



Outline for Consecrated Virginitly Formation for the Diocese of Gaylord

Preparatory Period: (aspirant-ordinarily 1-2 years)

- If a woman is interested in inquiring about Consecrated Virginitly in the Diocese of Gaylord, she should contact the diocesan delegate for Consecrated Virginitly using the Initial Contact Form on the Diocese of Gaylord website.
- After contacting the delegate, the woman inquiring will be given an 8-week, self-led retreat on Consecrated Virginitly, followed by a reading list as she begins her discernment. The woman is expected to obtain the reading materials on her own. She will receive the documents for formation and application from the communications liaison for Consecrated Virginitly and can ask any questions she may have about the formation process or documents.
- Read the “Handbook on the Discernment and Formation of Consecration to a Life of Virginitly for Women Living in the World”, for the Diocese of Gaylord.
- The woman will begin to meet individually with the delegate, formation director, mentors, other consecrated virgins, and women inquiring or discerning consecrated virginitly (and possibly attend formation meetings, at the discretion of the delegate). She will also continue to meet with her spiritual director monthly and begin to learn what it means to be a bride of Christ.
- The woman should commit to a plan of life to foster a deep love for her Bridegroom: Mass every day (if possible), Weekly Holy Hour, Sacrament of Confession at least every other week, daily Rosary, begin to learn the Liturgy of the Hours (minimum of Lauds & Vespers), and go on an annual personal retreat.
- After at least 6 months of prayer and discernment, the women will meet with the bishop and receive an application at the delegate’s transgression (depending on the extent of the aspirant’s previous formation). The aspirant may send in her application after at least a year of discernment of the vocation. If she is accepted by the bishop, she will begin formation prior to consecration.

Formation Prior to Consecration: (candidate-ordinarily 2-3 years)

- The woman will continue to talk with other consecrated virgins and will attend periodic formation classes (with the formation director and other women in formation) to affirm if she is called to lay down her life for Christ through this beautiful vocation.
- The woman will continue to live as a joyful Bride of Christ through her daily plan of life, finish the reading list for Consecrated Virginitly, make retreats, meet with her spiritual director (monthly), and meet with the bishop annually.
- After much discernment, formation, and recommendation by her formators, the candidate may submit a hand-written request to the bishop for admission to consecration. If the bishop accepts, the woman spends her final period of formation preparing for Consecration to her Bridegroom, which will dispose her heart for His final coming.