



## UPCOMING EVENTS

### [Seton Live Calendar](#)

- Sept 16 HS Back to School Night 7:15
- Sept 18 Mass for Joe Gregory 7PM
- Sept 21 JH Scavenger Hunt 4-6
- Sept 25 Picture Day
- Sept 28 Daughters of the King 1-8 PM
- Oct 1 ASVAB 11th graders 8:15 AM
- Oct 8 Col P Golf Tournament
- Oct 16 PSAT
- Oct 18 End of 1st Quarter
- Oct 19 Admissions Test 10 AM
- Oct 19-20 Fall Play
- Oct 26 Halloween Dance
- Oct 31 Early Dismissal 12:20 for P/T Conferences from 1-5



for so generously giving of you time and equipment not once but twice to spread gravel behind the school at no charge.



## FROM OUR EXECUTIVE DIRECTOR, MRS. CARROLL



**S**PORTSMANSHIP AT SETON: After last week's varsity soccer game at Bishop Ireton High School (which we won, 2-1), I received the following e-mail, which I wanted to share with all of you:

I am a parent of a boys' varsity player for Bishop Ireton High School. I was at the game yesterday with your team, and I witnessed some of the most impressive sportsmanship from your players that I have ever witnessed in a high school game. There were at least two occasions during the game where one of our players went down with an injury, and the first people there to assist them were your players. In one case, your players actually helped stretch out a cramp in one of our player's calves! To say the least, this was unexpected, and more important, impressive to see.

Your sportsmanship policy on your web page says that "Good sportsmanship is emphasized at Seton" and further that you "respect coaches, players, referees and opponents" and that you "win and lose gracefully". I just wanted to let you know that your coaches and players do not see those merely as words, but as a code to play by.

It was a pleasure watching this game yesterday. Some things are more important than the final score.



**MASS FOR JOE GREGORY:** Wednesday, September 18, Seton alum Father John Blewett of the Diocese of Madison, Wisconsin, will celebrate Mass for Joe and his family at 7:00 pm in the Seton chapel. All are invited.

**INTERNET SAFETY:** See last week's Sentinel for links to articles on this topic. Click [here](#).

## MASSES AND

### ROSARIES

- Monday Mass*
- All Saints 8:30 AM
- Rosary*
- Tues-Fri 8:00 AM
- in the Chapel



### PRAYER REQUESTS

*Please pray for Mrs. Cooper's mother who is receiving hospice care.*

## Thank You

Mrs. Messier for providing the priests lunch and dinner for Mrs Carroll and Mr. Westhoff, and Fr. Vander Woude for saying Mass.

**GROWING IN THE SPIRITUAL LIFE:** Each week I will share with you a brief summary of a lesson in the spiritual life which was presented in Religion 12. This week’s topic: The importance of mental prayer.

There are two broad categories of prayer: liturgical (Mass, sacraments, Liturgy of the Hours) and private (all other prayers). We know the importance of the Liturgy, but for spiritual growth, we need private prayer. Private prayer can be divided into vocal (set form of words, like the prayers we were taught as children) and mental prayer (our own words). Saints and other spiritual writers stress the importance of mental prayer. We need one-on-one time with God, where we speak from the heart. St. Teresa of Avila gives a simple definition of mental prayer: “In my opinion, mental prayer is nothing more than intimate sharing between friends; it means taking time frequently to be alone with Him who we know loves us.” If we love someone, we want to talk to that person. It’s just that simple. And that is how we will grow in love. At the faculty retreat, Father Vaccaro told us that if we sit out in the sun we will get sun burned. So, he said, we should sit with the Son and get Son-burned, with the fire of His love.



**WINNERS OF 2019 SUMMER READING CONTEST** Congratulations to all the students who entered the summer reading rewards contest. In addition, many thanks to all parents who are encouraging reading in their families! This is one of the most important things you can do to help your students to have happy, successful lives.

**JUNIOR HIGH SCHOOL**

**Grade 7:** Most Books (\$10)—Molly Bauer & Raffle Winners (\$5 gift card)—Liam Halisky, Orla Haggerty, and Emma Fox

**Grade 8:** Most Books (\$10)—Teresa Kelly & Raffle Winners (\$5 gift card)—Anneliese Orr, Joseph Dwane, Catherine Witter

**HIGH SCHOOL**

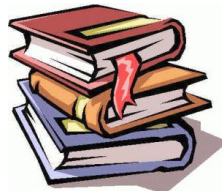
All students who entered 3 or more cards get ice cream on Monday, September 16.

**Grade 9:** Most Books (\$10)—Amelie Halisky  
Raffle Winner (\$20)—Moiria Haggerty

**Grade 10:** Most Books (\$10)—Elizabeth Dwane  
Raffle Winner (\$20)—Teresa Bingham

**Grade 11:** Most Books (\$10)—Virginia Hartung  
Raffle Winner (\$20)—Virginia Hartung

**Grade 12:** Most Books (\$10)—Katie Dealey  
Raffle Winner (\$20)—Katie Dealey




**Daughter of the KING**

A DAY OF FAITH, FRIENDS, & FASHION FOR YOUNG LADIES 6<sup>TH</sup> - 12<sup>TH</sup>

**SATURDAY, SEPTEMBER 28<sup>TH</sup>** SIGN UP BY SEP 13<sup>TH</sup>!  
**1:00 - 8:00 PM** \$30 INCLUDES DINNER, FASHION SHOW & T-SHIRT

SETON SCHOOL, 9314 MAPLE ST, MANASSAS

KEYNOTE SPEAKER: REBECCA DIAZ-BONILLA, INSPIRING SPEAKER, MOTHER, AUTHOR, ATTORNEY

Featuring: Self-Defense Instruction, Three Wise Women panel, Keeping the Faith in College, & Faithful Friendships  
 New This Year: Amusements! "Extreme 3 Obstacle" & "Meltdown!"

For Christian young ladies, living in a crazy world!

**Signup Here!**  
 Mass at noon celebrated by Fr. Noah  
 Price increases to \$35 after Friday!



**LET'S KEEP OUR STUDENTS HAPPY, HEALTHY, AND ACTIVE IN SPORTS**

**SUPPORT SETON ATHLETICS**


**FACT:** 75% of the Seton student body participate in our sports.

In part through Seton Athletics’ efforts we have a school full of happy, healthy, wholesome students who we want to stay that way by keeping them active and involved in athletics. And most importantly our student-athletes learn many life lessons.

Your support is critical to continuing our good works. To learn more and to donate to Seton Athletics’ only fund-raiser, click [HERE](#). Thank You!




**INSIDE SCOOP 2019-2020** has been updated and is now on the website. [Check it out](#) and join in all the Seton FUN!



**PICTURE DAY IS SEPT 25TH.** We will be using **Life Touch** as in previous years. They encourage ordering pictures online. Go to: <https://my.lifetouch.com/mylifetouch/#/> and type in our info: **Seton School, Sept 25, HJ259073Q0**. If paying by check students must turn in the original form provided by Lifetouch with check at the time the picture is taken. Any siblings should come at 1PM or earlier.

**The webstore is open until Sept 23rd for Seton logo Jackets, Athletic Bags & Caps from East to West This is a school-wide group order, and ordering is online only.** To order online, click here: [East to West](#) Choose Seton & use access code: **seton18**. See the [flyer](#) for all the details.



**CLASSIFIED** Need your senior pictures taken? Contact alumna photographer, Bernadette Rohan, at [rohancollective@gmail.com](mailto:rohancollective@gmail.com) for an affordable, fun, and high-quality photo-shoot. Full package priced at \$75