



THE GUARDIAN

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Monthly newsletter of St. Joseph Seminary

March 2023

The past month began and concluded with special liturgical feasts. On February 2nd we had our annual ceremony of blessing and procession of candles, followed by the Solemn High Mass. Just last week we received the ashes to begin the season of Lent. Two days later we had our annual Lenten retreat.

Here at the seminary the annual retreat has been a tradition for many years. Father Benedict arranges for a different priest to give the retreat each year. This year we had as our retreat master Father Stephen Sandquist, who is stationed at the major seminary in Omaha.

As usual, we all wrote out our penance programs at the beginning of Lent. In addition, we have the seminary custom of the sacrifice bowl, along with Stations of the Cross and other devotions. It is our goal to make a good Lent, in preparation for the greatest feast of all—the resurrection of Our Lord.

The month of March is also special for us, since it contains the feast of Saint Joseph, our seminary patron. This year's feast will be celebrated on Monday, March 20. We will have a solemn High Mass in his honor and a day free of classes. We pray prayers in his honor every day of March as well.

Let us all resolve to make a good Lent and to honor Saint Joseph, the

most pure spouse of Mary and the foster father of Jesus. May he assist us to be faithful seminarians and obtain more vocations for our seminary. We also pray for you, our benefactors, that he will bless you this month.

O Ye Glorious Men of Old!

by William Davis, gr. 12

When Infidels had robbed us of our most sacred lands, and murdered and mocked us in days now long gone by, what did we do? When the men yelling Allah descended into the lands where Christ had lived and walked, did we send them a funny meme to try and make fun of them?

March Calendar

- 7 – Brother Thomas' feastday
- 9 – Sodality reception ceremony; basketball game
- 12 – Father Gregory's feastday
- 17 – Saint Patrick's Day talent show
- 19 – Seminary-sponsored parish breakfast, in honor of Saint Joseph and Saint Patrick
- 20 – Feast of Saint Joseph, seminary patron; Solemn High Mass
- 21 – Father Benedict's feastday
- 24 – End of the Third Quarter
- 27 – First Day of Fourth Quarter



The reception of blessed ashes on the first day of Lent is a reminder that we are all sinners who must do penance for our sins.

Did we politely ask them to stop? Did we hide in our shells of isolation and wish the victims of these plagues a good thought? No! I should say we did not! We fought, and we fought to win. Yes my dear friends, I speak of the Crusades. I speak of the glorious

men of old who took up arms against a sea of troubles, and who were not content to sit idly by as the Holy Lands were ravaged by Arabs and Turks.

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O Ye Glorious Men of Old!

Men by the likes of Godfrey de Bouillon, Raymond of Toulouse, and Richard the Lion Hearted come down to us in a light of legend and awe. The annals of history are bejeweled by lives of hero-warriors, who, when called to fight for the cause of God and honor, did not shirk from the burdens set before them, but willingly set out to fight the despoilers of Palestine. These men we read about in history books and novels, or see on shows, and think to ourselves, 'I wish I could be like that.' But, WHY NOT! Why could we not be like these heroic men? Is not our plight even more serious than that which beset the Catholics of 1096?

Why cannot we imitate these heroes of the Crusades? Our foes are different and more numerous and dangerous



The seminarians participated in the annual parish Talent Show with songs and skits

than the Muslims. But God has given us all the graces we need to overcome them. The days of swords and shields are gone. We cannot sally forth bodily to fight corporeal enemies, as our enemies are immaterial and crafty. Indeed we cannot take up physical arms, but our prayers have never been more valuable. We are now as the legendary 300 of Thermopylae, holding back the hordes of diabolical aggression.

We must not now falter, even though we are so outnumbered by the worldly and debauched. We must look for inspiration from the men of the past who overcame seemingly overwhelming obstacles. Let us learn from and imitate the heroes of the Crusades. Let us take up arms against an ocean of temptations, and follow in the footsteps of the Glorious Men of Old!

Teamwork Takes Practice

by Joseph Strain, gr. 12

As many of you probably already know, each year we have at least a few games against another school. Lately we have been playing against Mount Saint Michael's basketball team, the Warriors. We have only three games scheduled to play against them this year, and, at the time of writing this article, we won our first game against them.

Of course, as many of you probably know, it takes time and practice to get used to working together as a team in any competitive sport. But it is also important when we play our games, that we do our best to work together, and be good sports, and also to have fun.

When we played our first basketball game against the Mount, we had to come to the realization that the best strategy for trying to win a sport like that, was to try and get as close to the hoop as much as possible, so that there was less likelihood of missing our shots.

Fortunately, Mr. Keaveney was able to provide video footage of our game, as well

as live-stream it for other people to watch who could not make it there, such as the parents of the minor seminarians that live quite a distance from where we are.

Is there anything that the seminarians would like to see for our team? As a matter of fact...yes! We would like to have an audience thereto cheer for us and give us support from the benches. But, as I said above, if Mr. Keaveney will live-stream our next couple of games as he did for our first game, then you can cheer for our team from the comfort of your home, if you are able to.

But, until we have completed our games of basketball for this year, we will continue to practice with our coach, Mr. Monsayac, and with our assistant-coach, Frater Martin. We seminarians are greatly looking forward to the next games, as well as looking forward to spring so that we can go to the park and play some sports on grass once again.



From time to time everyone joins together for a group recreation.



The seminarians chanted the antiphons and responsory for the outdoor procession of candles.



Everyone takes a turn in cooking at the seminary.



Despite the cold weather, we have a short procession of candles outside the church.



Frater Alphonsus directs the seminarians in singing during the Annual Parish Talent Show.

Our Favorite Class

by Andrew Wertish, gr. 11

What comes at the end of the day? What comes with the last bell of classes? Today we will be talking about P.E. We start this class with the daily dozen with Mr. Stinnett. This means we do a lot of calisthenics. Most people have issues performing these tasks but we are getting it.

Mr. Stinnett comes every other day for P.E. He is an ex-marine with a military voice. He gives us twelve exercises to do. He counts the cadence and we count the repetitions. This means that he counts to three and we yell the number: 1,2,3...1/ 1,2,3...2. Since the roads around the seminary are not flat, we recently traveled down the road to get timed running a mile. We are thankful to him for keeping us in shape, even though it means pain.

We play an assortment of games. It is usually basketball at this time of year and football in autumn. Even if Mr. Stinnett isn't there, Frater Martin, our P.E. teacher, is running head over heels to make us suffer. Right now we are doing basketball drills along with the calisthenics. We are kept very busy and usually continue past the time of P.E.

Earlier in the year we played three football games

do better the next two times. Mr. Monsayac is our coach this year. He used to play on a team in the Philippines, and we are thankful to have him as our coach.

In conclusion, we all love P.E. and enjoy every second of it. Even though our teachers love to torture us, we all have a fun time in our favorite class.

In Union with the Church

One of the more important classes here at the seminary – even though it is held twice a week instead of every day – is choir rehearsal. Young men who will be priests one day must learn to sing well and, what is much more important, to appreciate the music of the Church. At choir class they learn to sing for the liturgy and especially to master Gregorian chant.

We live in an age when appreciation for true music has largely been lost. Ever since the advent of rock music, a sense of what makes for good music is mostly unknown. At the seminary the boys must obtain approval for the music they listen to. But more important than listening to good music is producing good music. In addition to singing, many of them play the piano which seldom sits idle at recreation periods.

In addition to regular High Masses and special ceremonies, the seminarians chant Compline of the Divine Office every Sunday at Night Prayers. During Lent they chant Sunday Vespers as well. This year we are especially concentrating on teaching them more of the melismatic chants of the liturgy. It is my hope that they will not only learn how to sing well, but that they will especially develop a great appreciation for the music of the Church.

In general, a seminarian must learn to think with the mind of the Church—to love what the Church loves, to reject what the Church rejects, etc. In that regard, let us all especially spend this most important season of Lent in union with our Mother, the Catholic Church. Yes, we perform penances, but let us especially meditate on the Passion of Our Lord, that we might grow in love and union with Jesus, our Savior. Only then can we say, with Saint Paul, “It is now no longer I that live, but Christ lives in me.”

I pray that you will all have a blessed season of Lent. Please continue to remember our seminary in your prayers. Be assured of our gratitude for your support and our daily prayers for all our benefactors.

Fr. Benedict Hughes, CMRI



The seminarians are grateful to the students from the Mount for the opportunity for basketball competition.

against the students from the Mount and were able to win them all. Now we are practicing for the basketball games. We narrowly won the first game by two points. We hope to