



# THE GUARDIAN

Vol. XIV No. 11

Monthly newsletter of St. Joseph Seminary

July 2013

## Summer activities

by Fr. Benedict Hughes, CMRI

Without a doubt, the highlight of the month of June was our annual Corpus Christi procession, held on the first Sunday of the month. The day before, many volunteers helped to decorate the path, constructing arches and spreading garlands. On Sunday morning, the skies were threatening rain. Despite the ominous clouds, we held our procession as scheduled, and it was magnificent. Immediately after, volunteers took down the altars and decorations, and it was a good thing they did – a torrential downpour began just 10 minutes after the procession.

June has also been a busy month of travels. During the first week of the month (and the last of the school year), we enjoyed a 3-day camping trip to Oregon. By the end of that week, all our minor seminarians, with one exception, had left to spend the summer with their families.

As for us staff members, I enjoyed a week's vacation, during which I was able to baptize my newest nephew. Later in the month, Frater Anthony Marie, who is our seminary vice-rector, journeyed to Colorado to spend a week with his family. We have also enjoyed the presence throughout this month of our other deacon, Rev. Mr. Nino Molina, a former minor seminarian who came originally from the Philippines.

Now we are gearing up for our priests' meetings in Omaha, which will take place next week, to be followed by our annual Camp St. Joseph, held on the seminary grounds. Fr. Gabriel Lavery, a former teacher here at our seminary, will conduct the camp, assisted by

seminarians. I hope that all of you are enjoying your summer as we are!

Finally, I want to take this opportunity to again thank you for your support of our seminary. Without your prayers, encouragement and financial support, the seminary would not be possible. Please continue to pray for more vocations to the priesthood and for all of our priests. Be assured that we also pray for you and your intentions. May God bless you and your loved ones.

## Professing of Faith

by Rynan Golpe, gr. 12

*(The following article was written after the first public Rosary procession on May 13. We try to attend each of these wonderful processions, which are held in Spokane, Washington, on the 13th of each month from May to October.)*

Are you the man who is ready to surrender your own will to make your God happy? Are you strong enough and not afraid to serve and please your God even in a small service? Have you ever done anything before in professing your faith? How? God permitted His Son Jesus Christ to be crucified on the cross just for us, His unworthy servants, to save us from the eternal fiery punishment. Shame on us if we don't take an action to please our Master who saved us from the harm of hell.

Last May 13, 2013, members of Mary Immaculate Queen Parish joined parishioners of Mt. St. Michael's parish in a Rosary procession in Spokane's Riverfront Park. But before the procession happened, Brother Weather was not in a good condition. Brothers Cloudy, Windy, and Rainy were there.

## July calendar

8–12 — Priests' meetings in Omaha  
14–20 — Annual Camp St. Joseph for boys

"I hope Brother Rain will stop this afternoon for the procession," I said mentally. I was very excited for the procession. I was concerned because of the condition of Brother Weather, but I hadn't lost hope.

Around 4 p.m., Brother Rain stopped, but Brother Cloud was still threatening. "Thank God you stopped, Brother Rain," I said. Another seminarian remarked, "I prayed to Mother Mary to stop the rain." We were all very happy because surely we could now do our Rosary walk. We left the seminary around 5:30 p.m., with the Sisters and with the two ladies, namely . . . (Oops! they don't want me to mention their names). We all left from the seminary with happy faces, awaiting the procession.

When we arrived at the designated place, I was surprised because there were many people waiting there — grandparents, parents, children, and grandchildren all waiting there happily and blessedly. And guess what? Brother Cloud slowly made a farewell to us and Brother Sun started to smile on the beloved children of Mary. (What a wonderful scenario that we can compare to the life of man, from misery to everlasting joy.) We started our procession at exactly 6:30 p.m. Together, we responded to the fifteen mysteries of the Rosary with delight, hoping that God would grant our petitions.

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*The Blessed Sacrament is carried under a canopy during the outdoor procession of Corpus Christi.*



*The outdoor altar at Our Lady's shrine was the first one at which we stopped for adoration and benediction during the procession.*



*Father gives benediction at the outdoor altar of the Sacred Heart.*



*Our high school boys joined the seminarians in singing a few songs at the final school program in early June.*



*Multnomah Falls is the largest of the many waterfalls in the Columbia Gorge.*





*One of the many waterfalls in the Columbia Gorge is called Horsetail Falls.*



*During our camping trip to Oregon, we visited the beautiful grotto of Our Sorrowful Mother in Portland.*



*The seminarians eat a simple dinner at our campsite.*



*On his vacation in Colorado, Frater Anthony came face-to-face with the destructive wild fires ravaging that state.*



*The seminarians are on the right side of this bridge across the falls.*



*Our religious priests gathered at St. Michael's Rectory in Spokane last week for a General Chapter meeting, which is held every 6 years.*

## Faith

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Because I was the first person with Fr. Benedict in the procession line, I saw people who were just ignoring us. For a fact, there was a group of people who didn't want to give a little way to us. (They don't want to be disturbed in taking pictures.) But instead of being mad, my prayer intention was that the people who were there will be converted to the Catholic faith. The Rosary walk ended at around 7:30. And we were quite sure that God was very happy that we professed our true, holy, and apostolic faith — the Catholic faith.

There are many ways of professing your faith. One of them is a public Rosary walk. Signing ourselves with the cross or praying grace before and after meals in restaurants or any public place is also a profession of faith. Don't be ashamed to profess your faith because God our Savior wasn't ashamed to die on the cross for our shameful sins.

## A Heart for all

*by Dominic Pulliam, gr. 10*

**H**ave you ever wondered how you would be able to love the Sacred Heart of Jesus more than you already do? Well, some of the ways the saints practiced were spiritual and corporal works of mercy. Some of these corporal works would be feeding and sheltering the homeless and clothing the naked. You could also visit the hospital or maybe some people in jail and give them spiritual instruction.

But these are not the only ways we can practice the corporal works of mercy. You just have to think of something that Our Lord or even the apostles must have done at the time of Our Lord. All these things can and will give you graces if you do them with the right intention. We can also pray to Our Lady of the Sacred Heart to help us in our corporal works or even in our daily duty. We can offer our sacrifices to the Sacred Heart and that will please Our Lord if, again, we do it for the right reason.

Our Lord loves us. No one can say He does not love everyone. Our Lord's Sacred Heart is open to everyone and for everyone. Our Lord cannot not love any one of us. He sees all, hears all, and loves all. There is no bound to His love. One cannot simply say he is not loved. Maybe he is not loved by anyone of this world but he will always be loved by God. God is there for us if and when we need him. If we are in trouble or need some comforting we can always go to His Sacred Heart.

## Masters of meditation

*by Jordan Hartman, gr. 11*

**P**rayer can be used to petition or thank God for graces. It is direct communication from our souls to our Creator. Frequent conversation in this manner is necessary for the well-being of our spiritual life. Every day we pray to God and his saints, usually using our lips and vocal cords. However, there is a more powerful form of prayer which we can use. It is called meditation.

But first you have to master normal prayer. If prayer seems cumbersome and time-consuming to you, or you think it doesn't actually do much for you, you are terribly mistaken. The saints were constantly in prayer and still accomplished so much in their lives, whether they lived for fifteen years or fifty, and had great peace of mind.

To get the most out of your orations, you must pray with a humble heart, open to the inspirations of Christ. Also, praying correctly is critical. Try not to daydream or speed through your prayers, and, if necessary, use different prayers frequently to avoid boredom during prayer. So, if you pray properly, then you will get more graces than if you weren't doing it right. For instance, if someone were insistent upon twisting the lid off a jar the wrong way in order to remove it, than he wouldn't get very far. If you dislike prayer here on earth, or if you don't strive to perfect this gift from God, how will you be happy in heaven where you will adore God for all eternity?

But as I mentioned before, meditation is even more powerful than vocal prayer. The union between you and God is closer, and your mind allows you to ponder freely and uplift your soul to greater heights. You can soar with the wings of a Seraph to a small portion of paradise and learn to love God more fervently. Such a gift, as you probably know, is something you must truly want and pray for.

Don't expect to go into an ecstasy as soon as you try to meditate. But meditating often is a wonderful practice. When I first tried, I was frustrated at how distracted I could get. It's at times such as these when it becomes very easy to believe that the devil is at work, or rather, many devils are at work!

And as always, we should pray to the saints to aid us in learning how to pray to God. For who could possibly know how to pray to God better than those who are praising Him face-to-face right now? Especially we should pray to the foster-father of Jesus, St. Joseph, the humble carpenter who is a great model of mental prayer.

*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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