



THE GUARDIAN

Vol. II, No. 7

Monthly newsletter of St. Joseph Seminary

March 2001

Since our last newsletter we have participated in two basketball tournaments. The first, at the end of January, was held in Mullan, Idaho. We had three games in that tournament, of which we won one and lost two.

Our next tournament was held in British Columbia. Once again we had three games, winning one of the three. That visit to our northern neighbor was a new experience for some of us, and it was a lot of fun for all of us. Between the two tournaments we had a game at Mt. St. Michael, which was an exciting, come-from-behind win for us.

We are now preparing for our final basketball tournament, which will conclude our season. A few days later will be Ash Wednesday and the beginning of Lent. We have already begun to prepare for the High Mass on that day, learning the chants for the blessing of ashes and for the Mass. May you all have a holy and blessed Lenten Season. Please pray for us, especially for the success of our Lenten retreat.

Mr. Duff

by Francis Abernathey, gr. 11 and
Matthew Dunphy, gr. 9

Since the start of the Third Quarter here at St. Joseph Seminary, a new teacher has joined the staff. He is Mr. Tim Duff, who moved to Spokane from Cincinnati last summer. Mr. Duff is tall, laughs a lot and likes basketball (probably because he was born in Indiana, "the Hoosier State").

Mr. Duff drives here every morning from his home in Spokane and teaches four classes before heading back to

Spokane to teach an afternoon class at Mt. St. Michael. His first class here, at 8:30 a.m., is with the seventh- and eighth-grade students, to whom he teaches science. Then he comes over to the seminary for algebra and physical science classes. Finally, during fourth period, he takes the physical education class for the freshmen and sophomores, while Mr. Gilfoil teaches physics to the juniors. In addition to these classes, Mr. Duff also teaches choir to us on Wednesdays and is our basketball coach.

Mr. Duff is a real asset to our seminary. During physical science class, which is only for the freshmen, he has us do experiments which are fun and help us learn. In phys. ed., since we are still in the basketball season, he is having us work on conditioning. In addition to weight-lifting, he has us running up and down the 66 steps leading up to the church.

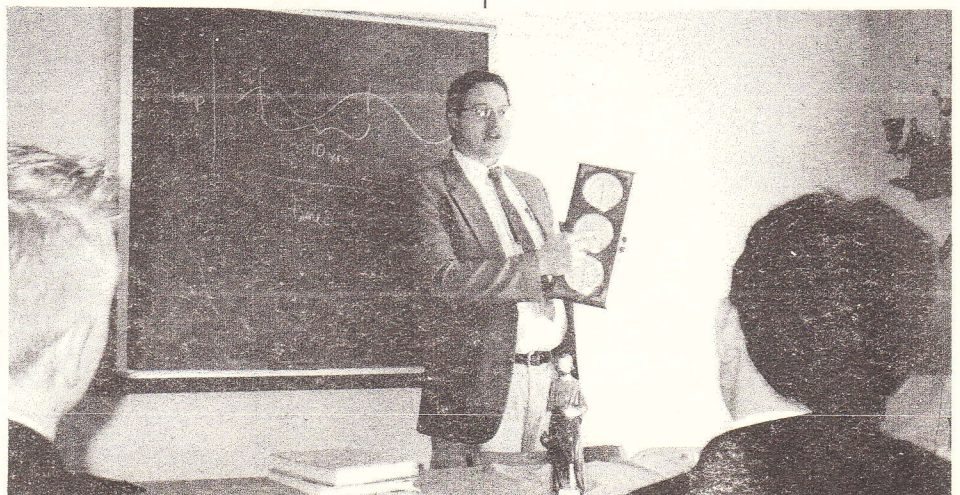
We are all very happy to have Mr. Duff as a teacher at the seminary.

March calendar

- 1 - 8 — Ping Pong tournament
- 9 - 11 — Annual Retreat
- 18 — Spring program
- 19 — St. Joseph's Day; no classes
- 21 — Father's feastday; no homework
- 26 — Feast of the Annunciation of Our Lady; High Mass
- 30 — End of Third Quarter

He is always happy and has a joke to brighten the moment. Also, he has been a very good basketball coach and has helped our team greatly. He is so enthusiastic, by the end of the first game that he coached for us, Mr. Duff had almost entirely lost his voice.

We hope that next year, Mr. Duff will be a full-time teacher at the seminary.



Mr. Duff makes a point in science class.

Fun on the slopes

by Fulton Abernathey, gr. 10

One of the most enjoyable aspects of this time of year is skiing and snowboarding. Once again, the seminarians have had two opportunities to visit the slopes of Silver Mountain, near Kellogg, Idaho. At this ski resort we ride the world's longest gondola to get to the mountain, which has a variety of slopes for every level of skier.

Some of the seminarians prefer the easier trails, while some of us go for the steepest runs. You see, the wild side of some of us has a way of coming out when we go skiing. The seminarians don't go absolutely berserk when they hit the slopes, but at times they may seem a little bit crazy. On skis one can reach a great speed, and I must confess that sometimes we seem to exceed the speed limit on the freeway. This isn't very dangerous though, because we are usually on open ground and have good control. It is on the jumps, however, that we sometimes act a bit wacky. The three main offenders in this case are Isaac, Phil, and myself.

Isaac, when he jumps, is mainly striving to do some flip or spin that hasn't been invented yet. Phil just flies off the jumps and gets as much distance as he possibly can. Me — I just try to perfect anything that has caught my fancy. One time, at the end of the day, Isaac said to me, "I'm going to make this one good" — meaning his jump. Isaac flew off the jump and sailed through the air. While in the air he touched the tip of his skis to his back. Unfortunately, he was not able to bring his feet to their proper position and was forced to make a crash landing on one leg. Isaac rolled for about twenty yards and then voiced his triumph in a rather weak "Yahoo!" I saw many other strange wonders that day, but that incident is still fresh in my memory.

Although it may seem like we are beating ourselves to death when we go skiing, we will only be a little bit sore the next day. Every seminarian either skis or snowboards and we all love to let our energy out on the slopes.

The time of self-denial

by Louis Picard, gr. 9

At this time of the year Holy Mother the Church gives us the Season of Lent to prepare us for the Passion and Death of Our Lord and for His glorious Resurrection. Before we get to the time of joy, we must first start working on our soul for 40 days, weeding out

all the bad habits we may have acquired but just cannot seem to get rid of.

At the seminary we observe the practice of making "prayer and penance" schedules. This way, we have a written plan so as to acquire our goal of making a good Lent. The graces we receive for our little sacrifices help us to avoid sin and to grow stronger in our Faith. The practice of the Stations of the Cross helps us to focus on the Passion of Our Lord.

Lent is a solemn time in the ecclesiastical year and is put there by the Church to help us tame our fallen human nature. May God bless you and help you to have a successful Lent.

Our basketball tournaments

by Philip Dunphy, gr. 10

After coming off a good tournament in Mullan, Idaho, our *Sentinels* basketball team participated in a tournament in Fernie, B.C. After a half-day of classes we departed on our trip, which was uneventful until we got to the U.S./Canadian Border. As soon as we passed the check point at the border we noticed many things different, such as the speed limit signs. The trip took about five hours and we arrived within minutes of the starting time of our game.

In the first game we were handed our worst loss of the tournament against the host team, Fernie Secondary School, but we were not discouraged. As it was our only game of the evening, we went to our hotel for the night. After Mass and breakfast the next morning, we played our first game of the day. It was close until our big men got into foul trouble.

After this loss we put on a "Refuse to Lose" attitude for the next game. In this game things were clicking well, and we were down by just a few points at half time. In the third quarter we

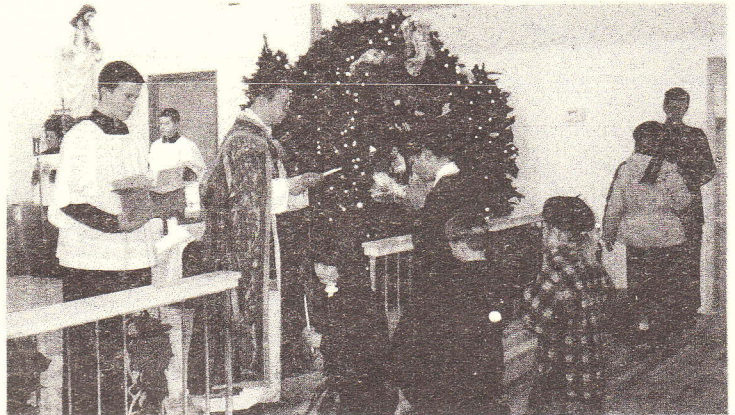
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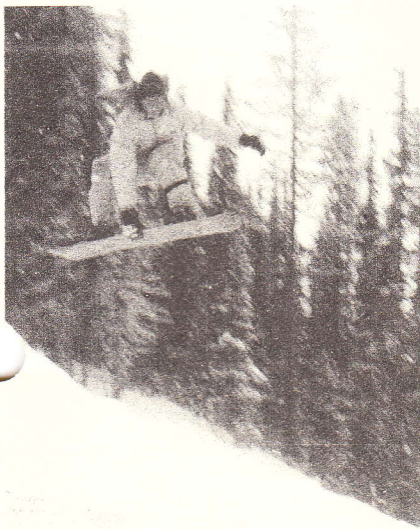
The St. Joseph Sentinels basketball team.



Candles are blessed before distribution on Candlemas Day.



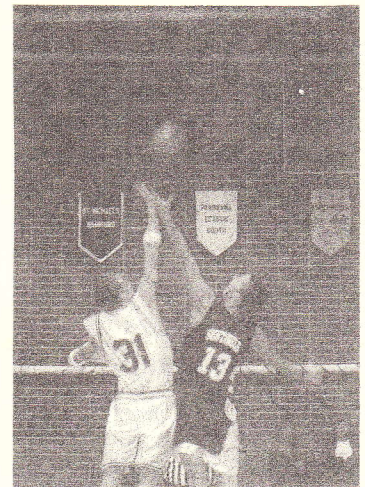
Father distributes blessed candles to the children for the procession of candles on Candlemas Day.



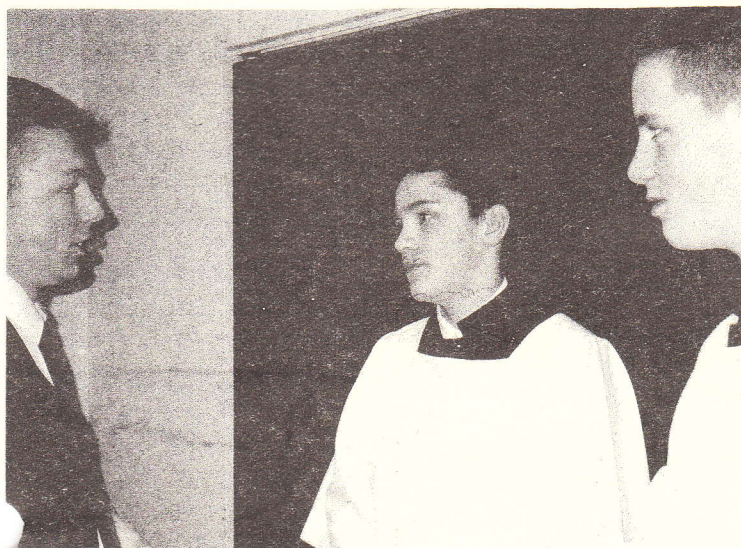
Fulton flies off the jump.



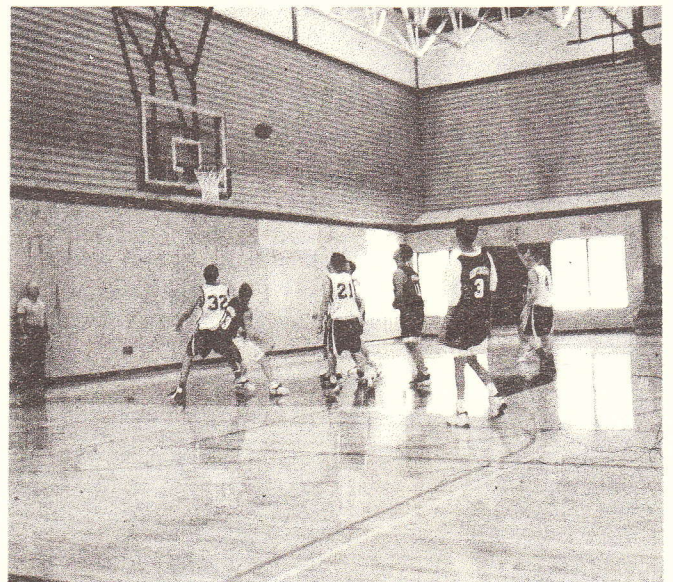
Coach Duff instructs the team during a game.



Fulton secures the tip to start the game — a victory over Southside.



The older seminarians help the younger ones to perfect their serving by giving pointers after Mass.



Basketball action in Fernie (Sentinels in dark uniforms).

Basketball

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came back to tie the game, and then we pulled ahead. In the fourth quarter we put the game away, while at the same time achieving our highest point total of the season — 93 points. (The fact that Canadian high schools use NCAA rules, which means 10-minute quarters instead of 8-minute quarters, certainly helped.) We also had five players with double figures in scoring, four of them with double-doubles in rebounding and scoring. After this victory we used up the rest of our Canadian money and then headed home, looking forward to our next tournament.

Not for the faint of heart

by Isaac Martin, gr. 10

When I first got here I thought this place was heaven. I mean, how many schools give you a chance to get away from home and start the year with a field trip — a cool camping trip to one of America's most beautiful lakes? All this was a blast until things settled down and homework, tests and quizzes forced us to hit the books hard. It didn't take long before I realized that this school was not for the lazy.

The farther we got into the year, the more homework I got. But after a couple of months went by, things got easier. Actually they stayed the same — it's just that I got used to them. Soon the days became bearable, and that is when the fun broke out. SPORTS! Oh yeah, sports — basketball, baseball, football and many other sports I never knew existed. We also go bowling and skiing.

Now I have told you what to expect academically and for recreation, but that's not all the seminary has to offer. After all, its main purpose is to find out if you have a vocation. Daily Mass, common prayers in chapel several times a day, and the daily schedule round out our routine. This spiritual aspect is the most important part of seminary life.

So remember if you're thinking of coming here — our life is fun, but it has its serious side too.

The month of vocations

The month of St. Joseph is an important time of year at the seminary. After all, St. Joseph is our special patron. As he

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.

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.

watched over and cared for the Holy Family, so he provides for us and protects us.

Here at the seminary we pray daily devotions throughout the month of March in honor of St. Joseph, in addition to the special Novena prayers for nine days before his feast. We will also have a Solemn High Mass on his feastday. One of our primary intentions during these devotions and Masses will be for vocations to our seminary.

This is the time of year when I begin to look forward to next year and contact suitable candidates for the seminary. Needless to say, the success of the seminary is greatly dependent upon receiving fine young men who are serious about their Faith. Applications for the seminary are due by May 1, so I ask that you especially keep that intention in your prayers.

Once again, I wish to express my gratitude for the support you, our benefactors, have given to our seminary. May Jesus, Mary, and good Saint Joseph bless you abundantly.

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
15100 N. Church Rd.
Rathdrum, ID 83858-7420**