of one's life. For men studying to be priests, ministers of the Eucharist and its mystery, this relationship with Christ needs to be central to their lives.



Intellectual Formation

The Intellectual Formation program establishes a grasp of the Catholic intellectual tradition.

Intellectual Formation equips the seminarians to be able to proclaim and teach the Gospel of Christ and to communicate the mystery of God to today's people.

Immaculate Heart of Mary Seminary and Saint Mary's University of Minnesota partner to provide a quality liberal arts education rooted in Catholic values and tradition.

A liberal arts education gives students an introduction into the wider range of human learning. Studies in mathematics and natural science, in the social and behavioral sciences, in history, literature, foreign languages, and modern communication skills, as well as the fine arts define the content of the liberal arts curriculum provided. Along with university requirements, the seminary closely follows the academic directives of the Program of Priestly Formation, established by the USCCB. The seminarians will learn through the study of philosophy how to reason and think. They will explore the Scriptures and biblical theology and gain an appreciation for the rich history of the Church.



Pastoral Formation



Pastoral Formation is the culmination of the entire formation process.

Reaching out to the needs of the community, seminarians are guided through a variety of service experiences, including but not limited to: nursing home and prison visitation, classroom aides, Newman Center Catechesis, parish ministry and food shelf service. While the service is important, the personal growth and formation the seminarian receives through this experience is vital. The fundamental focus of the program is discernment. For some, it is a moment of discovery. For most, it is a growing awareness of God's presence in their life, a presence that guides and directs them to the Father's will.

For the seminarian, discernment is the essential link between prayer and active Christian living.





Academics

All of the seminarians who attend IHMS work towards the IHMS Philosophy Major, B.A..

This major is focused around giving the seminarians all of the requirements necessary for later theological study. It will also give the seminarians a knowledge of major philosophical movements in history, a deeper ability to form and evaluate logic-based arguments, as well as a solid understanding of the philosophy used by St. Thomas Aquinas.



The courses that must be taken to receive this degree are:

All of the following

- **PH102** Logic
 - **PH253** History of Ancient Philosophy: Thales-Aristotle
 - **PH300** Moral Theory
 - **PH345** Philosophy of the Person
 - **PH354** History of Medieval Philosophy: Augustine-Ockham
 - **PH355** History of Modern Philosophy: Bacon-Hegel
 - **PH358** History of 19th and 20th Century Philosophy: Kierkegaard-Wittgenstein
 - **PH360** Epistemology
 - **PH400** Metaphysics
 - **PH402** Senior Thesis
 - **PH410** The Philosophy of St. Thomas Aquinas
- + Two additional philosophy courses

Besides the philosophy major, other courses that are deemed necessary for the formation of the seminarians are required for graduation. These courses are chosen to help the men at IHMS be better positioned to understand the history and context of scripture.

These courses include:

All of the following

- **L101** Beginning Latin 1 or L141 Basic Latin 1
 - **L102** Beginning Latin 2 or L142 Basic Latin 2
 - **TH111** Thinking Theologically
 - **TH 210** Introduction to the Old Testament
 - **TH 220** Introduction to the New Testament
- + One theology elective

Seminarians are also able to pursue other academic pursuits while attending IHMS. Being at Saint Mary's and engaging in the large number of liberal arts courses available gives the men an excellent opportunity to broaden their horizons.

All of this is encouraged in the pursuit of cultivating the gifts God has given them.





Saint Mary's University of Minnesota

has many factors beyond the philosophy department and seminarian-specific major that assist in the forming of the seminarians, including:

- **An academic curriculum** recognized for its excellence, ranked in the top tier of Midwestern universities.
- **An education founded in ethics**, honored by the John Templeton Foundation for “consciously instilling integrity and value judgments into the educational experience of students.”
- **A student-to-faculty ration of 13:1**, with daily access to professors and advisors.
- **A curriculum in which all classes are taught by professors and working professionals**, not teaching assistants or graduate students.
- **A faculty of experts and scholars**, with nearly 90 percent of full-time professors holding the highest degrees in their field.
- **An Interdisciplinary Studies program**, with a focus on how to apply knowledge to use on a daily basis.
- **An Academic Skills Center and academic support services** that assist students with achieving their educational goals.



Winona has a mix of natural beauty and city life that can provide for most any hobby or recreational activity that a seminarian would be interested in.

The Mississippi River is always alive with year round opportunities for adventure. Seminarians may consider exploring this world-famous river by canoe, kayak or pontoon. Additionally, the bluffs provide a beautiful place to walk, hike or bike, and the numerous lakes in the area provide even more opportunities for recreational activities.

Winona has many theaters, galleries, restaurants and museums for seminarians to experience and explore. The city is also full of cultural seasonal events such as the Shakespeare Festival, Beethoven Festival, and the Dakota Homecoming Gathering, among others. It is also close to the Twin Cities, Chicago, Madison, and Milwaukee and all of the academic, professional, cultural, and recreational outlets they provide.



We pray the Lord will guide your reflections as you discern how the master-builder might be calling you to join this worthwhile vocation.



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