

PAX REGIS

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The cover: Candle stand on the main altar of the abbey church.

SCK Lecture - Getting Work Right

by Peter van Leeuwen

Theology I, Archdiocese of Vancouver

On Saturday, October 21, the monastic and seminary communities, as well as guests from the public, were graced with the presence of Dr. Michael Naughton. Drawing from almost four decades of experience in education at both the secondary and post-secondary levels, he spoke on the integration of labour and leisure in his morning session, and on subsidiarity in the afternoon. Dr. Naughton's presentation of labour and leisure, steering clear of the balance paradigm which is often applied to this topic, focused on the importance of integration, stating that "if we don't get leisure right, we will never get work right." It was not

a matter of maintaining an adequate amount of 'down time' as a sort of escape from the drudgery that work imposes upon us, but rather he offered a vision entirely opposed to that offered by the secular world. Work is a vocation, a call to service of God and neighbour, but one that can only be approached rightly if we first take the time to be grounded in our true identity through contemplative leisure. An acronym comes to mind that I have heard from other seminarians: RIM (Relationship, Identity, Mission). Only through a relationship with our heavenly Father can we come to know our true identity as beloved sons and daughters of God, and it is only from

this life changing identity that we can come to know our mission/vocation and have the ability to fulfil it for love of God and neighbour. Leisure is the time in which we receive from God our true identity during solitary or communal times

of prayer, and from quality time spent with family and community.

In the afternoon Dr. Naughton presented on the nourishing power of subsidiarity in the workplace. In his presentation he clarified that subsidiarity can be understood as the recognition of the other's giftedness. Commenting on the high rate of unengaged workers in today's American workforce, Dr. Naughton presented authentic

subsidiarity, practised in the recognition and coordination of other's gifts, as a solution. It is in tapping into this giftedness and allowing those persons to engage their talents and strengths so that, rather than feeling like a replaceable cog in a machine, they can become engaged and invested in the enterprise to which they contribute.

During his presentations Dr. Naughton won our respect and appreciation as much from his knowledge as from his willingness to be vulnerable and honest. May the Lord bless him and his ongoing service in the spheres of Catholic education and business!



Dr Michael Naughton

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Brother Meinrad Getz, 1933-2023



Brother Meinrad (Pius) Getz was born to Nicholas Getz and Serafina Ruscheinsky in Lemsford, SK on September 23, 1933, the sixth of twelve children. Only three years before, his parents had immigrated from Romania to Canada. He attended elementary school in Grosmont, SK, before his family moved to Vancouver, where he attended St. Anthony's

Elementary for grades 7-8. In 1948 he entered the minor Seminary of Christ the King in Burnaby for grade 9. After completing his high school, he worked as a shipper for Vancouver Cap Co., until he entered the monastery in January 1954 at the age of 20. He began novitiate that same summer on July 10, and made: first vows one year later, simple perpetual vows on



Brother Meinrad and his monastic formator (Fr Chrysostom) having lunch with some of Brother Meinrad's family after his solemn profession



(L to R): Br Meinrad Getz, Br John Dunne, Br Joseph Gauch, Br Stephen Raab, Br David Whelan, Br Maurus de Klerk

July 27, 1958, and solemn vows after the Second Vatican Council.

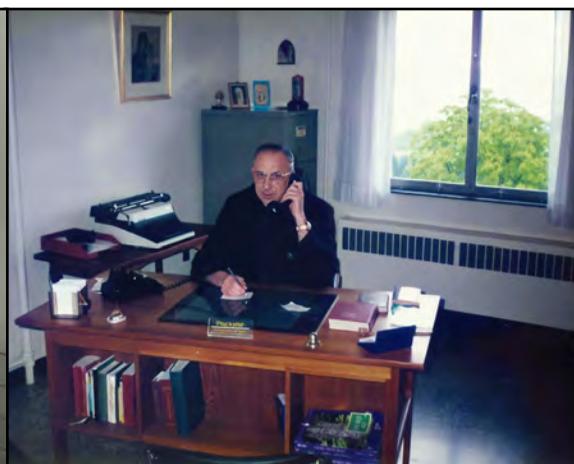
Together with the late Br. John Dunne, Br. Meinrad was in charge of the farm for three years. One of his earliest permanent assignments was to keep up the painting of doors, trim, etc. around and in the Abbey and Seminary buildings. He worked at this selflessly and silently from 1960, having a special gift for selecting colours that are matching and pleasing to the eye. For about 50 years Br. Meinrad set up the guesthouse dining room for meals. He took a keen interest in people and in their families and relations, prompted, no doubt, by the sacrifice

of having left his own large family to follow Christ in the monastic life. He was the Abbey mailman for many years.

From the 1970s, Br. Meinrad was a regular prefect for the minor seminarians, where with regularity and longsuffering he combined his desire for monastic quiet with the demands of a disciplinarian. From 1988 to 2019 he was High School Assistant, which

involved supervising the morning, afternoon, and evening study halls, taking over general responsibilities once a week for the Rector, and continually forming the seminarians in carrying out their responsibilities. He was unyielding in discipline, but compassionate toward infirmities. He had penetrating insight into the characters of boys, and indeed into all those he met, and never forgot them.

After an extended period of patiently bearing lymphoma, Br. Meinrad, the last witness from the Abbey's days in Burnaby, passed to the Lord on the morning of October 15, 2023.



(Left) holy reading in his monastic cell; (Right) answering phone calls in the minor seminary prefect's office

The Alliance for International Monasticism

by Brother Maximus Spoeth, osb

From October 5 – 8, Fr. Jean-Pierre Longeat from Ligugé, France, and Fr. Mark Butlin from Ampleforth, UK, visited Westminster Abbey representing the *Alliance for International Monasticism*, also known in French as *Alliance Inter Monastères* (AIM). They introduced themselves to the monastic community on October 6, and presented their work. In response to Pope Pius XII's 1957 encyclical *Fidei Donum* calling for renewed missionary impetus especially in the countries of Africa, monks and nuns had responded enthusiastically. Founded in 1961 under the name of *Aid for Monastic Foundations*, the original and lasting aim of the alliance has been to unite monasteries around the world for the purpose of supporting one another, and in particular for supporting new missionary foundations. Accordingly, in 1964 the first pan-African monastic meeting took place at Bouaké on the Ivory Coast. In 1968 was the first pan-Asian monastic meeting at Bangkok, Thailand, also famous for the place where Thomas Merton died.

The impetus for interreligious dialogue became more prominent in the 1970s, and there was also a change in focus. In 1976 the name was changed to *Aide Inter Monastères* (Aid Between Monasteries). In 1997 the name changed once again to *Alliance Inter Monastères*, expressing the broader goal of strengthening bonds between monasteries for all kinds of mutual support. However, the practical support

that AIM provides for new monastic foundations on behalf of the more established monasteries remains one of their most appreciated works.

Amidst all these international concerns, Fr. Jean-Pierre Longeat shared how the Word of God remains the guiding light of the deliberations and work of AIM, something which the younger monks of Westminster Abbey particularly appreciated. Accordingly, it was spontaneously decided that they would meet the next day for a group *lectio* to put this *listening* to God into practice.

When they gathered on Saturday afternoon, it was to read our Lord's parable of the landowner who planted a vineyard (Mt 21: 33-45), set a hedge around it, dug a winepress, built a tower, and leased it to tenants. These words of God certainly struck the heart, for it was understood that they were not only addressed to the chief priests and Pharisees, but also to us. For a monastery is God's vineyard – *divini cultūs vinea* (cf. Life of St. Paduinus), enclosed in various forms by a cloister, intended for works of divine grace, and often literally equipped with a tower. We too, God forbid, may fail to bear the fruit God expects of us, choosing instead to enclose ourselves in our own complacency. This experience of group *lectio* illuminated everything from the day before, and there is no doubt that God, that day, helped us all to understand our true AIM.

Meeting of Seminary Rectors - October 2023

by Father Matthew Gerlich, osb

The rectors of the seven English-speaking Canadian seminaries gathered for their annual meeting on October 27-29 at St. Joseph Seminary in Edmonton, AB. Bishop Hector Vila of Whitehorse was also present as the newly appointed *ponens* (liaison bishop) of the CCCB. He succeeds Bishop John Boissonneau, who ably served in this role for the past twenty years. Bishop Vila knows seminary life from the inside as he had been rector of the Redemptoris Mater

Seminaries in Toronto for seventeen years until he was appointed bishop of Whitehorse in 2016.

Represented at the meeting were St. Augustine's Seminary in Toronto, Holy Spirit Ukrainian Seminary in Edmonton, St. Joseph's Seminary in Edmonton, Seminary of Christ the King, and the Redemptoris Mater Seminaries in Toronto and Vancouver. The rector of St. Peter's Seminary in London participated virtually as he had other pressing engagements that prevented

him from attending in person.

In our first session, Dr. Ryan Topping presented the results of a study that he made on the background, discernment and formation of recently ordained priests in Canada. Interviews with these ordinandi revealed that parents and parish priests were influential in encouraging their vocations. Sacramental Confession, Eucharistic Devotion and Rosary were common practices among them before entering seminary.

The average age of these new priests was 35, with many having college education or work experience before entering the seminary. They cited spiritual formation as being one of the strengths of seminary life, as well as fraternal life, but thought of human formation and preparation for parish administration as weak areas of formation.

The study and presentation by Dr. Topping stimulated questions and discussions among the rectors. Many challenges are obvious, and we are grateful for being able to support one another in our task of forming men for service in our vast country.

Dr. Theresa Zolner, an Edmonton based psychologist, also joined us for a Zoom session on Saturday to discuss psychological assessments. She has much experience in this area, serving both the Archdiocese and the Ukrainian Eparchy of Edmonton in assessing seminary candidates. All the rectors found her presentation and answers to our questions most helpful. She emphasized that these assessments are only a part of the application process and that the results must be interpreted and presented with care and discretion. She clarified that psychological assessments are different from vocational

assessments, and that vocation directors and rectors need to keep this in mind. Preparing a vocational assessment is a task for which very few people are qualified.

Other matters discussed during the sessions were the propaedeutic and pastoral stages of formation. Discussion with bishops about time lines and goals for these times of formation is necessary for the good of the candidates.

Each rector presented a written report on key areas, developments and challenges in his seminary. The emphasis in this meeting was to share some of the highlights and challenges that each seminary faces, rather than dwell on statistics.

This meeting had an informal dynamic and a free and frank sharing of concerns and hopes. All agreed that this was one of the best gatherings we have had and we are deeply grateful to Father Sylvain Casavant and the community of St. Joseph Seminary for their gracious hospitality. Our time together with the seminary community at daily Mass and at meals was joyful and edifying.

Our next in-person meeting will be in October 2024 at St. Augustine's Seminary in Toronto.



Fr. Michael McGivney Bell Tower
at St. Joseph's Seminary in Edmonton

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I give, bequeath and devise to WESTMINSTER ABBEY LTD, Mission, BC, a corporation under the laws of British Columbia, the sum of \$..... to be used at the discretion of the Benedictines of Westminster Abbey for the building program and general benefit of the Seminary of Christ the King, Mission, BC, Canada.

Margaret Palczynski – Volunteer Teacher

by Frater Matthias Park, osb

Loss, Providence and the love of language seem to be the dominant refrains in the life of our current professor Margaret Palczynski. Her Polish parents met and married in England after the war and, with Stalin's occupation of Poland, were unable to return (to their country) and were forced to remain in exile. It was under these circumstances that Margaret was born abroad. As time progressed it became more and more evident that a new home would need to be found and, guided by God's hand, they took refuge in Montreal. It became necessary, with the move, that Margaret's native tongue be coupled with French and English, Polish still being the language of the home—who would expect otherwise when your mother teaches Polish? As a young woman, Margaret prophetically entered upon the monastery's doorstep, for she had been discerning a vocation at the Poor Clare's in Mission when tragedy again struck with the untimely passing of her beloved mother. So began a long journey with God which would lead as far as Greece. Having studied to become a doctor, while dabbling in Latin as much as the degree would permit, Margaret took off for a new life. She chose to “master modern Greek in compensation for ancient,” and in the process met her Mediterranean husband. This couple with their newborn daughter left for his native home but a destructive earthquake would soon force a return to Canada. Raising a family in Quebec, Margaret began to study in the classics department with an eye to a PhD. She had come to realise her mind did not work for the medical system; it was too expansive to focus on a particular field. When offered a position by



her professor she began a career in linguistics at Concordia and later McGill. The Lord would ask Margaret, whose hands were now filled to the brim with both research and teaching, to trade a doctorate for her daughter. As the years progressed, God slowly worked healing where there was grief in Margaret's heart and little by little brought her to make an oblation under Sainte-Marie des Deux-Montagnes. With her career seemingly at its end Margaret chose to retire in the more moderate West, or so she thought. While hopping around BC, contact was made with Abbot John. After some private lessons Margaret agreed to teach at our Seminary in the Fall of 2021. That year the Lord decided to test her spirits with an atmospheric river, a relentless winter and a record-breaking heat-dome. Through it all Margaret has overcome these trials, big and small, while offering her services as a Latin Magistra, English Tutor, on-call Greek Professor, French 8 moderator and above all a faithful witness at each Divine Office. She claims “I just can't see myself not teaching” which has earned her the title from some “the grandmother of Latin.”

World Youth Day – Azores and Lisbon

by Anthony McDaniel

Grade 12



Our trip to World Youth Day began with a rough start. After 2 days of cancellations and delay, we finally made it to our first destination: Ponta Delgada, Sao Miguel in the Azores archipelago. We loaded into the small vans that awaited our arrival, and were greeted warmly by one of the local priests, and some of our hosts. Weaving along the island highway, we caught glimpses of a magnificently lit Azorean church, adorned head-to-toe in bright Christmas-esque lights. Little did we know that this church—the Parish of Santa Cruz—was going to be our first meeting place, where the adventure of a lifetime would begin.

Words can't describe the warmth of the local Azoreans, who were so kind and gracious to allow us – rambunctious, teenage, Canadian strangers – into their very own homes. The effortless nature of their hospitality was truly touching; Aby Vandanath said, recalling the deep connections he formed with his host family, “I became a part of their life.”

Wherever we went, there was a community of locals supporting our every move, providing us with food, transportation, or even a gentle smile. We got to sing, dance and feast with the locals. We participated in not one, but two processions

that paraded through city streets, took part in traditional dancing, and watched as fireworks blew for the feast of Santa Cruz. The Azorean youth (particularly the girls), were happy to learn some of our own Canadian dances, such as the Albertans' famed “Cadillac Ranch.”

After three days in the Azores, we flew to Lisbon, for the main events of World Youth Day. All were hungry after a day of travel, and a long European liturgy. The square outside the grand church doors foreshadowed the days to come. Music blasted

from loudspeakers in the plaza; there was no talking, only yelling! The Spaniards were dancing; the Portuguese were singing; the Brazilians stole the show, all of which Noah Rosario called, a “crazy European street-party.”



Seminarians help prepare a traditional flower carpet in the Azores



Walking alongside one of the volcanic lakes in the Azores

The next morning, we wandered the streets of Fatima, Portugal. While the old basilica was closed, the rest of the venue was open for prayer and pondering. “It was edifying to see the place where the three children grew up,” described Aby Vandanath.

For the next few days, we participated in various catecheses. We attended “Rise Up,” daily. It was an opportunity to meet and trade trinkets with many other English speakers while listening to various prelates share life experiences. Of note was Bishop Robert Barron, whom a few seminarians had the chance to interact with. He was very excited when Aby Vandanath told him that we were minor seminarians (minor seminarians are a rare species these days). Before one of these talks, a group of seminarians (who had obviously taken a frisbee) started an international ultimate game against the Aussies and Americans which, in polite Canadian fashion, we won.

At the end of each conference we would have the afternoon free to roam Lisbon. A few (like myself) went, what

I call, “relic-hopping.” Various pieces of saintly bone or household items were brought from around Europe to be viewed in Lisbon churches. Of exceptional note were the skull of Thomas Aquinas (which given his smarts, was surprisingly small), Pier Giorgio Frassati’s pickaxe, and Joan of Arc’s ring. Others attended larger events like the Stations of the Cross, while some wandered the city enjoying its beautiful architecture.

On Saturday, we packed our daypacks, and headed out the door for our last adventure. It was time for the 15km trek to the field where the Pope was going to celebrate the final Mass on Sunday morning. Far as we were from the main stage, viewing the Pope proved difficult, and we settled for a screen. The sun’s blazing heat crept across the morning sky and Mass began. As the choir sang the Kyrie in Greek, I couldn’t help but reflect on the universality of the Church.

The next morning we parted from Lisbon and, after a pit-stop at St. Joseph’s Oratory, arrived home to a warm welcome.

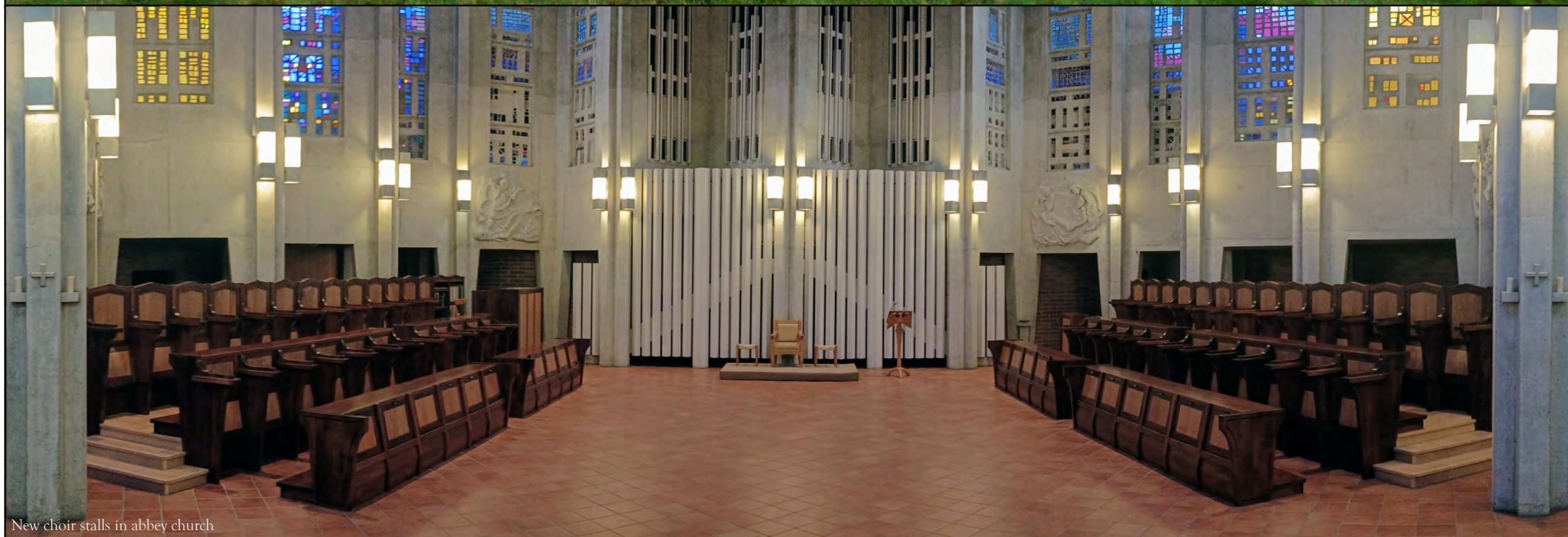
Memories! Lisbon, Azores, the Oratory: all such splendid and magnificent places; memories we share together as brothers, memories made possible with the help of our chaperones and organizers: Fr. Peter, Fr. Leo, Mr. Francis Vuong, Mr. Grant Vance and the Phams. Praised be Jesus!



Minor seminarians meet Jean-Claude Cardinal Hollerich, S.J. on the streets of Lisbon



Community photo



New choir stalls in abbey church

Major Seminary Diary



Seminarians of Christ the King and Redemptoris Mater at the Men's Retreat at RockRidge Canyon Centre

September

Sat 9: Today marks the start of the year for the major seminarians at Seminary of Christ the King. The five returning seminarians were excited to come back after the summer break, especially as we welcome two new brothers, Michael and John, into the community this year. Like last year, our number of in-residence seminarians remains modest, but we see this as an opportunity to grow closer and strengthen our bonds as brothers travelling on the same path. Of course, we continue to pray to the Lord to bring more men to SCK, but nonetheless, we are blessed to begin this year as a family of seven!

Sat 16: Today we went for a hike at the trail called Dewdney Grind, about 15 minutes away from the seminary. Unlike last year, when we struggled to find and conquer Monastic Peak due to the overgrown trail, this year's trail was pronounced. There were difficult moments, especially for those who were not used to the elevation, but thanks to the grace of God and the support of brothers, all seven major seminarians made it to the top.

Sat 23: The five Vancouver seminarians attended the fourth annual Upper Room Conference for the Archdiocese. The conference was an opportunity for the people to be inspired by the Holy Spirit, to gain the tools and skills for evangelization, and to go out and make disciples in the world.

The seminarians served at the Mass celebrated by Archbishop Michael Miller, CSB, and attended many formative presentations. Further, we had the opportunity to make connections with different lay leaders from parishes across the archdiocese.

Fri 29: This is the second year that we were graciously given the opportunity to attend the 3-day Men's Retreat, organized by Life Restoration Ministries with the main presenters being Jake Khym and Peter G. White, at RockRidge Canyon Centre near Princeton. The theme of the retreat this year was "Yeshua". It was awe-inspiring to see 320 men gathered together to mature in their faith. We were able to listen to many encouraging testimonies and witness many men's authentic encounters with Jesus. It was a blessing and an honour for us to attend and experience such a faith-filled retreat!



Major seminary student executive: Paul Raine (Secretary)
Paul Vo (President), Huy Le (Treasurer)



All Saints Party

October Sat 21: The return of the SCK Lecture. This year, we welcomed Dr. Michael Naughton, the director of the Center for Catholic Studies at the University of St. Thomas, Minnesota. The

had delicious burgers coupled with Peter's homemade berry-apple cider! The evening continued with different party games and sharing laughs.

Visit to Discalced Carmelite Nuns in Armstrong

by Paul Raine

Philosophy IV, Diocese of Prince George



On October 12, the major seminarians drove to Armstrong in two separate vehicles. When we reached Merritt the GPS directed us to take a back country rout where we passed through a number of farmlands in which the main signs of civilization were the occasional farm house, fences, cattle guards and about half a dozen black cows that almost blocked the road. The scenery was beautiful. Driving along we came across a calm lake perfectly reflecting the hills behind it.

When we arrived at the monastery we stayed in an old farm house owned by the nuns, which serves as a guesthouse. The bedrooms had two beds each and we got to experience the joys of common living in a domestic setting. In addition to Fr. Joseph, Fr. Caesarius and the seminarians, Fr. Ken Anderson from Prince George was also there to help out. We prepared our own meals, taking turns at cooking and cleaning, while

major seminarians got to meet him privately before the day of the lecture, where he shared with us the crucial role of Catholic Studies in integrating different fields of study in universities.

Tue 31: We celebrated the Eve of All Saint's Day today! After attending Solemn First Vespers, we had a wonderful supper with the Rector and formators, where we



L to R: Paul Vo, John Krump, Michael Roy, Huy Le get ready to clear the forest trails

On Saturday we ventured to the outskirts of the nuns' multi-acred property, where short (prayer) trails ran through the forest. Here, we cleared out and chipped dead bushes and trees. We left a trailer full of chips for the nuns to use and the rest of the mulch paved the newly cleared paths.

Most of the Office was prayed with the nuns in their chapel. The morning began with an hour of silent prayer, followed by Morning Prayer, Terce and Mass. We prayed Midday Prayer and Vespers by ourselves, and joined the nuns for Night Prayer on one night. The chapel was simple and small with the nuns hidden behind the grill.

Overall, it was an enjoyable experience with time to just be with our brother seminarians and work. It was also formative to see a little bit into the life of the Carmelite nuns, who dedicate their whole life to praying and supporting the Church and the world.

trying not to get in each other's way in a kitchen that was too small for multiple cooks.

In the monastery, there are five nuns - they are hoping and praying for more - but due to their strict cloistered life we only spoke with Mother Ann and one of the other nuns. On Friday and Saturday we worked. The first job was to clear out trees and bush that had grown around the fence bordering their driveway. This task took most of Friday. With the supper hour approaching, we ended the workday by cutting down some dead trees in their front yard and sent them through the wood-chipper.



Seminary community in front of the Carmelite nuns' old farm house

Minor Seminary Diary

September

Wed 6: The seminarians returned, refreshed after a great summer and ready for many great adventures. It is always good to see the many new faces each year brings. This year there are 32 seminarians. Unfortunately, though, there is no grade 8 class due to a lack of teachers. Hint: we need more teachers.

Wed 20: With cries of 'Len 4 President' still ringing in our ears, we began our 2023-24 school council election. It didn't take long to choose Dominic Campbell as our new president. Anthony McDaniel was elected vice-president with Len Bosco as secretary and Dominic Nguyen and Sam Donegan running the hockey department.

Fri 22: Today the grade 12s left for the annual Clearwater camping trip with Br. Joseph and Fr. Prior.

Sat 30: The seminary went down to Heritage Park today for *Truth and Reconciliation Day*. We were moved by the testimonies of a few First Nations' elders as they related their experience in residential schools.

October

Sun 1: After Mass the grade 11s, with Br. Joseph and his dad, Denis Bruneau, left the seminary ready for a fun weekend at Mount Cheam.

Fri 6: The seminarians returned home for their first home weekend. They enjoyed their Thanksgiving meals.

Sun 15: We were saddened to hear of the passing of our beloved Br. Meinrad but we trust that our Lord will welcome him into his loving arms. We will not forget his beautiful smile in our hallways and how he was always ready for a good conversation.

Thu 19: The seniors got to go to the *Celebrate*



Minor seminary student executive

Life Gala dinner in Abbotsford. With enthusiasm, the seminarians performed the *Salve Regina* (solemn tone) in front of all. We also listened to the moving testimony of Ryan Bomberger, a pro-life 'factivist' and speaker who has even spoken at the Pro-Life March in Washington D.C. He grew up in a family of 13 children and was one of 10 who were adopted!!! Following the talk, the seminarians helped with clean-up. After most people had left, they got to meet Mr. Bomberger and he even gave them some of his books for free.

Wed 25: Due to Br. Meinrad's funeral, there was a day off today. The church was full of people who had known Brother. Among those present were many alumni whom we were glad to see. Following Mass, there was a reception in the gym with delicious sandwiches and cookies. Afterwards, we went outside and one of the seminarians' cousins, who was visiting from Australia, taught us how to play rugby. We had a blast!

Fri 27: After school, we faced the major seminarians in a game of soccer. We were ready for a challenge! For the first half of the game, the other team had the Redemptoris Mater seminarians with them, giving them a great advantage. Soccer runs in the RM's' blood (they're



Minor seminarian practicing the flute

mostly Latinos) and by the end of the first half the Majors were beating us 3-1. Fortunately for us, the RMs had to return to their seminary by 5:30 so they abandoned the majors before the second half of the game began. The minors then made their comeback. By the end of the second half, there was a tie with a score of 5-5, so we had to go to overtime. Partway through overtime Joe

Scaria scored our winning goal, finishing the game off with a score of 6-5.

Sun 29: We had our first Parents' Day today. We performed three band pieces, finishing them off with 'When I'm Sixty-Four' by The Beatles. Afterwards, two members of the Burnaby Pro-Life Society came up to give awards to the winners of last year's Unplanned Essay Competition. The winner was alumnus, Karol Vuong, with Anthony McDaniel and Alarick Alfredo-Sorto tying in second.

Tue 31: After much anticipation, we began our Halloween/All Saints' Day Party. Following Vespers, we all put on our costumes. There was a great variety, with Fr. Anthony dressing up as Bl. Carlo Acutis, Pius Vuong as a missionary on vacation, Jean-Paul Lefebvre as a newsie, and many others. As we feasted on greasy pizza, we played a game of Saints Bingo. After solemn vigils we resumed our festivities by breaking open a number of piñatas - the grade 9's was made to look like a rat. The night ended with the Halloween game; it is kind of like hide-and-seek.

Clearwater & Wells Gray Park Excursion

by Dominic Campbell

Grade 12

Before the sun had risen on the morning of September 22, the grade 12s, along with Brother Joseph and Father Prior, departed for the annual camping trip to Clearwater. Much excitement had gone into the preparation for the outing. The seniors, however, had little idea of what unique experiences awaited them.

The weekend was filled with many great moments, such as meeting the locals, horseback riding, eating in the dark (due to the boys' lack of cooking skills) and Trophy Mountain, where Xavier Banic managed to run from the meadow almost to the peak and back in one hour.

An unforgettable amount of time was also spent with the packrat,

whom the boys named Remy. This infamous little creature was quickly discovered upon the group's arrival at the cabin. The nights were spent by some in agony, as the pitter patter of little feet scurrying along would awaken them from their



Grade 12s being themselves

much needed sleep. On the final night, the boys stayed up late, attempting to rid themselves of this dreaded creature. However, despite their best efforts and many near misses, the little rat was able to escape – their gift for the grade 12s of next year.

The seniors had such a great time, that by the end of the trip, they were already asking if another outing could be planned for the spring! They were welcomed home with thunderous applause in the minors' dining room after a gratifying and very formational camping trip. Thanks be to God!

Camping on Mount Cheam

by Theo Vance

Grade 11

When the seven grade 11s asked Br. Joseph to take them camping, little did they know what they were getting themselves into. With Jean Paul Lefebvre shaking with excitement, and Dominic Nguyen shaking... for other reasons, these seven adventurous young men prepared to embark on a journey up the mighty Mount Cheam.

According to G.K Chesterton an adventure is simply “an inconvenience rightly considered.” If we are to believe him, it can truly be said that the day spent in laboring to the top of the mountain was riddled with one adventure after another. The ascent began early in the morning, tightly packed into the back of Denis Bruneau's less than spacious 4x4, bouncing and lurching with every bump and divot in the road. If being stuck cheek to cheek with seven other smelly teenagers doesn't sound exciting to you, try adding nausea to the

mix and think again. Inconvenience showed its face once again, as, due to the poor conditions of the road, the back left axle of the car took some serious damage and was unable to carry the group any further. The group's original plan of hiking only the last stretch of the mountain, was now turned into a much longer endeavor, and their hopes of reaching the summit were looking grim. Rather than rushing to the top, Br. Joseph suggested, to the approval of the group, that they instead spend some time in nature, appreciating the beauty of creation in the Cheam meadow. Each went off on his own, finding a quiet place to pray and think, until the time came to make the journey home. Like Elijah, these seven grade 11s found God, not where they expected, but where they were least likely to look: in the silence.

With the Brothers

As the brethren file into the recreation room after a delightful Thanksgiving meal, a number of simple human pleasures await them: a game of bridge and a crossword puzzle, a couple rickety old tables laden with chocolates and cookies and bottles of Br. Joshua's homemade apple cider, and a big jam jar housing the monks' newfound friend, a European praying mantis. Following a hard morning's work preparing yet another meal, Br. Benedict shuffles over to his usual perch against the eastern windows, newspaper in hand and tinnitus in the ear, wincing as the clamour of jubilant conversation bounces off the terrazzo floors, brick walls, and Fr. Dunstan's cement ceiling murals.



Reception of novices (L to R): Michael Savritski, Jonathan Ulanicki, Charles Testa



Fr Dunstan's recreation room ceiling reliefs: "Cherub" and "Broken Axe"

Of these cement ceiling murals arranged in four thematic quartets, those hovering over Br. Benedict in the southeastern bay fittingly depict symbols of St. Benedict's life. Two are emblematic of the monastic motto, "Ora et labora." The first, a cherub, denotes monastic prayer. The second, a broken axe, symbolizes monastic work, recalling how St. Benedict miraculously recovered an axe head after a Gothic brother had accidentally flung it into the lake of Subiaco while clearing brambles.

Yes, "Ora et labora". Familiar terms. But weighted with a meaning so often misunderstood. At the SCK lecture this year, Dr. Michael Naughton of St. Thomas University reminded us that the Christian life does not consist in a balance of work and prayer but in an integration of the two.

Now this integration is no easy task, even

within the monastery. Fr. Dunstan interestingly selected a broken axe as a symbol of monastic work. With aging buildings and equipment, let alone all the impractical fraters running around, there is no shortage of broken monastic things to be fixed. At times, a thing is broken so consistently that prevention is deemed the only solution. The Abbey's tractor garage is a prime example. Should a tractor driver have neglected to lift the door to its full height, the unfortunate door was just in range of the tractor's roll bar. After numerous door-crumplings, Br. Bartholomew finally decided to get the door out of harm's way by raising the roof with Br. Joseph, Fr. Caesarius, and many juniors.

Several other repair and maintenance projects have been afoot. Fr. Joseph continues to address the failing plumbing system. The kitchen too is in need of a complete renovation so Father has been transforming the majors' dining room into a temporary kitchen. In the meantime, the majors have downsized to Room 100 for meals. To compensate for the small size of the new dining room, Fr. Caesarius and Br. Bartholomew installed some brilliant new lights in the majors' residence. The lights had been generously donated by Bella Edlund and Troy.

Not all lights are beneficial however. The glaring light of the computer screens are threatening to fragment the minds of our young monastic scholars Frater Athanasius, Frater Matthias, and Frater Charles as they diligently type out assignments for their priestly training. Sensibly, the fraters join one another for "sanity jaunts" around the property to soundly integrate mind and body once more. Br. John, who is



Br. Joseph and Br. Bartholomew working on tractor garage

taking another year of agricultural studies, easily outcompetes them at the computers and must take even more drastic measures. He was seen wearing a flashy wig one day to neutralize the mind-numbing effects of the flashy screen before him. Br. John has also done a terrific job of pulling himself together, or at least letting the Lord pull him together, in time to guide exceptional liturgical celebrations as MC in Fr. Leo's absence.

Meanwhile, Br. Isidore has been valiantly peeling potatoes, teaching classes, tending to the Guesthouse laundry, managing the library in Fr. Leo's absence, and mopping the kitchen floors. With all these tasks, Brother can easily feel fragmented rather than integrated. Mopping may become moping as he likes to quip. Nonetheless, he perseveringly turns up at the Divine Office to be put back together by the Lord with the rest of his brethren.

Brother Isidore also perseveringly turns up at the refectory along with the rest of his brethren. After all, one must eat to keep body and soul together. We are especially grateful to our postulants and novices for the hard work by which they have garnered many fruits and vegetables to make this necessary task possible. Nor could we forget our Cuernevacan confrere Frater Antonio who diligently sliced up weeds with a machete, Mexican-style, to help the veggies grow.

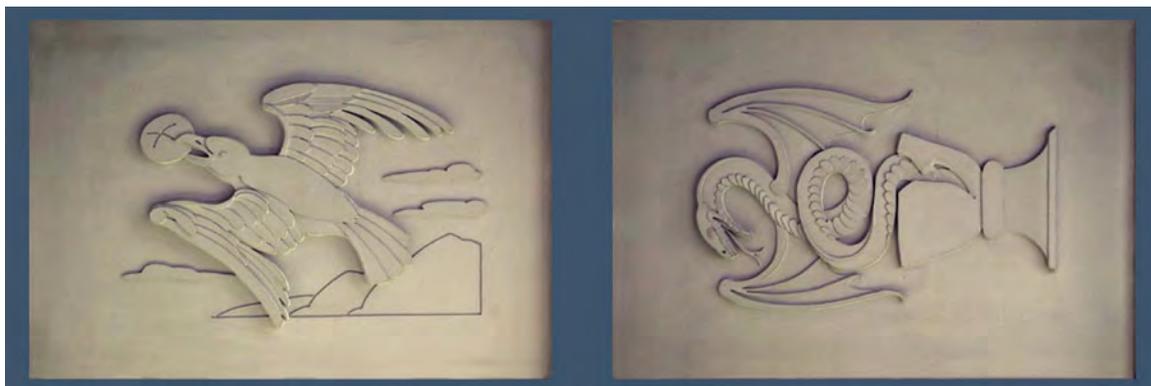
John Rosario, father of Br. Joshua and a retired police officer, generously lent his services as a driving instructor this year. Br. Luke recounts the fateful day when he encountered John's wife years ago:

"Early in my monastic days, I was porter for

the afternoon on a quiet day in winter when a young woman showed up seeking a spiritual director. I contacted Fr. Maurus who was assistant guestmaster at the time and he agreed to come to talk to her...She told me she was Mia Rosario. Fast forward to the present, three of Mia's sons have studied in our seminary...we are grateful to God for the Rosarios and all they have done for our community!"

Br. Paschasius, the monastic auto-mechanic, was particularly grateful for John's driving lessons to the community because he has learned from experience that modern day monks are liable to treat cars in much the same way as Gothic monks of the sixth century treated axes. The more things change, the more they stay the same as the saying goes.

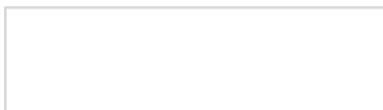
Returning to the recreation room where Br. Meinrad's absence is felt at the bridge table, let us turn to the last two murals of the Benedictine-themed quartet. One depicts a poisoned loaf and the other a poisoned cup; anti-Eucharistic symbols of the envy and rancour which St. Benedict once encountered from a troubled priest and from some troubled monks. And so we are reminded that, though our holy Father Benedict himself lived in a fragmented world where bridges were sometimes burned and swords were sometimes crossed, he worked and prayed fervently to re-integrate what had been broken. This humble work enabled him to become an instrument of the Holy Spirit sharing the simple divine pleasures of Eucharistic communion with many souls. Blessed be God who invites and equips us all to participate in this same noble work!



Fr Dunstan's recreation room ceiling reliefs: "Poisoned Loaf" and "Poisoned Cup"

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Alumniems



Fr. Andrew Lee '15 celebrates his thanksgiving Mass with the community

Colin Donovan '86, who spent four years in our seminary, is approaching his 27th year working at EWTN in Alabama, where he serves as a theologian and on-air commentator, often answering questions about Mariology. This summer, Pope Francis appointed him to the Pontifical International Marian Academy which is tasked with promoting theological understanding and devotion to the Mother of God. Donovan was presented with the Marian Academy's Letter of Appointment and Diploma by Birmingham Bishop Steven J. Raica during an Aug. 9 televised Mass. The appointment honors Donovan for his contributions to the field of Mariology and his commitment to spreading devotion to Mary. Donovan, a Navy veteran, studied theology and philosophy at the Seminary of Christ the King and then earned a licentiate in sacred theology from the Pontifical University of Saint Thomas Aquinas in Rome.

Dennis Buonafede '78 was appointed to the Interim Dean of Students job at Our Lady Seat of Wisdom College in Barry's Bay, ON. He started in September. If he likes it he may apply for the permanent Dean of Students position once they do a more thorough job search. The Catholic

Register had an article about Our Lady Seat of Wisdom College, calling it a Breeding Ground for Vocations. 23 vocations to the priesthood and religious life in its 23 years.

Requiescant in pace:

John (Jack) Bader '58 died on June 20, 2023 in North Vancouver.

Shawn Rohrbach '79 died in June 2023 in San Diego CA.

Archbishop **Adam Exner**, OMI, died on Sept. 5th in Grayson SK. He was archbishop of Vancouver from 1991 to 2004 and ordained several of the priests of the abbey and graduates of the seminary.

TO ALL ALUMNI OF THE SEMINARY:

You are invited to an All-Alumni Reunion

on Monday, May 20, 2024

at the Seminary of Christ the King

Mission, BC

starting with 10:30 am Mass

and finishing at 3:00 pm.

RSVP by May 1st, stating how many in your family will come.

alumni@sck.ca