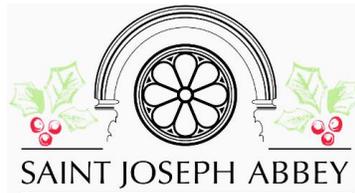


Health and Wellness in 2018 • December 30th • 1:00 P.M. • Fr. Kincaid Hall

Give yourself the gift of health and wellness in 2018. Come learn from educator, Jennifer Carroll on how to improve allergies, asthma, metabolic syndrome, diabetes, fibromyalgia, heart disease, and weight loss. Jennifer will also teach you how to not only serve our bodies better but also improve our environment. You're not going to want to miss this!



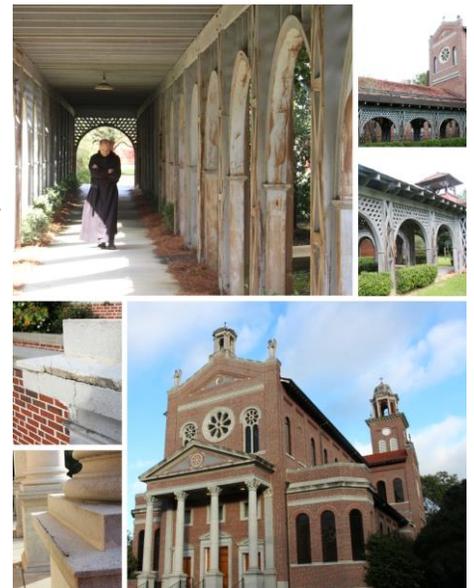
December 14, 2017

It is with gratitude of heart that the monks of Saint Joseph Abbey extend to you and your families wishes of a Blessed Christmas. Through your prayers and generosity, we have finished the renovation of the first floors of both Vianney Hall and the monastery. Additionally, the Christian Life Center, which has offered many retreatants a quiet time for reflection and prayer, will be reopening in January. Later in the year, the Pere Rouquette Library will be completed and will serve the needs of our 145 seminarians, as well as the faculty and the monastic community. Your faithful commitment to our mission enables Saint Joseph Abbey and Seminary College to continue to be a place set apart for prayer, education, formation, and service to God.

Pope Francis reminds us that:

Today, amid so much darkness we need to see the light of hope and to be men and women who bring hope to others.

The best way the monks can bring the light of hope to others and the world is through our witness and prayer, and to this end, we dedicate our lives to gathering as a community in the Abbey Church five times a day. The exterior of our beloved Abbey Church is, however, in need of waterproofing and caulking. Caulking is especially needed for the exterior columns and their bases which are showing signs of chipping and cracking. Moreover, art conservators have instructed us of the necessity for regular waterproofing maintenance, not only to ensure the integrity of the building but also to properly preserve the famous de Wit murals. The artistic treasure of these murals form the centerpiece of the patrimony of Saint Joseph Abbey and inspire the many who share in our liturgical life. Additionally, built in the early 1930's, the iconic walkways that extend from the monastery to the Church and the monks' dining room are in need of repairing and waterproofing. For these projects, we humbly request your assistance.



As we prepare to celebrate the birth of God's beloved Son, may the love and grace of this birth fill your home and the homes of your loved ones. Christ is the Light of the World and the sure source of comfort, peace, and joy. Please know that your intentions will be remembered by our monastic community during our Christmas liturgies and the approaching New Year. Together, let us dedicate ourselves to be men and women who bring Christ's light of hope to others in 2018.

In the Peace of Christ,

+ Justin Brown O.S.B.
Abbot Justin Brown, O.S.B.