



THE GUARDIAN

Vol. XXIV No. 3 Issue #279

Monthly newsletter of St. Joseph Seminary

November 2022

During the past month we have been busy with our studies, as usual, but there have also been some extra activities. We have had several flag football games and attended parts of the Fatima Conference at Mount Saint Michael. We attended the Bishop's pontifical High Mass, which several seminarians were privileged to serve. We then attended the lectures on that first day before going back to the seminary. We returned to the Mount again on Saturday evening for the beautiful outdoor candlelight Rosary procession. The next day the Conference guests came here for a High Mass in our church.

A few weeks ago we helped Mr. Keaveney harvest the grapes from our vineyard. There was a cornucopian harvest this year, so Sister Mary Veronica is making numerous jars of grape jelly with the grapes left over from Mr. Keaveney's wine-making. (He makes altar wine for the priests to use for Mass.) We also harvested the remaining vegetables in our garden, before the first frost. The next task will be to harvest the apples.

During October we have attended the daily public Rosary in our chapel before the Blessed Sacrament exposed. This has provided all the seminarians with ample opportunities to serve for the daily Benediction. We are also preparing to sing several Requiem High Masses during the first week of November.

Speaking of November, we will be making visits to our cemetery and

especially do our best to gain many indulgences for the Poor Souls. On All Souls Day we typically attend extra Masses and make as many visits as we can to gain the special *Toties Quoties* indulgence. We also recite daily prayers after Mass for the Poor Souls throughout the month.

Milking Chores at the Seminary

by Henry Harris, gr. 9

One night as we were eating dinner outside, we looked down at the cow pen. We saw a calf and exclaimed "the cow had a calf"! We all ran down to the cow pen to see it. We were all excited because now we would have fresh milk to drink every day. Sr. Veronica named the calf Birgitta, for she was born on the feast



The procession culminates with the final prayers and ceremonies in the church.

of Saint Bridget.

All the seminarians have responsibilities with milking and taking care of the cow Matilda. We work in teams of three people. Each team milks about twice a week. When taking care of the cow, we first give her a bucket of grain. Then we refill her trough with hay, clean her stall and fill her water trough. Normally, we

November Calendar

- 1 – Feast of All Saints; holyday of obligation; seminary outing
- 2 – All Souls' Day; special observances for the Poor Souls
- 20 – Seminary breakfast fundraiser
- 23 – Thanksgiving Vacation begins after classes
- 26 – William's 17th birthday
- 28 – Classes resume

would fill the big trough but the calf is still learning how to drink, so we have to fill a small one.

The milking process is done with a machine that is hooked to a pump that then is hooked on to the cow. You turn the pump on and it pumps the milk into a large metal bucket. Matilda usually holds back some of her milk for her calf. After you are done milking, you have to clean the machine by sending water through it with different types of cleanser in it. First, you rinse it with cold water, and then with hot water. Then, after that comes more cold water. The order of the water is very important because if you put the hot water in first, the milk will cling to the inside of the machine and you might get sick from it. Sr. Veronica has stressed this very much.

Now describing all this has made me thirsty, and I am going to go drink a glass of milk.

Our Seminary Football Team

by Anthony Strain, gr. 10

Over the course of the past few weeks there has been a lot going on at the seminary. We recently played three football games against the students from Mount Saint Michael's. The games were on the 29th of September, and the 3rd and 20th of October. Both teams did very well, but I feel like we should have gotten more time to practice. With school and the Fatima Conference it is a little hard to learn the football plays.

Before we started the football games the seminarians were trying to come up with a new name for our team. We still have not thought of one that would be approved by Father Benedict. For humor we came up with Victorians, in honor of the Seminary dog, Victor. Our current name, the "Sentinels," was chosen by Father Benedict when the seminary began. This

name was chosen because St. Joseph, our seminary patron, always watched over Our Blessed Mother and Our Lord, as if he were a Sentinel guarding the gate. Let us all pray to St. Joseph to watch over us, just as he watched over Jesus and Mary.

"Why must I go on saying, 'tomorrow... tomorrow'"

by Jorge Cruz, gr. 11

Many individuals seek thousands of things and become slaves of a thousand things. It seems as though they have forgotten that this life is only a passing one. Many souls are so careful and watchful for their bodies. They don't eat this or that for it may affect their form, for they like their cloth of flesh to always fit their ideal concept of beauty and athleticism. They become slaves of their own body.

Others seek honor, glory and respect from the world. They don't talk to this or that person because such persons have few to no honors and they fear to stain their own good reputation. Such persons would have despised Our Lord for eating with sinners and publicans. If they have some honor, it's only superficial. Their honor and respect will die and be buried with them, for their name will be calumniated and stained and be the cause of vexation.

Others become slaves of the world by their eagerness for money, riches, properties, parties etc. They live and breathe for all amusements that money can offer. After all, they say, "Life is too short to spend it all in one place." What then? Where is the world, when our bones are laid in a casket? We can't take our riches with us and all our mountain of stuff has to stay to rot or rust.

The saddest realization is that there are many Catholics who

live this way of life. They like to console their conscience with many acts of devotion and hearing many Masses, yet they don't take their salvation seriously, for they don't take death seriously. While St Teresa of Avila was on her death bed, she once was heard screaming so loudly, it terrified her Sisters. She then revealed to them that God had showed her His infinite Holiness. The Sisters thought that the saint was afraid of hell but they found out it was something else. "Woe to me! Woe to me if He should find in me the smallest shadow of defect." The Sisters then thought to themselves, "If she is so holy, what would become of us who are so imperfect?" What



Our first flag football game on September 29th was held in the pouring rain.

will become of us, who have lived such a bad life, unlike these nuns? What would it be like to go before God empty handed? How terrible it will be if God should see in us a cesspool of imperfections and vice? What could we say to that most infinite God? Nothing. Where will be our body, our honor and our riches to defend us? Nowhere. We can only take this

moment our salvation and perfection seriously and say with Saint Augustine, "Why must I go on saying, 'tomorrow...tomorrow? Why not now? Why not put an end to my depravity this very hour?'"

Men of Steel

by Andrew Wertish, gr. 11

There is a good reason why I chose this title. Most people see the title and think of superman. Yes superman is cool, but I am here to tell you of the real men of steel. These men are the Trappists of the order of Cistercians.

The book I read to get this idea is titled "Burnt Out Incense." This is a truly amazing book that is part of the "Saga of Citeaux." This book made me truly amazed by these hardcore Trappists of Kentucky. They were the ones to keep the monastic life alive amid brutal conditions in the state of Kentucky. Doesn't that sound so much cooler than superman. Not really? I will convince you yet.

The Trappist order in France decided to settle a group of their members in North America. For this purpose the abbot chose the best men of all trades. There were carpenters, shoe smiths, horse smiths, mason workers, etc. This group of thirty or so men were eager to get to their new stage of life. The only issue was that too many had seen too many winters and too many had seen too few. At the head the wise old abbot appointed Father Eutropius, a young man who was born to lead. The abbot had no doubts appointing this man as head of the expedition.

The group started out at the first opportunity. They took several trains to get to the ocean. Once there they boarded the small ship called *The Brunswick* without their luggage,

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Every Saturday morning after breakfast the superiors assign the tasks for the day's work.



It's Joseph's turn to make breakfast.



The seminarians carried the statue of Our Lady of Fatima during the candlelight procession at Mount Saint Michael.



Sister watches as Matilda nurses her calf Birgitta



The bishop came here during the Conference to have the tonsure ceremony for Frater Martin Marie.



The vineyard was loaded with grapes this year—our best harvest yet!

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Men of Steel

which had been left behind due to the carelessness of the train workers. So leaving two brothers there the rest left for North America. Their destination was a house in Kentucky which they called Gethsemane.

When they arrived at Gethsemane they were greeted by an order of Sisters living there. The Brothers were encouraged to eat meat because of the weather conditions, but they would not hear of it. The buildings were made of rotting wood and they were too small to house the monks comfortably. Although they were wet from the traveling through pouring rain to get there and had no luggage, they were happy to be there.

The next few years were tough, working in the blazing heat of



Frater Alphonsus was assisted by his brother Joseph in facing with stone the pillars of our Saint Joseph shrine.

summer in their wool habits or the icy cold of Kentucky winters, in buildings without heat. These problems were righted in years to come when they built a new monastery.

In the years to come Gethsemane became a holy place of worship that produced holy and saintly abbots. These men changed the history of the Church in America. They went through so many years in harsh conditions without any complaints. All for God. This is where superman loses the credit.

I loved this book and suggest that everyone should read it. Then, and only then, will you truly know that superman is nothing compared to the Trappists.

The Beautiful Variety of the Liturgy

At the seminary our daily routine varies little, and for that matter, the activities of each season are repeated year after year.

There is value in a routine, but it is also nice to have variety in our lives. This beautiful variety is particularly apparent in the liturgy.

As we celebrate, year after year, the various feasts of the Church Year, we never seem to tire of them. Their annual occurrence is ever fresh with each passing year. This time of year has particular beauty in the feasts, occurring as they do close together, of Christ the King on the last Sunday of October, followed by All Saints on November 1st and All Souls the day following. Each of these days has particular meaning for us at the seminary.

In addition, the entire month of November is dedicated to relieving the sufferings of the souls in purgatory. We seek by our works, especially through the gaining of indulgences, to free as many souls as we can from their painful detention in purgatory. What a joy it will be one day in heaven to meet those souls who owe their early release to our prayers and suffrages!

We are also reminded in November of our duty to give thanks to God for His numerous benefits, both spiritual and temporal. Although Thanksgiving Day is not a liturgical celebration,

it nevertheless should have great significance for Catholics, who are thereby reminded of our duty of daily thanking God for His bounty.

Before we close out the month we begin the important season of Advent, during which we prepare for the birth of our Savior by our Advent sacrifices. Thus, as the Church Year moves on from month to month, from season to season, we are reminded of the beauties of our Catholic faith. Truly, we have much for which to give thanks to God!

We also are most grateful for your support and prayers. We daily remember our benefactors in our prayers. May God reward you, and may He grant that we all persevere in His grace, that we might be reunited one day in heaven.

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.

St. Joseph Seminary 15384 N. Church Rd. Rathdrum, ID 83858-7650