

From Mt. Angel Seminary with Love...

Aloha Our Lady of Sorrows Church,

Wow! What an experience it is to be here at Mt. Angel Seminary. It is so much more than what I had expected. Tall trees, the scattering of squirrels, the smell of firewood burning, oh and did I mention the 24° weather? Yes far from the tropical experience that I'm used to. None the less, it is truly a place ever present of the Holy Spirit.

Mt. Angel Seminary sits at the top of the Benedictine Monastery and is run by the Benedictine Monks, in a small town called...St. Benedict. If I'm not mistaken, the town is no more than 1,500 people. Reminds me of home. Everybody knows everybody.

I arrived here in Oregon on the 2nd of January and went right into a silent retreat. Imagine that! Frankie quiet for one whole week!!! I think that's how I got sick. I was sick of being quiet!! All kidding aside, I learned a lot about myself and my prayer life during that week. If one week can do that for me, then I can't wait to spend the rest of my life talking to God as much as I have during that week.

The Sunday that ended the retreat was an amazing day. The Director of Admissions took 20 of us on a hiking trip to Malumoth Falls. That was so incredible. The scene looked like this:

- Tall green pine trees
- Amazing waterfalls
- 29° weather
- Snow
- And yes, a rainbow

An oxymoron, but only God can create that.

School has just started and I have 17 credits going for me this semester. The faculty and staff are wonderful. The food....ah, not so much. Far from the chili chicken mixed plate from Zippy's, the oxtail soup from Kapiolani Café, oh and I can't forget all the wonderful "Filipino food" that only the OLS parish makes. You know who you all are. I will be home for the summer so I can't wait to eat them all.

My new life has just begun, and I could not have done it without each and everyone of you. I want to thank you all for your prayers that you have been giving to me. Sometimes I just don't know how I get through the days. It's because of all of you. Your kindness, generosity in time, talents and most of all your love for me is much appreciated.

Know that you are all in my prayers. To Fr. Edgar, Msgr. Ted and Deacon Ben. Thank you for being great models as "Christ the Shepherd". I would not be here if it weren't for holy men like you.

To the youth and young adults, thank you for keeping me humble. My childlike expressions come from all of you. Being a part of your ministry has opened my heart, mind and soul to "the call" to God's table.

To the Music Ministry. Thanks t you all for your service to God. Because of you, they got me doing every conceivable thing you can think of when it comes to music. I don't know how they got wind of me but it seems that the name "Kainoa" comes up quite often!!!

I will go for now, and I would like to share and say a small prayer that was shared with my brother from a nun that he knew sometime ago, then shared with me. I say this prayer quite often in time of doubt or trouble.

"Lord, anything and everything". AMEN.

Your Loving Brother in Christ,
Frankie V.