



# THE GUARDIAN

During the past month our normal seminary routine has been slightly disrupted by the ongoing kitchen/dining room project. The kitchen has been finished, but the dining room has not. So our recreation room is filled with tables, chairs and other items from the dining room. The pool table, for example, is covered with dishes and other items, but fortunately the ping-pong table is still usable!

First, we cleared everything out of the dining room. Then the electricians came and installed new lights. That was followed by the patchwork and texturing of the ceiling by Mr. Vincent. Then the men installed new vinyl flooring in the dining room. After that, we painted the ceiling. The next job will be to paint the walls, but Father has not yet settled on the color. After the painting is done, Mr. Vincent will install the trim and then we can resume use of the dining room. For now, we are using tables set up in the recreation room for our meals. It is slightly inconvenient, but life goes on in the seminary.

We are concluding our ping-pong tournaments, approaching the final round. Heated moments accompany every game as every maneuver counts toward the final score. A few of us are improvising with spins, contrary to our normal approach, which gives table tennis an exciting spirit.

On the other hand, winter has been slow to release its icy grip on our grounds. There is still snow, although we have had some nice weather to remind us that spring is around the corner. We especially look forward to resuming our normal outdoor activities.

March in itself means that Lent begins, and we try to form resolutions to come out of the season having progressed spiritually. We should all try to imitate the "Little Way" of St. Therese, because that way is simple and has a definite impact on the spiritual life. It is best to form a prayer and penance schedule by picking out little practices to perform during the season. Lent is also one of those reminders God gives us that earth is not a paradise in itself; that mortification and self-denial should take precedence in our yearly schedule. Let us all try hard to progress during Lent, and we will not be disappointed when Paschaltide comes around.

## March Calendar

- 1 – Ash Wednesday; Lenten devotions
- 11 – Novena in honor of Saint Joseph begins
- 14 – Dominic’s 16th birthday
- 17 – Saint Patrick’s Day Talent Show
- 20 – Feast of Saint Joseph, seminary patron; no classes
- 23-24 – Third Quarter Exams
- 24 – Last Day of the Third Quarter
- 27 – Fourth Quarter begins

## Humble, like St. Joseph

by Dominic Lehnen, gr. 10

March is the month of St. Joseph, who was the foster-father of Jesus Christ. St. Joseph is known for being the silent saint because he never talked much; he was praying. St. Joseph is a good example that we should follow. If we observe greater silence, then there is less of a chance of idle talk and more of a chance to

practice humility and obedience. Also, if we pray much, then we receive more actual graces that help us during temptations. Without the help of God's grace, we would be giving in to every temptation that comes along.

Humility is a great virtue to practice in our everyday life. Without humility we



Our small procession on Candlemas Day was held in the church parking lot.

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## Humble, like St. Joseph

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cannot enter into heaven. Our Lord said, “Unless you become as little children, you will not possess eternal life.” But what is humility?

Humility is the opposite of pride. Being humble doesn't mean that you should think that everyone else is better than you and you are below them. This is not humility; rather, it could be a “false” humility. True humility is admitting the truth and giving the glory to God.

Let me give you an example. Suppose you are a good piano player and someone hears you playing the piano. If he comes up to you and says that it is beautiful playing, you should say that the talent is from God. A false humility would be if you answer like this: “No it wasn't that good, I am no good at it.” This would be lying because you are truly good at playing the piano. So that would be a false humility.

So let us be like St. Joseph. Imitate his humility and become as little children. We should pray for humility every day. Every time you receive Our Lord in Holy Communion, ask Him for the virtue of humility. Say the ejaculation “Jesus meek and humble of heart, make my heart like unto Thine.” Ask Blessed Joseph for humility, especially during this month, so that one day you might be with him and all the saints in heaven.

## What about an Emergency?

*by Mark Vincent, gr. 12*

Every day there are many people in the world who face a medical emergency. It is well to be informed concerning reaction in time of emergency. We recently



*The matches in our ping-pong tournament generated a lot of attention.*

attended a full scale CPR/First Aid certification course. This course covered all elements of first aid, how to handle everyday occurrences and, finally, CPR.

We used a video-based instruction method which was interrupted by the instructor quite often in order to enhance certain points. The class is usually an eight hour course,



*It's “all hands on deck” when we put out the monthly newsletter mailing.*

but we were able to achieve our goal with a six-hour day. After the day was finished, we were notified that we would all receive appropriate CPR-certification cards within a few days.

The class began with a lesson on the fundamentals of First Aid emergencies. We were well informed about how to react in any case known to be an emergency. We learned that if someone should collapse and remain unresponsive with little or no pulse, CPR should be initiated immediately. On the other hand, if a person has troubles breathing, there are many different techniques for what the bystander should do.

Even though every procedure and incident is different, there are still some points we caught on to because of the constant repetition. We learned that when arriving on the scene of an emergency, you should make sure the scene is safe, call for help and ask for someone to call 911, and bring the first aid kit and possibly the AED. The AED is a device which is used to jump-start a person's heart in the case of heart failure by the use of strong electrical currents.

After the section dealing with medical conditions, we learned how to respond to accidents and poisonings from minor to major. These would range from poisonings to slight burns. Most of this section was common sense and normal experience, but we did learn in what ways it is better to treat a situation.

We kindly thank Mrs. Migala, our CPR instructor, who took the time to come to the seminary to teach us this important skill. We will more likely than not use our new-found skills sometime in the future. It is always to be hoped that we don't ever come upon a life-threatening emergency, but at least we have an idea of what to do and how to react if something serious does happen.



*Mrs. Sonja LeStage, a nurse, came to give a lesson in health class.*



*Even the younger boys from our school joined us for basketball games.*



*Benediction in the church on First Saturday.*



*Mrs. Jennifer Migala taught a course on First Aid.*



*Mark and Kevin duel it out as Robert looks on smiling.*



*Christopher works on clearing the culvert for the melting snow.*



*Several seminarians are ready to ski the slopes of Silver Mountain.*

## The Secret Lives of Ants

by Kevin LeStage, gr. 9

Ants live in large groups called colonies. A single colony may have up to a million ants. And just like a human society, members of an ant colony too, have specific responsibilities.

Worker ants collect food by following scent trails left by scout ants. These scout ants set out in search of food, as they have a strong sense of direction and the ability to remember visual cues. Once they find food, they return to the nest, leaving behind a path marked by pheromones as a guide for worker ants. They sometimes herd and nurture other insects in exchange for their sugary sap. They even carry sap sucking insects from one plant to another! Ants also defend certain plants (called myrmecophytes) in exchange for food.

There are certain ant species in which soldier ants have modified heads, shaped to match their nest entrance. They block access to their nest by sitting just inside the entrance, with their heads facing out like a cork in a bottle. When worker ants return, they touch the soldier ant's head to announce that they're from the same colony, and thus gain access. Some ant species wage war. They charge into the nests of other ant species and take over. They then enslave the survivors to do their bidding. Often in such cases the hostile queen kills the target queen, and the worker ants have to rear the young of the conquerors.

Years before humans thought to raise their own crops, fungus farming ants were already at it. In fact, studies show that these ants use rather sophisticated horticultural techniques to increase crop yield.

Each ant colony has a distinctive chemical profile which allows members to recognize each other and alerts them to the presence of strangers. Studies of these chemical profiles show the existence of massive ant super-colonies that stretch over Europe, North America and even Japan, making them a global super-colony. The total biomass of all the ants on earth is roughly equal to the total biomass of all the people in the world. This is because scientists estimate that there are around 1.5 million ants for every human on the planet. A single acre of the Amazon rain forest is home to around 3.5 million ants! To think that these simple creatures are so complex shows God's infinite wisdom and attention to the minutest detail.

## Inspiration from the Saints

A vitally important daily exercise at the seminary is spiritual reading. Each seminarian is required to read

at least one approved book per month. The daily spiritual reading period at our seminary precedes night prayers and is a source of wonderful inspiration.

Over the years I have read many spiritual books, which provide food for thought and material for sermons. One book which I recently finished is a compilation of the most ancient lives of Saint Patrick—a book once owned by my grandmother. It is fascinating to read these texts from many centuries ago, demonstrating the virtue and sanctity of this devout servant of God.

Saint Patrick also is a great model for seminarians. After escaping from slavery in Ireland, he spent many years (about 32 years altogether), in various monasteries or in solitude, preparing for his life work of the conversion of the Irish people. This fact demonstrates the importance of the formative years for young men who are called to the priesthood. It would be a disaster for a young man to be ordained and sent out to work in the Lord's vineyard without an adequate preparation for so lofty a task.

Another lesson from the life of Saint Patrick is his tremendous spirit of penance and prayer. When one realizes how much time he dedicated to prayer and penitential observance, the source of his successful labors is clear—he earned the grace of God upon his missionary endeavors through this marvelous ascetical life. Again, in this the apostle of Ireland is a model for seminarians, who hope one day to be used as instruments in the hands of God for the salvation of souls.

Lay people, as well, can learn many valuable lessons from the life of Saint Patrick. His utter renouncement of the world and its corrupt spirit, his love for Jesus and for the true faith, and his deep piety, are an inspiration for all Catholics. We hope that you will enjoy the leaflet we have reprinted on Saint Patrick and pray, at least occasionally, the prayers it contains. May this great saint intercede for all of us, that we might persevere in the true faith in this age of apostasy.

Again, we thank you for your prayers and support. Also, we ask that you consider a sacrificial alms for our seminary, during this penitential season of Lent. Our annual Lenten Alms Drive is an important way for us to pay our bills and keep the seminary in operation. Be assured of our abiding gratitude for your support and our daily prayers for you and your loved ones.

*Fr. Benedict Hughes, CMRI*