



THE GUARDIAN

Vol. III, No. 10

Monthly newsletter of St. Joseph Seminary

June 2002

The month of May has been a busy time for us at the seminary. There have been various high Masses and liturgical celebrations, the daily May devotions in honor of Our Lady, and some outdoor processions. We also have had a couple of school outings, including our annual end-of-the-year trip — an overnight trip to Seattle.

An area of interest for us recently has been the beauty of God's creation as manifested in the waterfalls of the Pacific Northwest. Thanks to the enthusiasm of Mr. Duff, we have traveled to see some of these. We took a day trip to Palouse Falls, a spectacular 185 foot waterfall in Eastern Washington. Our Seattle trip included a number of waterfalls, especially Latourell Falls (249 feet) and Multnomah Falls (175 feet).

With our various activities, it seems that the time has gone by quickly. Before we know it, the end of the school year will arrive and another summer will be upon us. June will bring our first graduation ceremony, and Father will hold the first summer men's retreat here at the seminary — something that he hopes will become an annual tradition.

We hope that you all enjoy your summer as much as we will. Please continue to pray for our seminary and for more vocations to the priesthood.

On the road again

by Philip Dunphy, gr. 11

For the third consecutive year we headed to Seattle for our school trip. But this time we did not just attend a

Mariners game or simply stay in the Seattle area. This trip was, you could say, half educational, half fun.

After attending a great ballgame at Safeco Field, we bunked at the Rodriguez home and in the morning attended Mass at St. Mary's Church in Tacoma. After breakfast and goodbyes, we left for Mt. St. Helens. Here we witnessed the incredible destruction caused by the blast that occurred there 22 years ago. There are still valleys strewn with waves of flattened trees. Although the top of the mountain was obscured by clouds, the view was nonetheless spectacular.

After touring the visitors' center, where we watched a short film and learned the full story about the eruption of Mt. St. Helens, we continued our journey. Since we were already in the southwestern part of Washington, we decided to take the scenic route back through the Columbia Gorge. This allowed us to view the spectacular

June calendar

- 1 — Confirmation at Mary Immaculate Queen Church
- 2 — Graduation ceremony
- 7 — Feast of the Sacred Heart; end of school
- 17–20 — Men's Retreat at St. Joseph Seminary
- 21 — Fr. Benedict's parents' 50th wedding anniversary
- 27 — Sisters' vows ceremony at Mt. St. Michael

Latourell Falls and Multnomah Falls, among the highest in the country. Finally, we made our way back home.

Although the Mariners game was very enjoyable, Mt. St. Helens and the waterfalls were equally spectacular. We are grateful to Father and Mr. Duff for planning this school trip.



The seminary choir chants the Litany of the Saints during the Rogation Procession.

Are we not still sinners?

by Kevin Cox, gr. 12

When you think of the Rogation Days what usually comes to mind? Is it the chants and the ceremonies that are performed on these days? Or maybe, perhaps, it is that these are days on which we appease God's anger? If either of these was in your mind, then you are correct. But why were they instituted? Did we not just go through forty days of Lent to atone for the sins that we have committed? These days were established by the Church, not only to appease God's anger, but also to protect us from affliction, and to grant a bountiful crop for the year.

The Rogation Days have a great significance for the rest of the year, and so fitting ceremonies are performed by us at the seminary. The Mass of the day begins with the chanting of the Litany of the Saints, as the priest, servers, school children, and other parishioners walk in procession. When the Litany is completed a High Mass is begun, with the seminarians singing the various proper parts of the Mass. The Mass is offered by the priest wearing violet vestments to show the penitential spirit of these days, although the *Alleluia* still occurs during the mass just as it is offered during the Paschal season.

This is a good time for everyone to make a few more sacrifices and to pray for God's blessings, both spiritual and temporal, for the remainder of the year. Now you know the reasons for the Rogation Days and so you will be able to keep them in mind for future years.

What is a Sentinel?

by Mr. Tim Duff

As the school year winds down and we look forward to our summer rest, I would like to urge the seminarians, and all of us, to think about the word Fr. Benedict chose to represent our sports teams — the Sentinels.

A "sentinel," usually used in a military sense, is someone whose duty is to watch for the enemy, to always be on guard and prepared for the assaults of the enemy. This is exactly what the seminarians, and all of us, should do at all times, even during times of rest which God, in His goodness, gives us.

Each seminarian should plan a reasonable regimen of spiritual exercises for the summer. Other than the usual morning and night prayers, there are three things I would like to especially urge upon them.

The first is the daily Rosary. Staying close to our loving Mother is always the best way to guarantee that we are close to Her Divine Son, since She is always found at His side. The second is an occasional weekday Mass, if possible — perhaps Thursday in honor of the Blessed Sacrament, Friday in honor of the Passion, or Saturday in honor of Our Lady. The third may be, in a certain sense, the most important, yet often overlooked, part of a daily spiritual regimen — spiritual reading.

Cook needed

St. Joseph Seminary is in need of a cook for the coming school year. If interested, please contact the seminary at 208-687-0290.

Many saints have emphasized the importance of spiritual reading. The great mystic St. Teresa of Avila said she could not meditate without a spiritual book. I highly recommend taking 30 minutes a day for spiritual reading (you can surely find the time during the summer). Probably the best time is right after you wake up and say morning prayers. You need not kneel — just sit and relax and read until a passage strikes you. Think about (meditate upon) it, apply it to yourself, and then go on when you get no more out of it. It is not the amount read, or the speed, but the meditation upon it which is truly fruitful. I highly recommend the Bible (start with the Gospels), the life of a saint, or the *Mystical City of God*, my favorite after the Bible.

Let us hope the seminarians, and all of us, continue our duty as Sentinels and "watch and pray" as Our Lord commanded, not only this summer, but our whole lives.

Too long to wait

by Matthew Dunphy gr. 10

As the end of the year approaches and there are only a few weeks of school left, you can feel yourself slipping away from your work. This is when you have problems as a student.

Especially at this time of year, a short time may seem like a long time. First of all, since you don't feel like doing school-work, you can have a much harder time maintaining good grades — if you had good grades to begin with. Second, you can get yourself in a lot of trouble. For fooling around in class or daydreaming you might be given a punishment like writing an essay or doing some extra work. With the warm weather, most students lose their concentration very easily. This is why it's important to pay attention and keep on working hard.

The key to settle this problem is to say to yourself that the best thing to do is to be patient and work hard to the very last second of each day. One reason why you should keep working hard is because, if you slack off with only two weeks left, your grades will suffer. Believe me, one poor test can really make your grades suffer.

A good old workday

by Michael LeStage, gr. 9

When spring comes around the snow goes away and once again there are spring chores to be done: grass to be cut, gravel to be raked, and grounds to be cleaned up all around the seminary and church. We have been trying to spruce up grounds to get them looking beautiful once again. So, one day

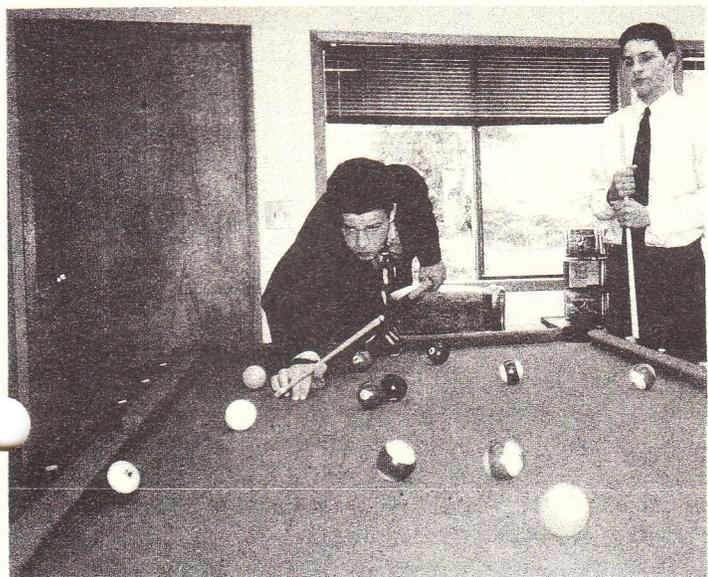
continued on page 4



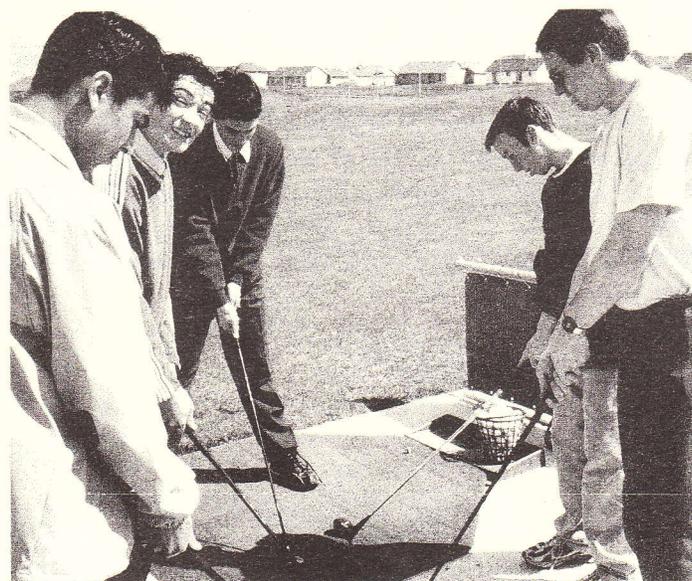
Michael helps fuel the bonfire by adding another old piece of lumber during the seminary's spring workday.



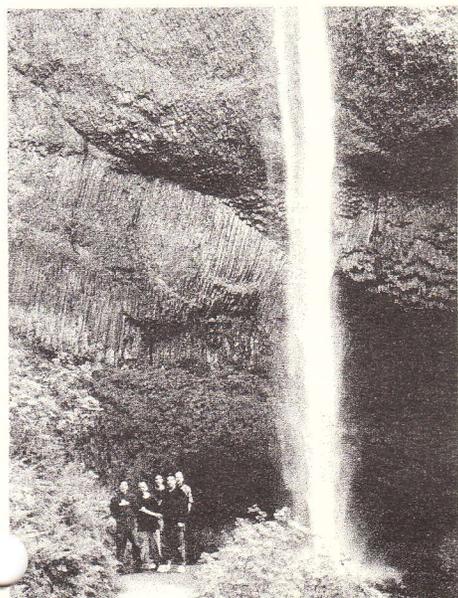
Matt uses binoculars to get a closer look at Mt. St. Helens which is partially obscured by clouds.



Matt looks on as Michael lines up a shot during the pool championship. (In the end Matt won the championship.)



The seminarians work on perfecting their technique during a golf lesson from Mr. Duff.



The seminarians and Mr. Duff pose at the base of Latourell Falls.



The seminarians enjoyed their day trip to Palouse Falls which can be seen in the background.

Workday

continued from page 2

in late April was set aside as a workday. Everyone liked the idea of a workday because of the fact that it was Friday and we got out of school. We all agreed that we would rather be outside in the fresh air than at a desk under stress.

All the seminarians pitched in getting various areas tidy. Phil used the pressure cleaner on the asphalt to wash away the dirt. Matt raked and gathered branches. Kevin and Charlie raked the trail and area around Our Lady's shrine. I cut down dead limbs and got the fire going. And we all pitched in to clean up the grounds. Fortunately, we had a blazing bonfire where we burned between three to four truckloads of dead branches and old wood.

We had an excellent day for burning and outdoor work — the weather was not too cold or windy, and there were some brief early morning showers. Now the church grounds look better for our processions. The path was enlarged and coated with fresh bark, and a location was chosen and prepared for a new outdoor shrine to the Sacred Heart. All in all, everyone had a great day and appreciated the opportunity to miss a few classes.

Wonderful promises

The month of June, as you well know, is dedicated to the Sacred Heart of Jesus. This wonderful devotion, although practiced in the Middle Ages in various religious communities, did not receive worldwide recognition until the seventeenth century. That century gave us two apostles of devotion to the Sacred Heart — a priest, St. John Eudes, and a nun, St. Margaret Mary.

The latter received visions of Our Lord between 1673 and 1690, in which Jesus, from the bounty of His merciful Heart, made the most wonderful promises. Jesus showed the saint His Heart, surrounded by thorns, surmounted by a cross, and issuing flames. The symbols of the Passion remind us of the greatness of His love for us, as seen by the flames. But there is a sad note to the apparitions. Our Lord lamented, "Behold this Heart which has loved men so much, and is so little loved in return."

These words point out the two essential elements of this devotion: love and reparation. On these two pillars is balanced

Do we have your current address?

Please inform us if you have moved or plan to move to a new address so that we can get each issue of *The Guardian* to your mailbox without delay.

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.

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.

a true devotion to the Sacred Heart of Jesus. While we rejoice in the wonderful promises made by Our Lord to those who practice this devotion, we do not love Jesus for these. We love the Giver for what He is, not for His gifts. At the same time, a re-reading of the Promises of the Sacred Heart would be most beneficial to us. They motivate us to a greater love of Our Lord, who gives so much for the little that we do.

Perhaps it is more than just coincidental that our school year ends on the Feast of the Sacred Heart. A future priest must, above all, be a true lover of Jesus. Our ceremonies on Our Lord's feast will remind us of His goodness and of our debt of love, gratitude and reparation to Him. May the loving Heart of Jesus bless you and your loved ones.

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**