



THE GUARDIAN

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Monthly newsletter of Saint Joseph Seminary

April, 2025

In considering the passage of March, there is quite a large amount to remember. We began the month with preparations for a Polish and Lithuanian dinner on the feast of St. Casimir. The day after the dinner we had the distribution of ashes and the start of Lent. At the end of the week, we had our annual retreat, for which Fr. Bernard Welp, CMRI, came to be our retreat master.

Stanford Achievement Testing took up the first days of the next week and a funeral on Friday took several of us to Lewiston to sing and serve a requiem High Mass. We returned to the seminary the same day and began preparing for a fundraiser breakfast on Sunday in honor of Saints Joseph and Patrick. Everything went well for the breakfast and everyone had a good time.

On the Solemnity of St. Joseph, we sang a high Mass and blessed St. Joseph cords. The same day, Fr. Benedict with Br. Anthony and the seniors left for Seattle to catch their flight to Italy. They were gone for the rest of that week and returned on Saturday of the following week.

The next month is also going to be busy. The Forty Hours will take place early in April and the ceremonies of Holy Week and Easter Week will closely follow. At the end of the month, ordinations will take place in Omaha, with Frater Martin joining the deacons from Mater Dei Seminary in being or-

ained to the holy priesthood.

In the meantime, we continue our Lenten practices that we might prepare well for the greatest feast, the Resurrection of Our Lord. Let us all resolve to spend this Paschionide in greater prayer and penance, as we look forward to Easter.

Scourge Yourself!

by Henry Bryson Tucker, gr. 11

Okay, don't scourge yourself! But we should still perform penances, or "little scourges," such as taking away from ourselves the things of

April Calendar

- 3 – Anthony's 18th birthday
- 13 – Holy Week; special schedule
- 19 – Holy Saturday; Easter Vacation begins
- 20 – Easter Sunday; Children's Easter Egg Hunt
- 25 – Procession of Greater Litanies
- 28 – Feast of Saint Louis Marie de Montfort; begin preparation for the Holy Slavery.
- 29 – Ordinations in Omaha



Remember, man, that thou art dust...

the world that are not necessary. Wow, penance! Human nature tells us this word is "scary" or "hard." Penance doesn't have to be scourging yourself or starving yourself. Yes, it is true, some saints scourge and starve themselves, but this is not for imitation, it is for inspiration. This inspiration is not only for monks to do

penance. Anyone can do penance; they just have to, as St. Thomas says, "will it."

What exactly is penance? Penance is denying ourselves the things of the world for the love of God. "Penance, penance, penance!" These three words were among the words of Our Lady spoken to Saint

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Bernadette in Lourdes. If Our Blessed Mother herself asks us to do penance, why should we not perform penances? Penance strengthens the will, which directly aids in entering Eternal Happiness. To get to heaven we must have a strong will to turn away from sin and temptations. By performing penances and refusing the things of this world, we

The Devout Slave of Mary

by Leo Mansfield, gr. 9

I am all thine, and all I have is thine, O most loving Jesus, though Mary, thy holy Mother.” These were famous words of St. Louis Marie de Montfort. St. Louis was a priest who started to preach and promote the act of total consecration to Mary in the town of Poitiers. He said the act of consecration was the easiest way to become a saint, because in so doing, you give yourself to Mary in everything that you do, becoming her slave. He started a group of nuns called the Daughters of Wisdom at the poorhouse in Poitiers.

Although he was a great speaker, people (mainly the Jansenists) started to become skeptical and jealous of his preaching. They thought it was blasphemous and said that one shouldn’t become a slave of Jesus and Mary. The Jansenists were so repulsed by his preaching that they started spreading false rumors and convinced the Bishop that

St. Louis was a bad man teaching heresy. Later that same year, the Bishop decided that St. Louis was to stop preaching, hearing confessions, and saying the Mass at Poitiers. Even though St. Louis was not allowed to do these things, that did not stop him from preaching the act of total consecration. He then set out for other cities and towns, where

Father Bernard Welp, CMRI, gave the seminarians their retreat this year.

strengthen our will so that next time we are tempted we can overrule our concupiscence and turn away from sin.

At the beginning of Lent, it is recommended to write a prayer and penance schedule to use as a guide during the Lenten season. As the last weeks of Lent are here, and Easter is coming soon, let us look back to review the extra prayers and penances that we planned to practice this Lent. Let us also refresh our memories and examine our observances of these Lenten prayers and penances.

As Holy Week comes, let us think of the Passion of Our Lord. Let us remember the suffering of Christ: the agony in the garden, the scourging at the pillar, the crowning with thorns, the unjust condemnation to death, the heavy cross that He was made to carry, the nails that were driven into His holy hands and feet, the long hours of anguish on the cross, all the mocking from the Jews, and the tears of His Sorrowful Mother. All this suffering was borne for us by Jesus Christ that we may enter into His kingdom. If God has suffered all these things for us, then why should we not give back to Him by doing penance?

Let us, then, look back over our Lenten penances and determine if we have been doing them to the best of our ability and how we should be doing them, not taking any shortcuts or skipping out on them. “Why not love our crosses and make use of them to take us to heaven?” (Saint John Marie Vianney)

We pray the Stations of the Cross every Friday of Lent.

he converted many people and worked various miracles.

All seemed to go well, except for St. Louis’ health. His fasting, going on long journeys, and staying under rough shelters, caused his health to decline on his missions. Although St. Louis was doing many good deeds, he was still looking for a Bishop to sponsor the company of Mary.

After many years, a Bishop became interested in St. Louis. His Lordship was still concerned, however, if the bad rumors about St. Louis might be true. Wanting to know the truth, he sent three priests to investigate and write what St. Louis had to say about devotion to Mary in

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A future seminarian joins our students in serving the St. Patrick's Day breakfast.



Brother Simon conducts the choir for one of our many High Masses in March.



The ping-pong table at the seminary gets plenty of use.



Our Senior Class fund-raising dinner on the feast of St. Casimir was a great success.



An abundance of green was evident during the St. Patrick's Day breakfast.



The seminarians enjoy a break in between the SAT tests.



According to our custom here, the seminarians make "blarney stones" for their fundraising breakfast on the third Sunday of March.

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one of his sermons. When the three priests came back, the Bishop had many questions. But the three priests stood there smiling wholeheartedly. The first words they said to him were, "Father De Montfort's a saint, Your Lordship. He is a very good speaker and his true devotion to Mary has no evil whatsoever in it. If everyone were to under-



Brother Simon Marie is the seminary cheesemaker!

stand the true meaning of his devotion, the world would be a happy place. The reason why good people are skeptical of this is because it's so simple. They were taught that the only way to get to heaven was on their own."

Later, the Bishop sponsored the Company of Mary, and all seemed to be going well. Then St. Louis' health grew worse. Knowing that his

end was near, he told two priests to be in charge of the Company of Mary and preach the total consecration after his death. On his death bed, the devil knew it was his last chance to take his soul. But his attempts were useless. St. Louis died a happy and holy death, and his last words were, "I am all thine and all I have is thine, O most loving Jesus, though Mary, thy holy Mother."

The Trip of a Life Time

Since our seminary is small, we rarely have a senior class trip. This year, however, our seniors had been planning and asking for a class trip (to Rome, no less) since October. Finally, I acquiesced and made plans for the pilgrimage. We decided to travel to Rome in March, to avoid the heavy tourism season. It was a wonderful trip.

Our small group of six persons first spent three days in Rome, walking all over the city and visiting many churches. Of particular interest for me were the five churches we visited in Trastevere, an old part of Rome on the west bank of the Tiber, with winding, narrow streets. There were not the crowds of people one encounters at St. Peter's and in the central part of Rome. Here we discovered the tombs of many saints in these beautiful churches.

After three full days with many miles of walking, I rented a car to head south to the shrine of St. Philomena at Mugnano. On the way we stopped at the Sacro Speco at

Subiaco, the cave in which St. Benedict lived for three years as a young man. From there we went to the beautiful monastery of Monte Cassino, to pray before the graves of St. Benedict and St. Scholastica, before heading further south to visit St. Philomena. That was truly a blessed day.

The next day we went to visit the church in Materdomini, which houses the body of St. Gerard Majella. We then went to Salerno (St. Matthew) and Amalfi (St. Andrew). (The narrow, winding road from Salerno to Amalfi must be experienced to understand its beauty and ruggedness.) All told, we prayed at the final resting place of nine of the apostles.

After leaving Amalfi we headed to Nettuno, stopping at the tomb of St. Alphonsus Maria Liguori in Pagani on the way. In Nettuno we prayed at the house where St. Maria Goretti was martyred and then went to the church which houses her body.

The next day was our seventh and final day before heading home. We drove back to Rome and visited the churches "outside the walls" which remained on our lengthy list of places to visit. These included Tre Fontaine, St. Paul's basilica, Domine Quo Vadis, St. Sebastian's (including the catacombs), St. Lawrence, and St. Agnes. Of course, there were many other churches visited, too many to tell.

Our trip was placed under the care of St. Philomena and to her goes the credit that all went well. We prayed the chaplet and other prayers to her daily, as well as the 15 decades of the Rosary. This pilgrimage helped these young men to appreciate the beauty of our Catholic Faith and culture, which produced such magnificent shrines. We are most grateful to the many benefactors who supported this effort.

As we enter Passiontide, the final two weeks of Lent, let us all make the effort to faithfully adhere to our Lenten penances and especially to meditate on the Passion of our loving Redeemer, who suffered so much for us. We thank you for your prayers and support and pray that you will have a most blessed and joyful Easter.

Fr. Benedict Hughes, CMRI



The pilgrims pose in front of the Benedictine monastery built over the sacred cave of Saint Benedict at Subiaco.

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