

MARCH 2023



# IDAHO VOCATIONS

MONTHLY NEWSLETTER

# JOURNEY TO MOUNT CARMEL





## OTHER GREAT READS INSIDE:

- Nurturing a Culture of Priestly & Religious Vocations at Home
- Seminarian Update
- Upcoming Events
- Vocation Director's Corner

1015 W UNIVERSITY DR BOISE, ID 83708

### St. Paul's Catholic Student Center

**Mass**  
MON, TUE, THU, FRI - 8:15PM  
WED - CANDLELIGHT 8PM  
SAT - 5:15PM  
SUNDAY - 11AM

**Adoration & Confession**  
AN HOUR BEFORE MASS

**Newman Night**  
8PM DINNER AND SOCIAL

Follow us on Instagram

## Carmelites on Campus

St. Paul's was blessed to have Sr. Mary Clare, O.C.D and Sr. Teresa Margaret, O.C.D in Boise for a week! The sisters joined us for our campus rosary walk, lunch in the dining hall and met with students 1:1. They then led our women's silent retreat in Almo Idaho, teaching the women about discernment of spirits.





# The True Purpose of the Lenten Fast and Abstinence

*Reflections by Sisters in Carmel*

*“...Such a fast is a great and all-embracing thing: to abstain from sin and lawless worldly lusts. For what genuine fasting implies is this: ‘that, rejecting ungodliness and worldly lusts, we may live temperately and justly and piously in this world.’ And what reward does the Apostle specify for such a fast? He states it immediately: ‘looking for the blessed hope and glorious coming of our blessed God and Savior Jesus Christ.’ In this world, then, we observe the forty-day fast when we live rightly, denying our inclinations to sin and sinful desires. And since this self-denial will not go unrewarded, we look forward to the blessed object of our hope, the appearance of the glory of Almighty God, Jesus Christ our Savior. Through that hope, we will, when hope attains its object, receive our reward.... In sorrow, therefore, we observe the forty days before the paschal feast, but with joy we celebrate the fifty days after Easter, as when a reward is received.”*

**– St. Augustine, Bishop and Doctor (4th century)**

## What is Lent?

*“The Lenten spirit and message are summed up in two doctrines, Christian penance and Christ’s Passion, which divide the entire forty days into two equal parts. During the first part of Lent, we are called on to do penance. The Lessons and Gospels show us the true spirit of penance. They teach the devout and contrite Christian how to fast and pray and give alms, all of these actions being enlivened by the spirit of mortification. Yet Lent taken as a whole is not concerned with my actions so far as they belong to me. It directs attention away from self. During Lent, we ought to be taken outside of ourselves. All the time, our gaze will be fixed on one supreme act, the Passion and Death of Our Lord. Our purpose is an understanding and appreciation of that. It is to Calvary that we are going, for it is there that we shall find the perfection of our own individual lives, and, at the end of our journey together, our ‘pains shall be turned into everlasting joy by the virtue of Christ’s passion’ (Mother Julian of Norwich, Revelations, c. 20), and we shall be able to cry triumphantly with St. Paul, ‘With Christ I am nailed to the Cross. And I live, now not I, but Christ lives in me.”*

**-Fr Christopher O’Donnell O.C.D**



## Carmelite Reflections for Lent

Thoughts from the Carmelite Saints to provide food  
for thought on this journey:

### St Teresa of Avila:

- *God can be served in everything. His yoke is easy, and it is very helpful not to drag the soul along, as they say, but to lead it gently for the sake of its greater advantage. (Life 12:16)*
- *The Lord doesn't look so much at the greatness of our works as at the love with which they are done. (Interior Castle VII:4:15)*

### St John of the Cross:

- *God is more pleased by one work, however small, done secretly, without desire that it be known, than a thousand done with the desire that people know of them. Those who work for God with purest love not only care nothing about whether others see their works, but do not even seek that God himself know of them. (Sayings of Light and Love: 20)*
- *In tribulation, immediately draw near to God with trust, and you will receive strength, enlightenment, and instruction. (Sayings of Light and Love: 66)*

### St Thérèse of Lisieux:

- *This is what I think of God's justice; my way is all confidence and love. I do not understand souls who fear a Friend so tender. At times, when I am reading certain spiritual treatises in which perfection is shown through a thousand obstacles, surrounded by a crowd of illusions, my poor little mind quickly tires; I close the learned book that is breaking my head and drying up my heart, and I take up Holy Scripture. Then all seems luminous to me; a single word uncovers for my soul infinite horizons, perfection seems simple to me, I see it is sufficient to recognize one's nothingness and to abandon oneself as a child into God's arms. (LT226 8 May 1897)*

# Nurturing a Culture of Priestly & Religious Vocations at Home

Liz Sanchariko

*“Nothing great is ever achieved without much enduring.” —St. Catherine of Siena*

Let's be honest...Lent can be tough for adults! It can be difficult to remain focused and not give into temptation. How can we, as members of a busy family, expect to remain faithful to our commitments of prayer, fasting, and almsgiving, when we have the busyness of children and family life in the modern world with which to contend? In order to gain perspective, I believe we must not begin with Ash Wednesday, but instead with Fat Tuesday.



The Church, in her wisdom, has given us times to fast, but also times to feast as well! In a family with children of all ages, it can be helpful to begin with the feasts...and Fat Tuesday can be a great way to begin Lent. In our family, we make a big deal out of eating waffles, ice cream, chocolate sauce, and whatever else we deem necessary. We also discuss and write down our possible Lenten sacrifices. Obviously, it's good to stay away from finger pointing and all the kind suggestions (veiled criticisms) that siblings have for each other, but sometimes those that know us best will have the best suggestions for Lenten sacrifices, if only we can get over our own egos to listen. So we have fun together and eat whatever we want, because tomorrow is Lent, and stark contrasts like these really stick in the minds of children.



*Around the Year*, by Maria Von Trapp (yes, that Maria Von Trapp), is an amazing collection of traditions and ways to live out the liturgical year, written by a devout Catholic woman in the 1950s. If you don't already have this book in your family library, I would highly recommend it! In it, she writes, "...we should let Holy Mother Church take us by the hand and lead us—not each soul alone, but the whole family as a group—away from the noise of the world into a forty-day retreat."

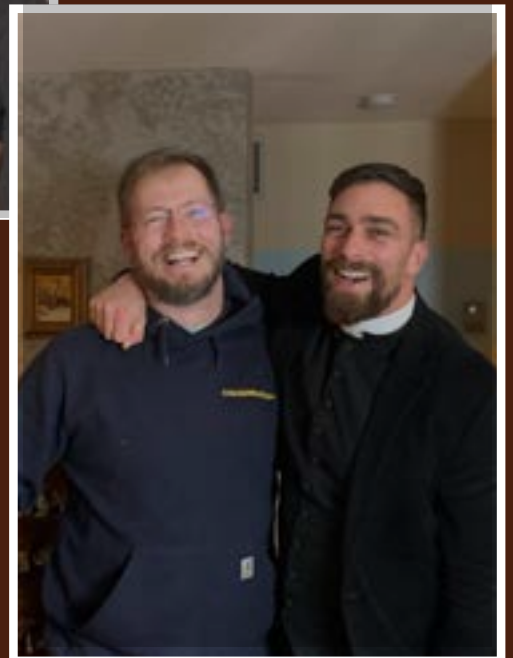
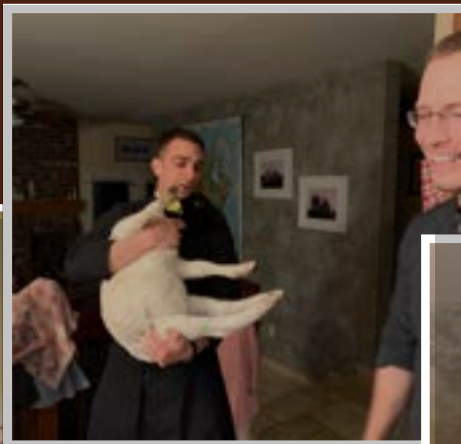
There are so many ideas, blogs, books, and helpful hints to help your family observe lent, it can be very overwhelming. Here are a few of our favorites from over the years:

- [Holyheroes.com](#)- This is a family-run website. They have daily devotional videos for children to watch, as well as workbooks dedicated to Lent and Advent.
- *Stations of the Cross for Kids* by Regina Doman and illustrated by Christopher Lewis. As we start to gear up for weekly stations of the cross with our children, the copies I have of these books come off the shelves and back into little hands. I think this might be my favorite Lenten devotional of all...the illustrations are very detailed and my children are always interested in all the symbolism present in them. I can't recommend this book highly enough!
- Paper chain/calendar to color daily– different variations of these can be found online or just created on your own. It's nice to have a way to keep track of each day of Lent, checking them off as you travel towards Easter.
- [Catholicallyear.com](#) This website is fantastic and has many good ideas for celebrating the whole liturgical year.
- Beans in a jar Each time a child does a good deed or sacrifices something, they can put a dry bean in a jar. The beans collect over Lent, and on Easter Sunday, the dry beans are replaced with jelly beans.

Like I mentioned, all the options can be VERY overwhelming! Please know that you can't and shouldn't do everything. It is hard to juggle too many balls for 40 days. One simple discipline to try is to just add one prayer devotion to your family's routine. If you don't currently pray as a family, try adding the Angelus or a decade of the Rosary to your life. If you already do those, try a full nightly Rosary. This year, we are incorporating the Divine Mercy Chaplet to our schedule. This isn't about doing big and amazing projects and crafts...just adding a simple devotion. Sometimes the simplest things can mean the most.

In my experience of 22 years of mothering nine kids, the things that really stuck with my children were the examples we set without even realizing. You can talk till you are blue in the face about the importance of Ash Wednesday, but your children will remember seeing their parents with ashes on their forehead in public after taking the family to Mass. Dad can lecture for hours on the meaning of the mysteries of the Rosary, but children will most remember that he led the family in a nightly Rosary even though he was exhausted. Mom can prepare an afternoon of complicated crafts, but children will most value her learning to pray the Divine Mercy Chaplet with them, because no one ever taught it to her. Don't let Lent become overwhelming! Pick a few things to do with your children, and you will all find meaning in your time together, journeying toward Easter.

## From Boyz to Men





## KEEP IN TOUCH



Add your name to our mailing list! We'll periodically send you updates about happenings throughout the diocese.



Join us for Mass at St. Paul's  
Sat Vigil - 5:15 pm  
Sun - 11:00 am  
Mon, Tues, Thurs, Fri - 5:15 pm  
Wed - 8:00 pm



The Idaho Catholic Youth Conference is March 10th-12th. Come stop by our booth!

## The One Thing Necessary

**ZACHARY MACKELLER**  
St. Paul Seminary, Pre-Theology I



When I first entered seminary, I asked myself “wait, what exactly is a priest?” I had felt God’s call and was convicted about my choice to enter seminary, but I knew almost nothing about what it meant to be a priest. Oh, I could describe to you the externals that we all see: a priest makes Jesus truly present in the Eucharist for us to receive Him; a priest stands by and anoints the sick and dying in their final moments in this world; a priest preaches and teaches the light and truth to a world confused by evil. But while those describe what a priest does, it doesn’t describe who he is.

Other careers describe what a person does, but it’s only an external part of who that person is. The priesthood

goes deeper. It’s not just career where you do all the “priestly things” and then go home. No, it transforms who you are. To be formed into the image of Christ is what we’re all called to, yet the priesthood is unique because a man is called not just to service, but to intimate friendship with Christ: *“I no longer call you slaves... I have called you friends... It was not you who chose me, but I who chose you and appointed you to go and bear fruit that will remain...”* (John 15:15-16)

We come to know who we are through relationships with the people around us. I hear stories of people who travel to Thailand “find themselves”, but have no idea





what that looks like. The truth is that we find who we are most deeply when we seek our Creator. If I hear a beautiful song, I want to know who the artist is so I can understand more about the song. The same applies to ourselves. We seek our Creator to ask Him who we are and what we were made for.

Jesus chose twelve men to be his priests and friends. He still chooses men today to become his closest friends for all eternity *“I... chose you and appointed you to go and bear fruit that will remain.”* John the beloved disciple laid his head on the sacred heart and listened to the rhythm of infinite love. *“The priesthood is the love of the heart of Jesus.”* (Saint John Vianney). Intimate friendship with Jesus, is what the priesthood is in my words.

We might be anxious about what it is we’re supposed to be doing with our lives, but so long as we remember the *“one thing necessary,”* everything will work out fine because no matter what we’re doing or where we are, we’re with Jesus always: *“Martha had a sister named Mary who sat beside the Lord at his feet listening to him speak. Martha, burdened with much serving, came to him and said, ‘Lord, do you not care that my sister has left me by myself to do the serving? Tell her to help me.’ The Lord said to her in reply, ‘Martha, Martha, you are anxious and worried about many things; one thing is necessary. Mary has chosen the better part and it will not be taken from her.’”* (Luke 10:39-42)

In seminary, we’re taught many things. Many useful, some less so. But at the end of the day, I always remind myself that the most important thing, always and at every moment, is to receive the love of Jesus and let Jesus grow my love for Him.

# Born on Calvary

## Vocation Director's Corner

Fr. Nathan Dail

When young men come to me as they begin their discernment process to enter seminary one question they often ask is, *“If God is calling me to be a priest, which I feel is true, why is it still so painful?”*

Answering the call to priesthood and religious life, especially in the first years of formation, are purifying to say the least. The answer to this question once came to me from a priest friend of mine who said, *“Because Christ established His eternal Priesthood on Calvary, so every young person who desires to follow Him, especially in the priesthood, must begin on Calvary.”* The priesthood is born on Calvary, from the pierced side of Christ, under which John and Mary share His suffering.

Lent is a time for us to come back to Calvary, to rediscover the beginning of our call, the beginning of our own passion where we fell so in love with Christ we were willing to lose everything to remain with Him. In order to be with Christ on Calvary, we have to let go of the comfort we surround ourselves with in order to cling to Him alone.



Lent is a time to enter into the pain of Christ, first through compassion, by meditating upon His sufferings, thinking about His Passion by means of books, rosaries, stations of the cross, and the like. We remember what He did for us so that we may be filled with His same passion.

A nun once told me that after seeing Mel Gibson's *Passion of the Christ*, on her way home from the theater she murmured, "I'm sorry Jesus, I forgot...". When we forget about Christ's passion, His sufferings for our salvation and all the tortures He endured, our hearts grow cold, and, like Peter who followed Christ from a distance, we look to little fires to keep us warm and might even end up denying Him. I myself was very tempted, as is the story with many young men, to deny the call to follow Christ when it came because I was afraid to follow Him to Calvary.

I want to say thank you to all the young men in our diocese who, like John, have taken the hand of the Blessed Virgin and remained with Christ in His Passion, being willing to share their sufferings with Him- love for love and blood for blood.

That young man was right, it's very painful to answer the call to follow Christ at times, but if we keep our eyes on the crucified One, especially in the season of Lent, then His own Passion will give us the strength we need to keep watch and abide with Him to the end, which is the only thing He asked on the night of His betrayal.



Help your sons and daughters stay connected with our seminarians by following their stories on Facebook and Instagram. It's my hope that in this way more young people can become familiar with the life of seminarians.