



THE GUARDIAN

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Monthly newsletter of St. Joseph Seminary

May 2011

Our Holy Week ceremonies were a great joy, as we all had a part in serving and singing these beautiful liturgies of the Church. Then, on Easter Sunday, we held an Easter egg hunt at the seminary for the children of the parish. Fortunately, the weather cooperated with a beautiful day, but the same cannot be said of most of the other days these past couple of weeks. In fact, on Holy Thursday we received eight inches of snow, with another six inches on Easter Tuesday! And it is late April! (So much for global warming.) Hopefully, the weather will soon turn warmer and drier, as we have a lot of outdoor chores to get done.

The colder weather notwithstanding, we made our customary trip to Seattle and Tacoma during the Easter break. We enjoyed our visit to the Museum of Flight, Pike Place Market, and, in general, just visiting sights of the downtown of a big city.

Now we find ourselves, so soon after Easter, entering the month of May. Here at the seminary we have many cherished traditions honoring Our Blessed Mother during her month. We hope that you also have a May altar in your home, and that you practice devotions in her honor throughout this month. But let us especially remember that our devotion must be interior, not merely a list of external practices. May we all grow in our love for Our Lady during this most beautiful of months!

A good year

by Robert Kowalczyk, gr. 9

Since I entered St. Joseph Seminary my life has become a grand adventure, meeting new people from around the world. Meeting new ideas,

cultures, and backgrounds has given me the chance to learn about others, and even myself. It seems as though I arrived only yesterday and am leaving tomorrow. Going skiing, rock climbing and attending Holy Mass have been a wonderful blessing from God. Now that the school year is nearing its end, I confidently can say that this year has been well spent.

As I said, I have had the chance to meet various people from around the world. Half our seminarians come from America, while the other half are foreigners. There are seminarians from New Zealand, England and Nigeria, and two from Mexico. This was an amazing opportunity to learn about various cultures and personalities.

In St. Joseph Seminary you receive plenty of opportunities to enjoy the outdoors. We have gone skiing three times this year, and this being my first time skiing, it was an awesome experience. I can look forward to skiing next year, without the embarrassment of trying to learn again. Rock climbing was also an exciting experience. Even though I failed at it, it is still a posing challenge waiting to be faced again.

Most important, though, was the Holy Mass. The plentiful opportunities to receive Our Lord in Holy Communion is the most memorable thing about the seminary. Never before had I the opportunity of going to Mass so often, and now I can attend it every day. This has been a truly grace-filled year for me. Now I will look forward to another good year, filled with the blessings of God.

May calendar

- 1 — Low Sunday; final day of Easter vacation
- 2 — Feast of St. Joseph the Worker; High Mass
- 6 — Mid-quarter
- 6–8 — Annual Forty Hours' Adoration
- 9–13 — Senior Class trip to Omaha
- 13 — Public Rosary procession in honor of Our Lady of Fatima
- 17 — Birthday of Forrest Nguyen and Rafael Garcia
- 19 — Seminary outing
- 30 — Rogation Day procession
- 31 — Feast of the Queenship; procession; chanted Vespers; renewal of Total Consecration to Jesus through Mary



"Behold the Wood of the Cross . . ." The unveiling of the cross on Good Friday is a moving ceremony.

The two-fold nature of Love

by Mathias Nwankwo, gr. 12

As Christians, we recall that there are two most classical kinds of love we need to maintain: Love of God and Love of Neighbor. Both these two loves always accompany each other. They are like a pair of trousers, of which one side is of no use without the other. This companionship combines these loves into the theological virtue called *charity*.

Charity, as we know, is the love of God and of neighbor, and its origin begins at home. By home, I mean not only our permanent home, but both our permanent and temporary homes. These “homes” include our houses, our churches, our schools, and our places of work.

Then, how are we subject to its rules and regulations? Do we live in accordance with Christian charity or in accordance with paganism? Of course, Christian charity is the only thing we need to be in accordance with, because it leads to eternity, and it gives life. To be in accord with Christian charity, we are to love our neighbors as ourselves; by being our brother’s keeper and by sharing what we have with our neighbor, especially with the poor and orphans. We are to visit the sick and the captives. We are to clean and keep our houses, schools and churches, so as to give them the decorum they deserve. We are to bear wrongs patiently and to forgive all injuries. And lastly, in all our gatherings and in everything we do, prayer comes first.

One more thought: it is true that these loves must coexist. But how shall we know if we are practicing the love of God as well as the love of neighbor? Evidently, it was stated by Our Lord in the Bible, “*Whatsoever you do to the least of My brethren, that you do unto Me.*” So, inasmuch as we practice Christian charity, we are on the other hand practicing love of God and of neighbor. Let us observe these two loves accordingly, so as to set up now the tranquility and gentility of our heavenly journey.

Seminary life

by Justice Ingham, gr. 9

The routine at St. Joseph Seminary is quite unique, compared to most boarding schools. Each morning a rather loud bell is rung, vanquishing your hopes that perhaps Father slept in (not possible). Ah, the 6:20 rising bell. It’s highly unlikely that any seminarian will sleep through that alarm. Anyway, once up you will have 25 minutes to shower and dress and clean your room. Afterwards, morning prayers are recited, followed by the Holy Sacrifice of the Mass — not a bad way to start out your day.

Breakfast is then taken, during which there is a holy reading. School begins shortly after breakfast, so you need to bring your books and be at your desk at 8:30 a.m. Latin is taught first. There are three separate Latin classes, because the students’ grades differ. After Latin there is a five-minute break before math — or for the more advanced students,

economics. Luckily, I just have math. Fr. Bernard is a helpful math teacher, yet unrelenting with homework.

When math is finally completed, we prepare for English class and hope that Fr. Benedict forgets to ask for homework, which also never happens. Directly following English is theology class, which is followed by Noon prayers, a nice mid-day spiritual boost. A usually long-anticipated lunch is then eaten. When lunch is finished and dishes washed, we proceed to Mrs. Gallagher’s history class. School is almost over, so we’re pretty enthusiastic when it comes time for history. Biology is our final subject. It’s different from the other classes, because we are actually interacting with electronics, watching biology clips on Father’s laptop. Also, we commit ourselves to the rather repulsive work of animal dissection, a hobby I’d rather not get used to.

School is finally finished. Our heads are now swollen with knowledge, and so it’s time for P.E class, together with the parish high school boys. We run for ten minutes, stretch and then play basketball, volleyball or some other sport. On the days we don’t have P.E., we do chores: cleaning our rooms and the seminary, while those on special assignment do outdoor work.

After chores or P.E. we have free time up until the 5:10 p.m. Rosary. Afterwards, we have the evening meal, during which there is a Scripture reading. Study hall is after dinner, giving you appropriate time to complete that day’s homework. This then leads into a 45-minute free time until spiritual reading from your assigned book at 8:45 p.m. Evening prayers are then recited. At the end of the prayers, Father will ring the Grand Silence bell — now there is no talking and off to bed. All-in-all, Father has designed a well thought out schedule: enough free time, a normal amount of school, and exceptionally tasty meals. Not a bad boarding school at all.

Beautiful springtime

by Forrest Nguyen, gr. 12

Spring is finally here today! I who have waited seasons for spring am finally satisfied today. And what better way to celebrate flowers and puddles and birdsong than by playing. After months of winter, indoors and un-fun, play seems to be the only act worthy of spring. And all the kids of our parish school agree. So after school, we play — but never lightly: “play” for us is always serious.

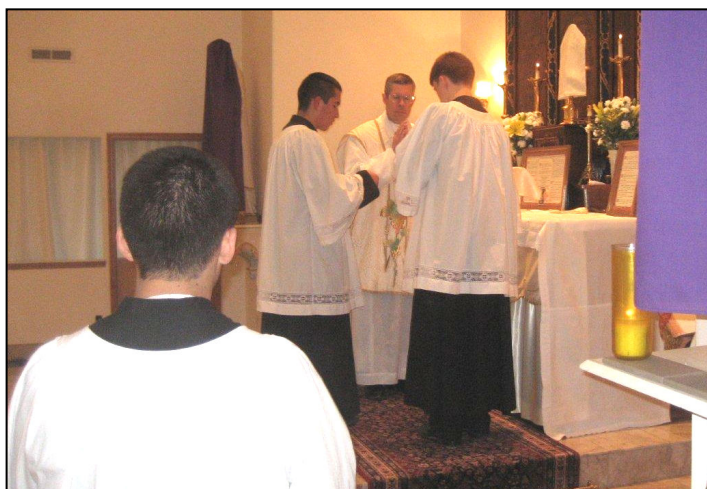
Intensely, play begins with a mad break to the swing set. After a mad swing on the swing set, we are dizzy, and then we suddenly, and to all appearances spontaneously, dash the short distance across the parking lot to the carousel. Which dashing, if done correctly makes all participants look something like butterflies in motion — though never so sprightly as these, only as undulant.

However lopsidedly, we reach the carousel (a rotating metal platform with handles which provide riders something

continued on page 4



The chanting of Vespers on Palm Sunday.



Juan and Aedan assist Father at the incensation of the altar on Holy Thursday.



The distribution of Holy Communion concludes the liturgical ceremonies on Good Friday.



Performing the works of mercy: singing and serving the funeral of a departed parishioner.



Christian is our youngest seminarian, having just turned 13 a few days ago.



Mathias and Abram work on collecting the branches blown down in a storm.

Beautiful springtime

continued from page 2

to hold onto while one having been previously nominated, pushes until he is dizzy, tired, or otherwise falls off the carousel). The carousel having been mounted, the word games begin. I, usually and inconsiderately elected to perform the duties of merry-go-round pusher, am quick to decline. However, the election process is quicker: (For the sake of illustration, children will be portrayed here as “mob,” and myself as “me.”)

Mob: (loudly) Forrest push us! Forrest push us! Forrest push us! etc.

Me: (equally loudly) Forrest push us! Forrest push us! Forrest push us! etc.

Mob: (even louder) Forrest push us! Forrest push us! Forrest push us! etc.

Me: (louder than loudly) Forrest push us! Forrest push us! Forrest push us! etc.

Mob: (very loudly) You’re Forrest!

To which I respond by looking behind myself in search of Forrest, and not finding him, finally conclude: “I’m me.” At which, they pause, ponder and elect “me” as designated pusher, shouting, “Me push us,” at volumes earsplitting and in tones repetitious.

To which I grammatically assert that “Me push us” is incorrect English.

And yes, this is a typical spring, after-school day. And yes, we do play very seriously. And yes, I do give them a push in the end. Happy Spring.

Baseball

by Abram Sharkey, gr. 11

Dear reader of the Guardian, I would like to start this article by speaking about the importance of physical exercise. We all remember being back in primary school, when our teachers stressed this topic to us, and in fact they were right. For without sufficient physical exercise our spiritual life can be tainted by *spiritual dryness*, a term that indicates we do not feel anything when we pray, only a dryness, a sort of boredom that attacks us while we are in prayer.

This is why at the seminary we are encouraged by the rector to get plenty of good exercise, and so we have begun to play baseball. Being new to this country I have rarely played

this sport, but my fellow seminarians and I have really begun getting into it, and they have taught me all the rules. It reminds me of cricket, though it has many differences. This week being our Easter break, we are going to see a real baseball game at a stadium. Imagine our excitement! Luckily, since we now know the rules well, we will understand what’s going on during the game, and be able to follow along well.

With this said I hope that your Easter break goes well too, dear reader. May God bless and keep you all during this time of His glorious Resurrection.

Original Sin’s effects

Over the years here at the seminary, we have been generally blessed with good health — attributable in great measure, no doubt, to the expertise of our cooks. In fact, it is common to come to the end of the year with several of the seminarians receiving a perfect attendance award, with no days at all missed due to illness. Not this year.

During Holy Week four of our seminarians missed one or more days due to illness. This required a bit of substitution for serving assignments in the Holy Week ceremonies, but all came off smoothly. All of this reminds us of the troublesome effects of original sin, one of which is illness.

The author of *The Imitation of Christ* wisely reminds us that we can do many things while we are well, but it is not so easy to pray when we are sick. So the lesson here is to appreciate our health and use it to our spiritual advantage. Further, let us remember that, “for those who love God, all things work together unto good.” Illness keeps us humble and provides an opportunity to gain merit by our patient suffering. It should also lead to gratitude for the health we usually enjoy, but which we often take for granted.

So perhaps the sickness that affected half of the seminarians during Holy Week furnished a lesson that books cannot teach. Let us hope they learned well the lessons it provided, and may we all profit from our crosses of illness. And by the way, we still have two seminarians with a record of perfect attendance for this school year.

Finally, I wish to take this opportunity to thank all our supporters, especially those who contributed to our annual Lenten Alms Drive. We greatly appreciate your prayers and financial support. Please also continue to pray for more vocations. May Jesus, Mary, and St. Joseph bless each of you and your loved ones.

Fr. Benedict Hughes, CMRI

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