



# THE GUARDIAN

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*Monthly Newsletter of St. Joseph Seminary*

October 2016

Last week was our mid-quarter, when we receive the first grade report for the school year. Already we are just a few weeks away from the end of the First Quarter, and we are all trying hard to do our best with our studies.

This past month has been very busy. Besides our schoolwork, there have been many chores to keep us busy. In addition to the usual chores for this time of year, we helped to remove the old pews from the church, in preparation for brand new pews. There have been many other tasks to be done outside, while the weather is good.

But it has not been all work. We have particularly enjoyed the game of flag football, and we look forward to a few more games this month. There will also be the Fatima Conference and many other activities. Please remember us in your prayers, that we will make the most of the seminary life. We also pray for you.

## What is it like to be a Seminarian?

by Dominic Lehnens, gr. 10

The experience here at the seminary is very different than what you would be used to if you don't go to a boarding school. When I arrived here, it was difficult getting used to the fact that I was away from home. But as we progress in the year it gets easier.

Now you are probably wondering what a seminarian might be. A seminarian is a young man who has

come here to find out his vocation whether it might be to become a priest or religious Brother.

Our normal everyday schedule begins with getting up and going into chapel for daily Mass. After Mass we have classes, after which we have free time till the holy Rosary. Then, after supper it is study hall, followed by night prayers and silence for the rest of the night. Every Sunday, we are allowed to call our parents. Every other weekend, the seminarians get to go home or if they live far away, they get to visit relatives if there are any close by.

The priests and seminarians go camping on occasion where we go hiking, swimming, and have lots of fun. Also, this past month, we had the opportunity to assist in a Rosary walk. The whole parish and many from the parish at the Mount came to pray the Rosary. We walked through the streets and a public park while reciting the Rosary.

Some activities we do are football, basketball and other sports. But don't worry, we also do work around here like picking apples, mowing the lawn, cleaning the buildings, and other work around the property.

## The Weapon of Salvation

by Mark Vincent, gr. 12

In 1214, Saint Dominic became discouraged by the lack of cooperation of the Albigensians to yield to his preaching. So frustrated was he that he went into a forest and

## October Calendar

- 7 – Feast of the Most Holy Rosary; outdoor procession; football game
- 11 – Divine Maternity BVM; High Mass; chanted Vespers
- 13-14 – Attend Pontifical High Mass and lectures at the Fatima Conference
- 21 – Football game
- 28 – End of First Quarter; seminary outing
- 30 – Feast of Christ the King; renewal of seminary enthronement
- 31 – First day of classes for Second Quarter



Robert and Dominic remove the old pews from the church.

did prayer and harsh penance, brutally lacerating his frame. In a coma because of his desperate condition, Our Lady appeared to Dominic and told him that the Angelic Psalter or Rosary was the weapon chosen by the

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## The Weapon of Salvation

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Holy Trinity to reform the world.

When Saint Dominic began preaching this message, a storm broke out so violent that the people were terribly frightened, and a statue of Our Lady acted to point out that she could call down God's Justice if the people did not amend. At the prayer of Saint Dominic, the storm abated and the people repented and began leading virtuous lives. Since that time, the Rosary has been used as a constant help for the preservation of the Faith.

The Rosary is composed of both forms of prayer, mental prayer and vocal prayer. The vocal prayer comes from the recitation of the Our Father, Hail Mary and Glory Be. The mental prayer is included throughout the duration of the decades in thinking of each aspect or situation of the particular mystery. The Rosary bears its significance in the greatest degree when said as a family. Children should grow up knowing that they should behave and participate in the Rosary as part of the family life. It has been said that the family will only hold together and be true to the Faith if they say their prayers together. Even if it is two or three of the family together because of impending daily separations, it is still considered a family Rosary.

I would encourage all of you, if you do not already do so, to pray the daily Rosary. You should pray at least five decades according to the request of Our Lady of Fatima. This was her primary request during all of her six apparitions. Do all this while remembering the prophetic words: "One day through the Rosary and the Scapular, the world will be saved."

## Writing a Guardian Article

*by Robert Kolinsky, gr. 11*

This time I have decided to write something different. I am writing about something that I'm writing about. Every month as you know, we seminarians write articles. Now before writing comes picking a topic. In choosing a topic sometimes you have something right off the bat. Other times you need help with ideas. This time we helped some new seminarians pick a topic. A *Guardian* article should be original and with an interesting title. Many of you readers probably already know about our spiritual life, sports, and events, as they probably have been written about many times by different people over the course of the years. So something new is what we should be looking for.

And now comes the process of writing. Each seminarian must have an article of at least three hundred words or close to that number. And we must have well-formed paragraphs. Now when writing a *Guardian* article there are

times when you can go on forever on what you are writing. (That is a slight exaggeration.) Then sometimes you are stuck on your first paragraph. You may sit thinking for a bit, wondering when am I going to get this done? Then ideas may pop up. Of course, this is for the readers. And you're basically writing a letter to those at home, letting them know what's going on between the walls these days.

Eventually, there is the finished product. It should be done by the due date Father gives, which is usually within a week from when we were first told to get started. It may be a little late at times. As we are done we put the writing onto a flash drive and hand it in to Father Benedict to put on the computer to have it printed.

Finally, we are all done and you readers can enjoy (or not) *The Guardian*. When it is printed there is the folding and mailing process. About six hundred copies are sent to their respected addresses. And then we move on and in one month it is time to start preparing the next *Guardian*.

## Inside the Mind of an Artist

*by Mikael Leighty, gr. 10*

For those who know me, you know that I'm an artist. I enjoy painting, drawing, whatever. It doesn't particularly matter.

Have you ever wondered what goes on in an artist's head? The process of making a piece of art is rather tedious. It involves, first, finding inspiration. This is one of the hardest parts for me personally. Struggling for an hour to think and coming to no conclusion is maddening. I usually use visuals like online images, thoughts, and nature to spark an idea. Once I find something I like, I take it to paper. The agonizing process of taking what I see in my head and putting it on paper begins. Easier said than done, I'm afraid.

Having a picture on hand is very helpful, but rarely will I follow it exactly. Depending on the mediums I might start with a sketch or just a background color. In using charcoal or graphite I usually sketch out, with detail, my idea. In the case of painting I do less detailed sketching because it will be covered almost immediately with the background.

During the actual process my mind could be anywhere. I could be calling to mind a certain pencil stroke technique or thinking about food. Meanwhile my hand just does whatever it wants. The feeling is tranquil. You zone out and the world is tuned out; it's just you and the paper (or canvas). Your thought process goes anywhere and you just draw or paint totally aware and in control of what you are drawing or painting. It is like doing two things at once, as

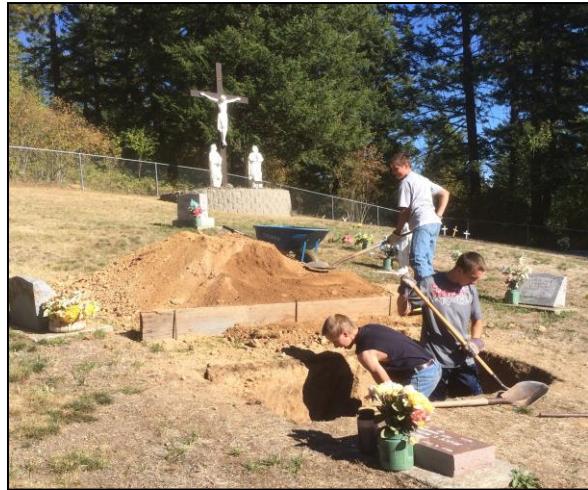
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*You can't beat football at the park in the fall.*



*Our new altar can be seen in this photo of a High Mass.*



*Seminarians digging a grave at our cemetery.*



*English class is a computer-based course this year.*



*On September 13 the seminarians joined other parishioners for a public Rosary procession.*



*Some of the parishioners joined the seminarians on a recent Sunday afternoon for football.*

## Inside the Mind of an Artist

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if one side of your brain is painting and the other is daydreaming. A good artist puts them both towards the same goal.

As fun as it sounds, the finished product is never what I wanted. I always find loads of things I don't like about any one piece. Sometimes I actually get mad and tear up the finished project. It's extremely frustrating and somehow people still say "Wow! That's so good!" I never believe them. I suppose I'll get better as I go but sometimes it doesn't seem that way.

As random as this article is, there's a reason. All of us go through the same thing spiritually. We try and try and sometimes it seems fruitless. Maybe our body will be praying but our mind daydreaming, but a good Catholic will put both towards the same goal. Not everyone will

become a saint overnight unless they are given a rare grace by God, just as artists won't become masters overnight unless they practice. The key point in both realms is perseverance and the will to do better and try. That is how the artist and the saint become perfect.



*Victor loves the attention he receives from the seminarians.*

## Routines are Good

September is a very important month for teaching. The main goal is to instill a system, to teach the students the routines that are necessary to have an orderly classroom. A teacher who spends the time to drill the students on classroom routines will find that these efforts will pay great dividends down the road.

## Prayer to Know One's Vocation

O my God, Thou art the God of wisdom and good counsel, Thou who readest in my heart a sincere desire to please Thee alone and to direct myself in regard to my choice of a state of life, in conformity with Thy holy will in all things; by the intercession of the most holy Virgin, my Mother, and of my Patron Saints, grant me the grace to know that state of life which I ought to choose, and to embrace it when known, in order that thus I may seek Thy glory and increase it, work out my own salvation and deserve the heavenly reward which Thou has promised to those who do Thy holy will. Amen. (indulgence of 300 days, once a day).

There are many routines in the seminary classroom, such as praying before class, heading papers the proper way, turning in homework, copying down one's assignments in a notebook, and so forth. These routines provide order and create the best learning environment. Once mastered, they facilitate learning and save time.

Likewise, in our spiritual life, we must have discipline, which comes with sticking to a schedule and routines. We will recite certain prayers at specific times each day, even if we don't feel like it. Let us all resolve to be faithful to our daily spiritual routines, without excusing ourselves or giving in to sloth.

This month is such a beautiful time of year. Not only do we have the fall season with its color, the harvesting of our fruit, and outdoor fun with football, we also have our daily Rosary before the Blessed Sacrament exposed. Soon we will enter the month of November, a most important time of prayer for the Poor Souls. Be sure to send in the enclosed intention card with the names of your beloved departed, that we might remember them in our daily prayers and Masses during the month of the Holy Souls.

Thank you for your support and prayers. May God reward you, and may He grant each of us a greater zeal in praying Our Lady's Rosary and persevering in all our spiritual routines.

*Fr. Benedict Hughes, CMRI*

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