



# THE GUARDIAN

Several days ago four new seminarians arrived to join the returning seminarians for the new academic year. After Mass on Sunday morning we went to the park for some recreation, and then we had our orientation. Father Benedict went over the seminary rules and passed out schedules and assignments.

On Monday morning our classes began. This year we have Latin, Theology, English, U.S. History, Math, Health and Geography. In addition, some of the seminarians are taking some online courses in order to complete required credits for

But there will also be plenty of time for fun—around the seminary, at the lake and at the park. As we send this issue of our newsletter out, we are planning on leaving shortly for our annual trip to a house on Lake Coeur d’Alene for a few days of camaraderie and fun!

### It’s Not So Bad:

by *Brendan Rabjohns, gr. 12*

Here we are all back at the seminary. The summer holidays are over and the time for school has come. As all students are expected to bewail the schoolwork in wait, and surely it is a sign of a sound mind in a boy, I must sigh and groan over the inevitable. But with that aside, the coming school year is bereft of doleful events and full of things to look forward to.

For the spiritual things that await in the coming year, the main is daily Mass. Mass is the center of the day for us

minor seminarians and we have the opportunity to receive Holy Communion every day of the week. As I like books, the seminary library is truly special. It has so many great titles that wait to be read, that it is a sorrow to be separated from them.

### September Calendar

- 2 – Labor Day; no school
- 4 – Solemn Commemoration of deceased of CMRI; Requiem High Mass
- 5 – Our secretary’s birthday
- 8 – Feast of Our Lady’s Nativity; special observances
- 12 – Feast of the Holy Name of Mary; chanted Vespers
- 15 – Feast of the Seven Sorrows BVM
- 24 – Our Lady of Ransom; chanted Vespers; mid-quarter
- 29 – Feast of St. Michael the Archangel



*Our seminary this year comprises 3 Priests and 5 Brothers, along with the seminarians.*

graduation. You can be sure that we will be busy at our studies!

We will also have chores to take care of. Soon Matilda will have her calf and we will once again be milking. There are also plums to pick and other chores around the seminary.

Decidedly, the seminary rule for us is something to be missed during the summer. Finally there is the company of the priests and religious. Their company is indeed something special and to desired.

The things that should be looked forward to in the temporal world will not be neglected by me. To fulfill this goal, I will mention the upcoming trip to the lake house. We spend several days getting to know the new seminarians and having our fun with

*Continued on Page 2*

*Continued from Page 1*

## **It's Not So Bad:**

the water before it becomes too cold. For most of the year we can visit the park and play soccer and football. With a gym, we can bounce the puck, really a ball, off the walls in hockey. Hockey is definitely one of the favorite games at the seminary. After that there is soccer and football. Both are more fun at the park, but we can play them at the seminary. Over all, as a minor seminarian, I am looking forward to the coming school year with great anticipation.

## **Spiritual Will-Power:**

*by Louis Albin, gr. 10*

**A**t the seminary, part of our training as minor seminarians is self-discipline. In fact, it can be seen as a part of everything we do, from rising in the morning to arriving on time for prayers, and going to bed at a prudent time every night. Some level of discipline is required for everything we do in life, but how successful we are depends on the level to which we push ourselves to achieve our goals, both physical and spiritual.

In *True Devotion to Mary*, St. Louis Marie de Montfort says of the children of Mary that they “shall carry the gold of love in their heart, the incense of prayer in their spirit, and the myrrh of mortification in their body.” While the first virtue mentioned is what is necessary for our salvation, the other two, prayer and mortification, are how we prove our love for God. These two actions are both important parts of seminary formation, and both require self-discipline.

Life at the seminary is centered around prayer. Of course, we attend daily Mass, and we also have morning, noon, and night prayers in common. Besides that, however, we seminarians are expected to devote at least some time to prayer on our own. Being dedicated to prayers both in common and on one's own requires incredible self-discipline.

As St. Francis de Sales says, “Prayer without mortification is like a soul without a body, just the same as mortification without prayer is a body without a soul.” Mortification is crucial to raising the mind to God and realizing the nothingness of this world. Self-discipline is necessary for this virtue, especially when mortification is not required. Almost anything can be turned into a sacrifice, however, even simply getting up in the morning.

Having demonstrated the importance of self-discipline, I will now explain how one may practice it. Interestingly, God created in our brain a material organ called the “anterior cingulate cortex.” This part of the brain can be thought of as literally “the will-power.” It grows when we push ourselves to do anything we do not want to do. If we never push ourselves, this organ will slowly deteriorate.

This is the scientific proof that the God Who created us wants us to make sacrifices by mortifying our senses. This also shows that our will-power and ability to maintain self-discipline is dependent on how hard we push ourselves.

As I once heard in a sermon, we should accept the crosses presented to us immediately. Running away from the cross will only result in problems and difficulties, and inevitably we will be forced to endure the cross anyway.

The motto of the Benedictines is *Ora et Labora*. To pray and work, which should be what all lives are centered around, one must have self-discipline. Let us use this virtue as we practice prayer and mortification to prove our “gold of love” for God.



*It didn't take long for the new seminarians to play a game at the pool table.*



*Our secretary, Rosalinda Salgado, lends a hand in the kitchen.*



*The abundant fruit from our summer apple tree is made into apple sauce.*



*Felix, our new seminary dog, enjoys a truck ride with Brother Anthony.*



*Louis came early to help with preparations for the school year – and to have some fun as well.*



*Processing the monthly mailing of the Guardian requires a group effort.*



*During the summer we have a monthly Rosary procession, reciting the 15 decades.*



*Work on the foundation for our new convent has begun!*



*Fr. Benedict explains how to properly make a bed.*

## Another year, Another opportunity

Over the years little has changed at the minor seminary. We follow the same schedule and rules, with the occasional minor changes. Really, there is no need to change anything, as we have a well-balanced regimen of prayer, classes, study hall, chores, and recreation. Being constantly occupied is important in a seminary, and you can be sure that the young men are kept busy!

The seminarians get along well together, and, of course, they should, for they are all here for the same reason. They have all come in order to grow in learning and in the prayer life, to seek to know God's will in regards to their vocation, and to develop good habits. They already have an excellent start, thanks to coming from good, Catholic homes. Let us all pray for them and for more vocations. "Send forth, O Lord, laborers into Thy harvest!"

We also have new major seminarians here, two of whom graduated from the minor seminary two years ago. Our major seminary here for religious, called St. Louis Marie de Montfort Seminary, is actually in the same building as the minor seminary, but in a separate wing. Having the religious around is helpful, in that they help with supervision and chores, but it is also a blessing for the young men to have their example. Hopefully, they will inspire at least some of these minor seminarians to aspire to the religious life.

September is also a beautiful month with several significant feasts of Our Blessed Mother. At the seminary we particularly promote devotion to the Blessed Virgin Mary, so necessary for all of us, but particularly necessary for future priests. At the end of the month we will begin our novena in preparation for the important feast of the Holy Rosary. We encourage you to use the enclosed intention card, if you would like to send in your intentions to be placed on the altar and remembered in our prayers to Our Lady.

As we begin another year, I would like to thank you for your support and your prayers for the welfare and success of the seminary. Our work is utterly dependent on

Almighty God for its success. To the degree that it has been successful over the years, it is only by the grace of God and the support of the faithful. "Unless the Lord build the house, they labor in vain who build it." With God's help, we will continue to fulfill His holy will for the good of the souls that have been entrusted to our care. Be assured of our prayers for you and our grateful appreciation.

*Fr. Benedict Hughes, CMRI*



*Seminarians are in their desks for the first day of classes.*