



THE GUARDIAN

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Monthly newsletter of St. Joseph Seminary

February 2004

A great tradition at the seminary is the annual Epiphany party right after we return from vacation. We sang a high Mass and later enjoyed opening our gifts. But the most fun was probably the memory games we played afterward. Epiphany is an important feast and one we all enjoyed.

As you know by now, seminarians just love snow. So you will have to excuse us if most of our articles in this issue deal with snow. Already we have had one ski trip and we hope to be able to go skiing again over the next month.

Last week the priests met at Mount St. Michael's for their biannual meetings. One positive benefit for us was that the Bishop came to the seminary and gave us a lesson in archery. He gave us a class and showed a video, after which we went outside to try our luck in shooting arrows at the target. It was a lot of fun, and we are grateful to His Excellency for spending some time with us.

Finally, we have just started the second semester. Father gave us a talk on setting goals. We all have goals that we are working toward during this new semester, and we ask your prayers that we will progress in Christlikeness and in our academic efforts.

Epiphany celebration

by Peter Linder, gr. 11

The Epiphany of Our Lord is celebrated very well every year at St. Joseph Seminary. Most Americans don't celebrate the Epiphany of Our Lord — many don't even know what it is. Here at the seminary Fr. Benedict has done a good job of explaining the

importance of this feast. One thing that I had never known about the Epiphany is that for many centuries it was a higher-ranked feast than Christmas.

The Epiphany party was centered around the gifts under the Christmas tree, but before opening them we feasted on a delicious dinner cooked by Mrs. Salgado, Sr. Amada, and Sr. Rosa Elena. After dinner we opened our gifts. Each of us received something from our teachers and also one gift from another seminarian. (At the start of Advent we each drew names from a bowl to determine for whom to provide a gift.) For gifts we each received a St. Philomena cord, Rosary case, large holy picture, candy, several one-dollar and half-dollar coins, socks and one gift to be shared with the rest of the seminarians. Mr. Duff gave each of us two racquetballs (handballs) and a big bag of chocolate.

When all the gift opening was over, we had ice cream and played games that all 14 people present were able to participate in at once. The games we played were new to me and were fun and easy to learn. Even with the language barrier, the Mexican sisters were able to participate. By the time the games ended, it was too late to draw our saints' names for the year, so we did that the next day. Now we each have a special

February calendar

- 2 — Candlemas; ceremony of Blessing of Candles
- 4-18 — Annual Pool Tournament
- 11 — Feast of Our Lady of Lourdes; no homework
- 20 — Pre-Lent outing
- 24 — Mid-quarter
- 25 — Ash Wednesday
- 26 — Brandon's 16th birthday

patron to learn about and to pray to for the year.

Snowmobiling

by Brandon Odom, gr. 9

Over Christmas break we received a lot of snow at the seminary. Fortunately, Bro. Michael was able to get two old snowmobiles running. Although they were pretty close to being antiques, they still ran after a bit of work.

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Everyone had a good time at the annual Epiphany party at St. Joseph Seminary.

Science curriculum

by Mr. Tim Duff

One of the most important goals I have had at the seminary is to build a solid science curriculum emphasizing a breadth of knowledge and hands-on experience. I teach one-semester classes in biology, chemistry, physics, anatomy/physiology, and advanced earth science. My undergraduate degrees in biology and chemistry, medical school experience and years of teaching experience have given me an expertise and enthusiasm for science, which I ardently desire to pass on to the seminarians.

But to do this, I will need your help. Our budget has not thus far allowed us to invest in the science equipment necessary for a proper curriculum. Nevertheless, we are going to embark on a prudent but solid effort to buy what we need.

For example, in this second semester I will be teaching biology. We already have dissection equipment, and will purchase the specimens needed, but we lack quality microscopes and slides. We would like to purchase three microscopes for the seminary science department at \$219 each, and about \$125 in slides, primarily in bacteriology.

Would you be willing to donate a microscope? We would write on the microscope whatever intention you wish, for example: "Pray for the (*surname*) family." We promise the equipment donated will be kept here in excellent condition for many years to come. Listed below are some examples of equipment we will need to purchase in the next year or so to continue this science program.

If you wish to donate toward this endeavor, just make your check out to "St. Joseph Seminary Science Fund" and send a note indicating which equipment you wish to donate and the intention you would like to have written on the equipment. Thank you for your prayers and support!

Items needed soon

Skeleton: \$450

Human histology slides: \$250

Chemistry equipment: \$750

Rock/mineral collection: \$50

Weather station: \$400

Physics equipment: \$500

Great times on the slopes

by Chris Strain, gr. 10

If any of you readers get a chance to ski, take advantage of it. It is loads of fun, especially when you get some major speed going down those hills. I personally am not a great skier,

but I can do fairly well. The other seminarians do pretty well also. Anyhow, we went skiing in early January to Silver Mountain (which, by the way, has the longest gondola in the world), and there were good conditions, except for the snow and fog.

Although some might argue with me, some of the best runs are the Black Diamonds (the hardest and steepest runs), chiefly because I'm kind of foolish, but mainly because I like to fall. But seriously, falling is the worst thing you can do on these kind of runs, because if you fall you'll more than likely slide to the bottom. This latter part isn't really that bad unless your coat slides all the way up to your chest and you get snow in your clothing, which makes it all wet, and for the rest of the day you're a walking icicle. To give you an idea of the type of runs I'm talking about, they are pretty steep. If you fall you can't get up, and when you're standing up at the top looking down, you can only see the bottom of the run, not the part between you and the bottom.

The worst part is the moguls, as all will testify. These are small hills of snow all over the run. If you aren't very good at skiing these (like me) you'll go over the top, and sometimes you can catch some air and land on another one. This is the part that can hurt your knees a little bit. However, one of the skiers went down a black diamond packed full of these things, and passed unscathed down the hill. (I wish I could do that!) Anyhow, this is another goal for me to achieve, to be able to ski that well. At the end of the day, at about 4:00 p.m., we picked up the broken bodies off the runs and then got onto the gondola to make our way down to the parking lot. Thankfully, there were no serious injuries.

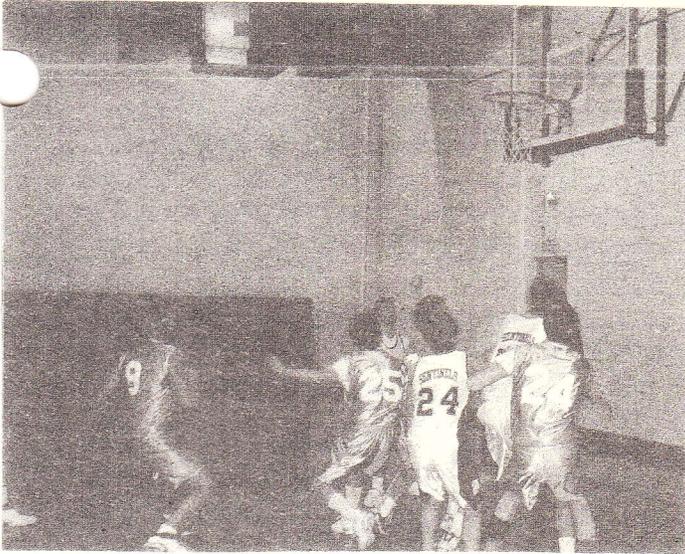
The ups and downs of snow

by Seth Reed, gr. 10

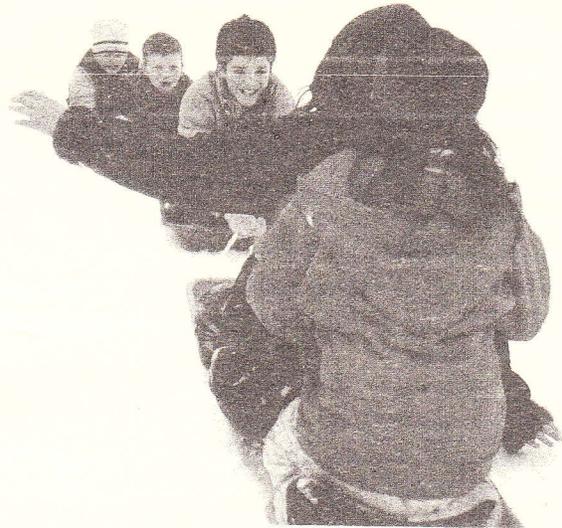
Well, in life, good things come, but then there is usually a catch, and snow is no different. Yeah it's really cool and you get to snowboard or ski and build snowmen and sled, but — here's the catch — the snow doesn't shovel itself — somebody's got to do it. And guess who that is? You guessed it — the seminarians.

It's not just the sidewalks either. You see, when snow falls on the roofs and stays, it starts to build up, and before you know it you've got two or three feet of snow on your roof. Then that snow starts to melt and eventually turns to pure ice. That stuff gets really heavy and will eventually break through your roof, so you have to make sure that's shoveled also.

But don't think it's just: grab a shovel, shovel for five minutes and quit. No. Sometimes the kids from the lower school take the shovels to build jumps and leave them in the snow, and then that gets snowed on and we have to go all around the property digging in the snow. Sometimes we don't find them until the snow melts. But overall it's all worthwhile.



The Sentinels basketball team plays Boulder Creek.



Some of the children in our grade school enjoy sledding down the slope during recess.



Where there is snow there is bound to be a snowball fight.



There is nothing like the heat of a wood stove for drying off after sledding.



Cavan anticipates another good 'run' on Silver Mountain.



Chris and Seth share a cake for their 16th birthday in January.

Snowmobiling

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Driving a snowmobile is as easy as riding a bike. The right hand works the throttle, the left hand works the brake. Once you have that down you're ready to ride. Snowmobiles may seem large and clumsy, but they are actually very fast. The only problem is that if you go too fast, your front skis will lift off the ground and your steering will be useless. Another minor setback is that because of their size, they make wide turns so you have to be careful.

One of the seminarians bought a quad (four-wheeler) at the beginning of the year, so that is another fun thing to ride in the snow. The difference between the quad and the snowmobile is that the quad has excellent steering but is slow in the snow, while the snowmobile has poor steering but is very fast in the snow. The result is that we try to play cat and mouse, but we end up going in circles and never catch each other.

Not in this world, but in heaven

The month of February is a rather quiet month on the Liturgical calendar. The Christmas season makes one final showing with the feast of the Purification of Our Lady. The seminarians sing the High Mass as candles are blessed and we recall the prophecy of Simeon. Lent does not arrive until later in the month, so the first several weeks of the month serve as a transition from the joys of Christmas to the sorrow and penance of Lent.

There is one feastday in February, however, that has special significance for all who are devoted to Mary, and that is the feast of Her apparition at Lourdes on February 11. Anyone who has read the story of Our Lady's apparitions there in 1858 or been privileged to kneel in the grotto at Lourdes understands the significance of this feast. Our loving Mother came to France nearly 150 years ago to strike a blow at the pride of man during the "Age of Enlightenment." By proclaiming Herself the Immaculate Conception, She reminded us of original sin and that we are in a fallen state and must do penance. By working numerous miracles through the miraculous spring, She showed Her loving compassion over the bodily and spiritual sufferings of men. By choosing the poor asthmatic Bernadette, She reminded us that we must not esteem what the world holds dear, for God has chosen "the foolish things of this world."

Seminary Support Club

If you are not yet a member of the Seminary Support Club and would like to become a member, you may write to the seminary at the address below. Members pledge to pray for the success of the seminary and, if able, to send a regular financial contribution for its support.

Do you have a vocation?

If you are a young man of high school age who has a vocation, then St. Joseph Seminary may be the place for you. Our four-year course of studies offers the regular high school curriculum, with an emphasis on Theology, Latin, choir and foreign language. A well-rounded program of daily Mass, prayer and sports complements our academic schedule. For more information, write to the rector of St. Joseph Seminary at the address below.

The life of the humble St. Bernadette will ever remind the world that sanctity does not require health or knowledge or talents. God does not ask us to become great theologians — the devil knows more about theology than we can ever hope acquire in this world. Let us turn to our loving Mother and ask Her help to be humble and simple as children, for "of such is the kingdom of heaven." I pray that each of us learns the lessons which St. Bernadette learned so well from Our Lady. Let us especially remember that heaven is why we are here, and the crosses of this life are for the purpose of leading us to eternity with God. As Mary said to the saint during the apparitions, "I do not promise you happiness in this life, but in heaven."

May our loving Mother bless each of you and your families. Please be sure to return the enclosed intention card so that we can remember your intentions to our great patron St. Joseph throughout the month of March. As always, we thank you for your support and promise to remember you and your intentions in our daily prayers.

Fr. Benedict Hughes, CMRI

The Guardian is published monthly for the enjoyment of our benefactors and for the family members of our seminarians. This newsletter is free upon request.

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