

PAX REGIS

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St. Joseph Icon

by Patricia Laurence



Cloister Chapel with St. Joseph Icon on the right

THIS icon of St. Joseph was commissioned for the chapel in the upper cloister as a companion piece to the existing image of Our Lady and the Child Jesus. In the image, St. Joseph lives in the context of the Old Covenant, represented by the Temple edifice to the left. The veil indicates the entrance to the Holy of Holies which emanates a Trinitarian light, and this sanctuary also symbolizes his home with the newly Incarnate Word and His holy Mother. He does not presume to enter this sacred place, but is invited to do so, as demonstrated by the veil opening to him, and the urging of the angel.

Joseph does not see the angel, since his apparitions come to him only in dreams, but is encouraged to accept authority (represented by the staff) over the Christ Child and His Mother, because of his surpassing justice and humility.

Neither does Joseph see the beginnings of the Church, represented on the right side of the

image, and away from his viewpoint. The lighting on the right side within the Church edifice and on the mountain is indicative of morning, or the beginning of the New Covenant, of which Joseph is unaware, but which he helps to build by walking in faith and obedience to the will of God. The mountain, used to partially obscure the edifice of the Church, is meant as a testament to him of “clean hands and pure heart” (Ps 23(24):4) allowed to ascend the mountain of the Lord. The two blooms of the lily likewise indicate his purity flowing from the abundant grace and truth the Lord brings in His coming.

Thus, our saint is the last father (or pillar) of the Old Covenant, and the first father of the New Covenant, invited to a singular vocation within salvation history. He is patron of both celibate and married men, and also the patron of Westminster Abbey. He is a tender father, charged with the love, care and protection of the Lord’s most precious possessions.

Solemn Profession: Frater Charles Mack OSB



“**S**TAY here and keep watch with me; watch and pray” (Taizé hymn).

Through these words, Frater Charles perceived God’s call to seek him in the monastic life at Westminster Abbey. On September 7, he made that commitment solemn and perpetual. While there was certainly a journey leading to this moment, it is equally a journey that is now beginning – one that will last forever.

Frater Charles, baptized as Isaac, was born on February 22, 2001, to Kevin and Sherri Mack in Everett, Washington. The sixth of seven children, he gladly counts some 21 nieces and nephews (and still counting!) among his extended family. Homeschooled alongside his siblings, he later attended the Seminary of Christ the King for grades 9–12.

From the tender age of five, Isaac felt called to give his life to God. Once at the seminary, it wasn’t long before God began nudging his heart

towards monastic life. Observing the monks working in the fields, praying the Divine Office, and living in community deeply attracted him. He remembers: “Almost despite myself, I felt a gentle nudge and longing to belong to God in this total way – to leave my own will and seek him according to the pattern of this community. My first impression was something like: ‘Uh oh, why does this attract me? Is God really asking me to leave everything for him?’ While at the same time, I longed to give him everything.”

The battle with self-reliance and vanity would be hard-fought over the ensuing years. As his siblings married and started families, Isaac found himself deeply attracted to the beauty of marriage and devout family life. He recognized God could be served in both vocations and felt drawn to each. But ultimately, he would have to choose one – and he didn’t know what to do. His heart wavered back and forth.



Finally, Isaac made an act of trust and asked God to choose, to make his will clear so that he might follow with his whole heart. At that very moment, the words of a Taizé chant being sung by his fellow seminarians rang in his ears: “Stay here and keep watch with me; watch and pray.”

“So at least for the time being, I had clarity,” Frater Charles recalls. “I would join the monastery and see how that goes.” After graduation, he worked for a year as a lifeguard and took classes in horticulture while spending formational time with his family. He entered the community in 2020 as a postulant.


But it was not to be easy. From the very day of his attempted entrance, God made it clear that he intended to test Frater Charles’s resolve. Due to the COVID-19 pandemic, border guards

twice refused him entry into Canada, each time firmly (and more or less gently) advising him not to make further attempts. But God tells us to persevere in asking and to trust him even more

during hardship. So Frater Charles tried a third time. By providential circumstance, he barely got through – and gained a good story as an added blessing.

The experience taught him an important lesson for the future: God often allows what seem like roadblocks in our journey so that we might more completely abandon ourselves to him and deepen our acts of hope and faith. He is faithful and does not abandon those who trust in him.

Frater Charles shared that he will need that lesson for the years ahead. His five years in the monastery have brought unforeseen joys alongside equally unforeseen hardships.



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Frater Charles Mack with his parents, siblings and their spouses, nieces and nephews

“Throughout all these moments, God taught me to hope with certainty that he is able to bring to completion the good works undertaken for his glory. All he asks is that we receive his love and offer him all our love with steadfast trust.”

Lying prostrate during the rite of solemn profession, Frater Charles carried a list of petitions on his heart and offered his life for the whole Church. But one thing he asked of God for himself: “Grant that I may love you always; and then do with me what you will.”

In communion with the community, he has now put his hand to the plough and his shoulders

under the yoke, without any further option of looking back or shifting course. May he persevere by grace to the glory of God! Certainly, the yoke is easy and the burden light, but the aim is high as heaven: total transformation through union with Christ.

United to the community, may he ever more perfectly take up with us the weapons that St. Benedict speaks of – obedience, constant prayer, humility, silence, stability, fidelity, and mutual upbuilding – exercising and integrating them all in the daily rhythm of *ora et labora*.

Planting Hope: A Volunteer Teacher’s Mission

by Frater Athanasius Capko OSB

HAVE you ever seen hope kindled in the eyes of a young person? Sharmila Rego has. In a world depressed by vice which robs so many young people of hope, she has been privileged to witness hope being planted, nourished and shared at the Seminary of Christ the King. This hope is the fire which inspires her to serve the Lord as a volunteer teacher at the seminary.

Sharmila’s journey with the seminary began in true “mom on a mission” fashion. Years ago, she was searching for a good Catholic retreat for her eldest son, Johan, then in grade six. Scanning her parish bulletin, she spotted an ad for a seminary live-in. Johan went and enjoyed the experience but wasn’t yet ready to trade video games for Vespers.

It wasn’t until Johan was in grade twelve and his brother Mikhail in grade ten that the two decided it was finally time to come. Later, Josef,

the second youngest, entered the seminary for grade eight and held out for all five years until his graduation in 2024. Sharmila looks back fondly on her role in their faith journey. She found deep

consolation in seeing how the faith which she had nurtured in them was strengthened and affirmed at the seminary.

Meanwhile, her visits to the monastery and participation in the monastic liturgy offered a taste of “heaven on earth” – a place set apart for the worship of God: Father, Son, and Holy Spirit. That taste deepened Sharmila’s love for God. She admits, “Once you’ve had a taste, it would

be crazy not to come back for more.” Now that her sons have completed their seminary years, she continues to find peace and joy giving back as a volunteer teacher.

Born in India, Sharmila received a Master’s degree in English from the University of Bombay



Sharmila Rego

(now Mumbai). She became a journalist until she married Bryan Rego, after which she took up freelance writing. Recently, Sharmila completed a Master's in theological studies at St. Mark's College at UBC and acquired her teaching certificate. Sharmila then began filling in for teachers on leave at Saint John Brebeuf and Notre Dame High Schools. When she noticed that the seminary was in need of teachers, she generously volunteered to teach English 9 and Composition 10.

Sharmila sees English not just as a subject, but as a way of discovering God and Christian values through the shared stories and experiences of humanity. She also loves helping students

discover their hidden talents even when those talents come wrapped in self-doubt, negativity, or late assignments. Hope does not disappoint – but it sometimes takes a few drafts.

It is through the support of generous teachers like Sharmila that God continues to plant, nourish, and share the gift of hope at the seminary. Sharmila hopes that many more students and families will be open to God calling them to receive the benefits of the minor seminary so that together we may build up interior resilience against the negative influences of the world as we draw closer to God in prayer and work.

Dr. Cecil Chabot: Bridging Indigenous Wisdom and Catholic Social Teaching

by Michael Roy

Theology I, Archdiocese of Vancouver

“IS it possible to reconcile Indigenous and Christian histories and humanities?” That was the question posed to listeners

at this year's Seminary of Christ the King Lecture by Dr. Cecil Chabot. Raised as one of few non-Indigenous residents in the predominantly Cree community of Moose Factory, Ontario, his life and work are an unequivocal “yes” to that query.

A culture, Dr. Chabot argued, is formed by its people's experience, action and understanding informing one another, which is why history and stories are both integral to understanding any culture. He connected Catholic Social Teaching (CST), which is rooted in human dignity, solidarity and subsidiarity, to “virtuous leadership”, through which we can use CST to grow in our knowledge and capacity for good, “becom[ing] who we are” in the process.

Chabot's James Bay Cree upbringing made these principles concrete for him; he learned that reconciliation is achieved by rejecting “conflict

paradigms”, and instead recognizing the dignity of all people and their contributions to a fuller understanding of the truth.

Chabot shared about several current projects of his which seek to fuse CST with Indigenous ways of knowing, including the Moose Cree's “More than 350” heritage project, the Nature's Laws Institute, and the Indigenous Catholic Research Fellowship. He encouraged listeners to

imagine how different things would have been today if CST had been the rule, not the exception, when missionaries evangelized Indigenous peoples – and to seek to do better going forward.

To learn more about Chabot and his work, visit www.cecilchabot.wixsite.com/mysite.



Fr Tuong Jude Quang Nguyen: A Priesthood of Hope



Fr Tuong with his uncle, Bishop Joseph Nguyen

TUONG Jude Quang Nguyen was ordained a priest for the Archdiocese of Melbourne, Australia, on September 20, 2025.

Born in 1989 in the Ban Me Thuot diocese in Vietnam, Fr Tuong grew up on a farm as one of six children. After completing high school in 2008, he pursued a Bachelor of Science in Agriculture at the University of Negros Occidental Recoletos in the Philippines, where he worked on a large farm while pursuing religious formation with the Congregation of St. John the Baptist.

“I entered the Congregation of St John the Baptist in the Philippines while also studying agriculture,” Fr Tuong recalls. “It was a mix of study, prayer and formation.” Through prayer and discernment, his sense of vocation continued to deepen.

His path to priesthood took him across three continents. He studied at the Seminary of Christ the King in Mission, British Columbia, from 2016 to 2018 before joining Corpus Christi College in Melbourne, where he earned Bachelor’s and Master’s degrees in Theology. During summer breaks, he worked at a nursing home, gaining pastoral experience with the elderly and infirm.

“Along the way, I met priests and religious who encouraged me to keep the seed of vocation alive,” Fr Tuong says. Yet it was profound personal tragedy – the loss of both parents during his formation – that became his greatest test of faith. Rather than deterring him from his calling, this suffering became transformative.

“Facing the loss of my parents during formation was very difficult, but that trial taught me perseverance and made me more reliant on God’s strength,” he reflects. “Through it all, I was never alone: the encouragement of my family, brother seminarians and the wider Catholic community gave me courage.”

This experience of loss ultimately clarified his vocation to pour out his life in service to others, working for their hope.

Arbp. Peter Comensoli of Melbourne ordained Fr Tuong at St. Patrick’s Cathedral. Among those present were his maternal uncles: Bishop Joseph Phuong Nguyen of Kamloops, BC, and Fr Peter Tuyen Nguyen of the Diocese of Hamilton, ON. Fr Tuong also has an older sister in the Sisters of Providence of Portieux and several aunts who are religious sisters.

Fr Tuong celebrated his first Mass at Our Lady’s Parish, Craigieburn, Melbourne. The day after his ordination, his family travelled to Vietnam for a Thanksgiving Mass in his hometown. He has been assigned as Assistant Priest in partnered parishes in the Melbourne archdiocese.

Ad multos annos to Fr Tuong in the Lord’s vineyard.

Major Seminary Diary

September

Fri 6–Sun 8: “Lord, it is good that we are here” (Mt 17:4). A new year has begun at SCK, and the majors are thrilled to welcome four men into our community: Peter Okafor, Dylan Braun, Bijan Rahmanifar and Esteban Lopez. The new guys arrived on the 6th and had a couple of days to settle in before our four returning seminarians arrived on the 8th.

Sat 13: What’s a first week back without a party? After a scenic morning hike along the Sumas Mountain trail with St. Joseph Parish’s Young Adults, we gathered with our formators in the rec room for burgers, the Office of Readings and some sharing about the highlights and lowlights of our summers.

Mon 15: The people have spoken! We’re delighted to announce the election of a new student council at our first student association meeting of the year. Huy Le was elected president, Jacob Klaponski was elected secretary, and Peter van Leeuwen was elected treasurer.

Sat 20: The Vancouver seminarians spent the day at the Archdiocese’s annual Upper Room conference, serving Mass for Arbp. Richard Smith and listening to inspiring talks on evangelization. This was followed by a screening of the 2014



Theologians learn how to cook with Br Joshua

film “Calvary” with the whole community in the evening.

Tues 30: “How good and how pleasant it is, brothers dwelling in unity!” (Ps 133:1) Our community forms small groups every year as a place to share our struggles and build one another up. For the first meeting, each small group went for a night out at a local restaurant; an awesome way to kick off another year of journeying together!

October

Thurs 2–Sun 5: One of our favourite weekends of the year is our annual formation outing; this time in beautiful Sooke, BC! We were graciously hosted on Mount Joy, a vast property owned by a Catholic family which hosts retreats



Barnabas Ney and his family housed the seminarians for their formation outing on Mount Joy, Sooke, BC



Peter Okafor and Peter van Leeuwen

for women seeking healing after abortion. We spent much of the weekend doing various work projects, including building a Marian shrine, chopping wood and clearing trails for hiking. In between work, we prayed, cooked meals, played “Whot!” (a Nigerian card game) and simply enjoyed the beauty of this remarkable location. A huge thanks to the Ney family for hosting us!

Wed 22: The Vancouver seminarians went downtown to attend this year’s Archbishop’s Dinner, the first for newly appointed Arbp. Richard Smith! We visited with Catholics from across the region, had a delicious meal, and listened to His Grace share updates about the archdiocese we call home. He also introduced a new fund to support women facing abuse, homelessness and single motherhood. Afterwards, alumnus Fr. Patrick Le generously treated us to an after-party at McDonald’s (even the rector and vice-rector joined in)!

Sat 25: The John Paul II Pastoral Centre hosted the annual “Catechesis of the Good Shepherd Conference”, to which we were invited to come and learn about this increasingly popular approach to catechizing children. After an enlightening conference, we had the delight of attending Vancouver Opera’s rendition of Giuseppe Verdi’s famous opera, “Rigoletto”!

Fri 31: Happy All Hallows’ Eve! To celebrate the beautiful solemnity of All Saints, we gathered with our rector and vice-rector for a delicious pizza dinner before attending All Saints Vigils with the monastic community. Afterwards, we changed into Catholic-themed costumes, competed in some lively games, and put on some absurdly hilarious improv skits. We hope that any saints watching enjoyed the show!

November

Tue 12-Fri 15: Since our friends from St. Joseph Seminary in Edmonton were on reading break, several of them decided to spend the week at SCK! We immersed them in our life of prayer, fraternity, sports and even some classes. We capped off their visit with an evening of pizza, hangout and games. Thanks to our Albertan brothers for the visit; till next time!

Fri 15-Sat 16: Our Fall Live-In was one of our largest in years, with eight discerners coming to seek God’s will in their lives. It was a joy to have them join us for sports, meals, prayer and vocational discussion, and to get to know them throughout the weekend. Please pray for these men and for all those discerning their vocations!

Wed 20: The Vancouver seminarians were





blessed to spend an evening with Vancouver and Kamloops priests at the annual Clergy Study Week. After leading sung Vespers and sharing a delicious meal, we got to be with the priests in their “natural habitat”; drink in hand, snacks in bowl, and conversations flowing. It was wonderful to bond with them as, God-willing, their future brother priests!

Fri 22-Sat 23: Glory to Jesus Christ! We celebrated our seminary’s patronal Feast of Christ the King with this year’s SCK Lecture. Dr. Cecil Chabot spoke about his upbringing in a predominantly Cree community and his passion for Catholic Social Teaching, offering us a remarkable example of reconciliation and virtuous leadership lived out.



Seminarians from St Joseph Seminary in Edmonton visit SCK during their reading break

First Row: Ms. Palczynski, Fr Caesarius, Fr Matthew, Fr Anthony, Fr Abbot Alban, Fr Prior Benedict, Br Benedict;

Second Row: Xavier Plaxton, Brayden Hoffman, Br Emeric, Mang Bosco, Pius Vuong, Samuel Mckenzie, Victor Banić, Owen Williams, Luca Herrera, Chaky Wu, Paulo Garcia, Brian Rodriguez;

Third Row: Frater Antonio, Aayden Romero, Huy Le, Macarius Lewis, Anthony Ostojic, Jude Heimbecker, David Urda, Gideon Altmann, Postulant Erich Harbich, Seth Seymour, Jude Laurence, Augustine Vandanath, Joe Scaria, Esteban Lopez Garcia;

Fourth Row: Samuel Lopez, Frater Charles, Br John, Br Luke, Jonathan Donegan, Timothy Koehn, Dean Pham, Dylan Braun, Michael Roy, Br Bartholomew, Br Joseph, Br Joshua, Br Basil, Marko Banić;

Fifth Row: Fr Leo, Jacob Klaponski, Peter Okafor, Cristian Trujillo, Fr Mark, Christian Vogel, Frater Athanasius, Fr Joseph, Br Maximus,

Frater Paul, Peter Van Leeuwen, Br Novice Manuel Vélez, Jacob Holmes, Pedro Reyes de Sena;

Missing: Br Paschasius, Br Isidore, Postulant Cedric Reimer, Bijan Rahmanifar, Nhat Le.

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originally established during our 50th anniversary celebration, continues to support the education of our young monks in the major seminary, their advanced degree studies, and faculty development. As we mark our 85th anniversary, this enduring fund remains vital to our educational mission. Contributions would be much appreciated at this time to:

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Minor Seminary Diary

September

Thur 4: The school year kicked off with 24 seminarians in the high school. Everyone was eager to see the newly renovated shower room and washrooms that stand in stark contrast to the rest of the buildings.

Sun 14: We joined Mission's annual life chain, bracing for rejection, but pleasantly surprised by the overwhelming support from passing civilians.

Wed 17: Arbp. Richard Smith for the first time as local ordinary visited the abbey and seminary in the afternoon and had supper with the monks and seminarians. We sang the *Laudes Hincmari* for him.

Sun 21: After weeks of campaigning, election



Abbot Alban greets Archbishop Richard Smith for his first visit

day finally arrived. Brayden Hoffman was elected President. Mang Bosco became Vice-President. Pius Vuong was re-elected for his second term as Secretary and Treasurer. Gideon Altmann and Macarius Lewis were elected as Class Representatives for their respective grades. Marko Banić was elected Hockey President with Victor Banić as Hockey Vice-President. Christian Vogel was elected Rosary Prime Minister.

October

Thur 16: The senior seminarians volunteered at the yearly Pro-Life Gala in Abbotsford, BC this evening. Keynote speaker Christina Bennett shared a powerful story about how a miraculous encounter between her mother and a janitor convinced her mother not to have an abortion. The dinner was impressively formal. Finishing off the leftover desserts that guests had abandoned was a welcome bonus. Afterward, we got to work tidying up: putting away chairs and tables, storing plants and candles. Figuring out where all the tables belonged proved surprisingly challenging!



Minor seminary student executive

Fri 24-Sat 25: The Grade 11s departed for Norrish Creek with Br Joseph and Postulant Erich, having braced themselves for a massive rainstorm forecast to hit during the trip. Fortunately, the storm passed hours before their departure, leaving only a gentle drizzle that created a marvelous ambiance on the trail. They took a cliffside hike with stunning valley views and found the perfect camping spot: a small island splitting a gushing river in two.

The island was covered in dewdrops that sparkled like diamonds on the moss and trees. Setting up camp proved challenging in the wet conditions, but the group worked together to pitch tents and prepare dinner. After washing pots in the freezing river water, they gathered around the fire roasting marshmallows while Erich shared stories of his joys and sufferings as a conservation officer.

As night fell, torrential rain descended. The smaller four-person tent leaked badly, with water pooling inside and droplets falling from the walls and roof. The seminarians huddled together on the dry side under an umbrella while fierce winds shook the tent violently throughout the night,



Alumnus Len Bosco lives on – in costume form – this All Hallows' Eve

whistling and screeching like demons trying to get in.

They woke to Br Joseph's legendary campfire, oatmeal and sunshine. Surprisingly dry despite the night's chaos, the group broke camp and hiked up to a mountainside cliff where they could see Vancouver Island and the USA. Surrounded by blueberry fields and mountains touching the sky, they prayed Midday Prayer, appreciating God's gorgeous creation. It was all worth it.

Thur 31: All Hallows' Eve has arrived! After Vespers, we changed into costumes and headed to the Rec-room. The costumes ranged from food and animals to Lego Ninjago characters



Ninjago takes over the seminary on All Hallows' Eve

and religious figures. Rumour has it that apparitions of a certain "Len Bosco" were scene in the seminary and one seminarian dressed as a disturbingly convincing liver with gravy and onions.

Next came piñata time. Each grade was assigned a piñata representing a vice – the Grade 11s got "Greed," depicted as a pale figure with money spilling from his mouth and eyes.

When Fr. Anthony's turn came, his target was the Cornerstore piñata. With Frater Athanasius's help, he attacked it with surprising enthusiasm, as if he'd been waiting years for this moment. We scrambled to collect the candy from our fallen comrade. Rest in pieces, Cornerstore!

The Grade 11s then mysteriously disappeared, and the rest of the school was sent on a ghost hunt. Armed with clues, the younger students had to identify each ghost terrorizing the seminary. Their panicked footsteps and screams echoed everywhere. While it was terrifying for the hunters, the Grade 11 ghosts thoroughly enjoyed themselves.

November

Wed 19: Starting at 1:30 pm, monks began

pouring new concrete by the Gym, the Minor's Chapel doors, and the Main Guesthouse entrance. Fr Joseph gave the Grade 11s and 12s permission to leave Chemistry class to watch. We observed contentedly as Br Joseph and other monks smoothed the concrete – a welcome break from regular class.

Fri 21: As the 100th Solemnity of Christ the King approached, we made a candlelit procession with incense throughout the seminary during Holy Hour. Fr Anthony wanted to properly prepare our hearts for the Solemnity. We brought the Blessed Sacrament to every room while chanting Taizé hymns. The Lord's presence felt palpable within the seminary walls, and I'm sure we all slept peacefully that night.

Surrender at Clearwater: Finding Freedom in the Current

by David Urda

Grade 12

WITH joy and a restless hunger for freedom, we left behind the noise of classrooms and the weight of unfinished work, driving towards Clearwater—a name that sounded like truth itself. The air grew cleaner as we approached, the scent of birch and damp earth rising to meet us like an old, forgiving friend. The forest stood in a kind of prayerful silence, every tree upright and unashamed, each one proud to express its God-given self.

When we finally plunged into the river, it was as if life itself leapt up to meet us. The water was sharp and bright, rushing against our body with purpose. It revived our weary limbs and stirred something ancient in us—desire, wonder, and a fierce will to live. The current, strong and persistent, asked only for trust. At last, we stopped resisting. We let the river have us. And in that surrender, strength no longer meant control but the freedom of

yielding—to something greater.

That night, we sat around a fire. It breathed and sang, its warmth casting gold upon our faces. Laughter softened into quiet, and in that silence, truth emerged—raw, unguarded. We spoke of what shapes a soul, and what it means to live not in defiance, but in truth. To face our histories, our wounds, is to see how God has been writing in the margins all along.

Like a wild horse getting tamed, the work of mastering ourselves is slow and stubborn. Yet each act of trust, each moment of persistence, brings a deeper joy—a joy born not of ease, but of becoming.

And friendship—true friendship—revealed itself as a kind of mirror. In seeing one another clearly, without masks or fear, we began to see ourselves as we truly are. For it is only in the gaze of another, reflected in love, that we glimpse the mystery of who we were created to be.



Grade 12s visit the Museum of Anthropology at UBC

With the Brothers

“**B**EEN there, done that!” This has been Br Emeric’s motto among the juniors as he shares his stories of over six decades of monastic life. It captures the rhythm of our life, as we do similar things day after day, following familiar routines and schedules. And yet, as we walk our way of faith “our inner nature is being renewed every day” (2 Cor 4:16).

The hidden spaces of our house have been given two new works of art. A wooden relief (see back cover) recently carved by Br Joseph on a 300 year old red cedar burl stands on the red brick wall at the passage from the church to the cloister, depicting a boat tossing on a stormy sea, its sail on a cross-shaped mast swelling as the boat is driven forward by a strong wind. The disciples scramble to master the waves, while in the background two figures are seen on the water, Jesus pulling Peter up. It was Br Joseph’s first use of colour in carving – red from carpenter chalk dust, black from wood-burning and white from oil pastel applied to the cedar and then having the oil boiled off. As one walks past it, the sense of movement in the full sail evokes the wind of the Spirit.

In the upper cloister chapel, next to the tabernacle, we find an icon of Saint Joseph, newly written for us by the iconographer Patricia Laurence. The just man Joseph walks with head bowed, soberly dressed in black with a brown



Frater Paul Kauffmann Amaral

mantle. Against a bland desert background, he treads a paved path, guided by an angel, towards a rich veil unfolding itself and opening up before him, from which shines towards him a faint triple-beamed light. When there is light in the chapel, the golden halo of grace jumps out, shining brightly around Joseph’s head. On closer examination, the path appears to be part of a cloister walk, and the desert a cloister garth (with a couple of flowers) – perhaps we can see ourselves in this monastic Joseph.

Our newly professed Frater Charles, after his solemn vows, carries on as before: in classes, especially in his ever-deepening appreciation of philosophy, and taking care of the flower gardens. The fraters and majors have been joined in studies by Frater Paul (formerly Pedro), the newest consecrated member of this cenobitical society. He has been learning the meaning of the wise saying of Abba Moses of old: go sit in your cell, and your cell will teach you everything

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Frater Paul with his parents and brother

in his patient endurance of pneumonia and other health issues. He is grateful to be alive, especially to have been able to celebrate his namesday on October 18.

There being much to thank God for, some confrères went on an outing on Thanksgiving. Br John, Frater Antonio, Frater Paul and our new postulant Erich Harbich hiked Murdo Peak, near Mount Saint Benedict. The fireweed, rocks and burned stumps at the windy summit made for

(even metaphysics, if you sit there long enough).

At the minor seminary, Br Bartholomew's collaboration with contractors and others like our friend Eamon, who contributed his bricklaying skills, resulted in shining brand new washrooms. Meanwhile, Frater Athanasius, recently appointed Volunteer Director (feel free to contact volunteer@westminsterabbey.ca) organized work bees which ensured the cleanliness of both seminaries, where he is teaching Latin, Religion and English. Frater Athanasius has welcomed new responsibilities and navigates them with creativity, employing his gift for organization. Each of the work bee sessions begins with lectio divina, fostering a spirit of fellowship, prayer and shared labour.

At the beginning of the school year, we welcomed Br Basil Piette from Portsmouth Abbey, RI (English Congregation, English habit), who is with us for studies.

The school year also brought with it a flu which has hit a number of us. Br Luke shares that he learned many lessons

a striking autumn landscape.

As he discovers monastic life, Erich has had occasion to share with us his expertise and wildlife adventures from his work as a conservation officer. We have also recently welcomed Cedric Reimer, an Edmontonian, as a postulant. He arrived on the eve of All Saints, which happens to be the eve of his birthday.

At the barn, Br John has used the shiny new and improved trailer to move animals around



Tractor garage with raised ceiling and new doors

(it was revamped after a cow stomped a hole through the floor), as well as working in the garden, for example harvesting and planting garlic.

Other fruits of the earth have been a good amount of walnuts, which Br Maximus has used to make ink for writing. This was part of a larger project for his Latin 10 class, a video history (in Latin) of the traditional Stó:lō land where the abbey is located, focusing on the large walnut tree by our driveway, which Br Maximus estimates may have been planted in the late 1930s or

early 1940s, possibly by the Japanese Hashizume family, who lived here before us. Using AI, Brother made videos out of historical pictures and wove them into a moving narrative.

The garden had a new crop this year: monstrance beans. A few of these beans, special in European popular piety for bearing images resembling little monstrances, were given to us and planted last year. After a good harvest, Frater Paul hopes to follow an old Swiss tradition and make them into rosary beads, to be added to



Celebrating Fr. Mark Dumont's 60th anniversary of profession

Br Bartholomew's rosary-making operation with the seminarians. According to a tradition from Disentis Abbey in Switzerland, where our dearly departed Fr Nicholas went to school, blessed necklaces made from these beans have healing properties.

Our monastic community continues to witness the value of perseverance across generations, as brothers work side by side in various ministries: Fr Mark, who celebrated his sixtieth anniversary of profession, works together with Br Paschasius

in the guesthouse; Br Emeric mentors Br John in farm work; and Br Benedict collaborates with Br Joshua in the kitchen. Br Joshua has also been carrying on his bell-ringing activities, leading ringing practices with the seminarians and organizing a ringing weekend in the summer which brought together change-ringers from places such as Quebec, the USA, and England.

In the guesthouse, Br Novice Manuel has been employing his gift for hospitality by serving in a new capacity as porter. He has also been working on an AI-assisted text-to-speech project to help with pronouncing difficult words in readings.



Br Novice Manuel and Postulants Cedric Reimer and Erich Harbich pour concrete for the gym's southwest exit as seminarians observe

The summer and early fall also saw a long-awaited improvement: raising the tractor garage roof by 2.5 feet. For years, maneuvering larger machinery in and out of the garage had been a challenge, often requiring us to remove attachments before bringing equipment inside. The extra clearance is a welcome relief.

And thus our brothers bear witness to our hope, as we express it in the prayers of the Mass: O Lord, you who make all things new, and who command us to await your kingdom with vigilance, grant that, the more fervently we await new heavens and a new earth, the more diligently we may cultivate the present world. Amen.

Alumnitems

Br. Lorenzo D'Alessandro SDB '20 made first profession as a Salesian of Don Bosco of the St. Philip the Apostle Province (New York) on August 15.

Br. Dominic Mary (Ryan) Beaupre '16 made simple vows as a Dominican in San Francisco CA on August 30. He has moved to the Dominican House of Studies in Oakland to study theology.

Most Reverend Stephen A. Hero '94, Bishop of Prince Albert, SK, has been appointed by Pope Leo XIV as the eighth Archbishop of Edmonton, AB. He will be formally installed on January 23, 2026.

Requiescant in Pace

Fr Steven Basarab '96 died on July 5, 2024 on Vancouver Island.

David Kuin '01 died in January 2025. He was from Duncan BC but his funeral was in Saskatoon SK.

James Griffith '82 died in Seattle WA on October 4, 2025.

Fr John Eason '68 died in Vancouver on October 4, 2025.

Seminary and Church Renovation Projects Complete

We are pleased to announce the successful completion of two important projects: the minor seminary washroom renovation and the abbey church concrete repair and sealing.

The newly renovated washrooms are fully functional and already benefiting our high school seminarians. The project improves comfort and safety, while reducing energy and water consumption. Upgraded insulation, air-tightness,

and ventilation create a healthier environment, and a new janitor's room will help maintain cleanliness.

The abbey church concrete repair and sealing provides long-term protection from damage and erosion. Both the project engineer and the contractor were pleased with the results and the value of addressing this maintenance proactively.

Both projects benefited from an early start, cooperative spirit, and hands-on involvement of several monks, whose participation reduced costs and kept work moving smoothly. Atria, our contractor, expressed appreciation for the abbey's collaboration, flexibility, and prompt communication.

We extend sincere thanks to our benefactors, whose generosity made these improvements possible. Their support helps us maintain spaces that serve our community, seminarians, and all who come to the abbey seeking prayer, learning, and hospitality.





Abbey Kitchen Renovation Project

Built in the 1950s, our abbey kitchen shows the inevitable signs of seven decades of use, with critical systems worn down and no longer meeting modern standards. We seek your support as we undertake the abbey kitchen renovation project!

Current Challenges:

- Unsafe range hood and fire-suppression system
- Ventilation that no longer meets required standards
- Ageing, unreliable dishwasher
- Worn countertops and shelving needing replacement
- Poorly insulated walls and windows allowing excessive cold and heat transfer

Proposed Solutions

- Install a new, fully compliant ventilation and fire-extinguishing system
- Update the dishwashing area with a simpler and more reliable dishwasher
- Retain most major equipment while making necessary upgrades
- Replace countertops and shelving with durable stainless steel
- Insulate exterior walls and install triple-glazed windows

Timeline:

- Spring-Fall 2026

Cost:

- \$1,500,000



Contribution Methods:

- Online: www.westminsterabbey.ca/giving/how-to-give/
- Electronic Transfer: finances@westminsterabbey.ca
- Traditional Payment Options: EFT, Cash, or Cheque

Please indicate "Abbey kitchen renovation" in the memo/notes section of your donation. Make cheques payable to "Westminster Abbey." First time donors, please include mailing address.

For additional information, contact us at (604) 826-8975 or manager@westminsterabbey.ca

We are deeply grateful to our benefactors for supporting this project.

SEMINARY OF CHRIST THE KING HIGH SCHOOL VOCATION LIVE-IN

February 7-8, 2026

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Box 3310
Mission, B.C., Canada
V2V 4J5**

**Phone: (604) 826-8715
E-mail: rector.minors@sck.ca**

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Box 3310

MISSION BC V2V 4J5



Br Joseph Bruneau's wooden carving of Jesus rescuing Peter on the stormy sea
(See description in the article, "With the Brothers", p.15)