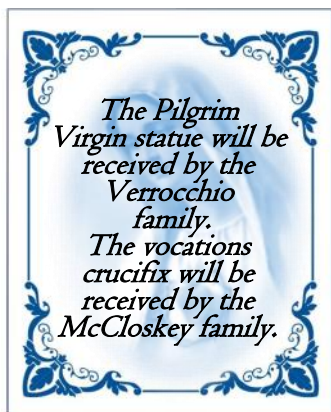




UPCOMING EVENTS

[Seton Live Calendar](#)

- Sept 28 Daughters of the King 1-8 PM
- Oct 1 ASVAB 11th graders 8:15 AM
- Oct 8 Col P Golf Tournament
- Oct 9 Oktoberfest
- Oct 16 PSAT
- Oct 18 End of 1st Quarter
- Oct 19 Admissions Test 10 AM
SAT Prep course 9-11:30
- Oct 19-20 Fall Play
- Oct 26 Halloween Dance
- Oct 31 Early Dismissal 12:20 for P/T
Conferences from 1-5
- Nov 1 All Saints Day - NO SCHOOL
- Nov 3 Open House - 2-4PM
- Nov 4 Cemetery Visit after 8:30 Mass
- Nov 10 Sports Awards Banquet
- Nov 16 Admissions Testing
- Nov 17 Spirit Week
- Nov 22 Mass for Christ the King
- Nov 23 Enthronement Dance
- Nov 27 1:20 Dismissal
- Nov 28-29 Thanksgiving Break



FROM OUR EXECUTIVE DIRECTOR, MRS. CARROLL

THANK YOU: To all those who contributed supplies for the Dominican Sisters in Linden. They will be most grateful for your generosity.

RENT-A-TEACHER: Yes, you read that correctly. The Haiti Club is sponsoring this event to raise money for our twin school. On October 2, jars will be in the two buildings, with teachers' names on them. Students will put money in the jars. Teachers will have designated items that they will do for various amounts of money raised. The rent-a-teacher day will be October 15. Teachers might offer privileges (beverage of choice in class, footwear of choice that day), perform (sing, dance, play an instrument), bring in a food specialty, let a student teach the class, and many others. Students are not renting individual teachers, but will fill up the jars for the teachers to do all the tasks they have listed. Please encourage your students to participate so that we can send a sizable donation for Haiti.

MOTHER SETON BANNER: The next time you are in the gym, please notice the beautiful banner of St. Elizabeth Ann Seton to the right of the altar painting. The banner was painted by talented Seton alum Regina Terreri. Now St. John Paul the Great has a companion on the gym wall.



GROWING IN THE SPIRITUAL LIFE: This week's topic: **A few methods of mental prayer.**

Often the best method of mental prayer is simply to speak to God from your 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." But sometimes our minds are wandering, and we find it difficult to concentrate. At such times, having at hand a few methods of prayer can be helpful.

You may have learned the acronym ACTS: Adoration, Contrition, Thanksgiving, Supplication. These represent the four purposes of prayer. If you are having difficulty concentrating, you can focus on one of the purposes. For example, you can think of all the blessings for which you should be thankful, or you can call to mind some of frequent sins and ask God for the grace to overcome them.

Another method is the method of St. Ignatius of Loyola. St. Ignatius recommended taking an episode from the Gospels and putting yourself in the scene. What did you see, what did you hear, what thoughts ran through your mind? Live the scene as if you were there, and then come away with a lesson you can apply to your life.

There is also Lectio Divina: Read thoughtfully a short passage from Sacred Scripture (lectio—reading). Think about what you have read and apply it to your own life (meditatio—meditation). Talk to God about what you have read and pondered (oratio—prayer). Then listen quietly; let acts of love arise from the will and let God respond to you (contemplatio—contemplation).

There is no one-size-fits-all method of mental prayer. Find one that works for you and open yourself to the graces God has in store for you.

MASSES AND

ROSARIES

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



PRAYER REQUESTS

*Please pray for
Hajnalka Szaloki*

Thank You

Mrs. Cunningham for providing the priests lunch and dinner for Mrs Carroll and Mr. Westhoff, and Fr. Ed Guilloux for saying Mass.



Winners of the JH Pizza, Polaroid, Pepsi Party

Seton School proudly announces the Spring Musical for 2020.....
 (click on the Seton Musical logo)



DAUGHTERS OF THE KING IS SATURDAY!
 Fr Noah is saying Mass for the girls at noon and the event begins at 1:00pm.
 For the girls who are signed up, a detailed message about time and what to wear has been sent. There is no space available during the day. For parents, family and friends, please join us for the inspiring keynote talk and fun fashion & entertainment show beginning about 6:15pm. Donations at the door will be taken for Betsy Mooney's non-profit, New World Horizons, helping youth with special needs.



LET'S KEEP OUR STUDENTS HAPPY, HEALTHY, AND ACTIVE IN SPORTS
 SUPPORT SETON ATHLETICS

If you enjoy problem solving, collaboration and working under pressure, then our escape rooms will be your new favorite activity. So how exactly do escape rooms work? You are given a mission and placed into a themed room where you must explore to find hints and clues. You may find a container that needs a passcode to open, or a lock that needs a key. If you search hard enough, you can figure out passcodes, open all the locks, find hidden items, and ultimately free yourself. The Seton Band is hosting an **Escape Room** on **October 12, 2019** from **12:00-8:00**. This is really fun thing to do with your friends and a great team building activity! Please click the following link to sign up!!
<https://www.signupgenius.com/go/5080a4ca5ae29a02-escape3>



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!

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 You shop. Amazon gives.

OPPORTUNITIES FOR THE SETON COMMUNITY

A free **Mental Health and Wellness Conference** is coming up **Oct 5th** at **Fairfax High School** and Seton parents and students are invited. This is not a conference from a Catholic perspective, but it is a day full of interesting topics from various experts in the field. There is a separate Student track sponsored by the Jason Foundation. The Jason Foundation provided school wide education at John Paul the Great two years ago and was well received by the students and staff. <http://jasonfoundation.com/> Pre-registration is required. Come hear just the Keynote and/or stay for the workshops.

Holy Family Academy's **Annual Michael Pennefather Memorial 5K and Color Fun Run** will be held on **Sat, Oct 5th** at 9:00 at Signal Hill Park. See the [flyer](#) for details. Click [here](#) to register.

Come join in a **102st Year Anniversary of Fatima Public Square Rosary Rally** on **Sat, Oct 12, at 12:00 noon** on the corner of Purcell and Hoadly Roads (on the sidewalk in front of the Walgreens Pharmacy). This Public Square Rosary, sponsored by America Needs Fatima, will be one of over 23,000 rallies that will take place all across the United States on that day. Please join us in offering reparation for the sins and offenses committed against the Immaculate Heart of Mary and to fervently pray for the conversion of the United States. Please join me and others on that very important day! For questions, call Barbara Dodge, 703-791-6047.



The **Mother of Mercy Free Medical Clinic** will be having an open house on Thurs, Oct 17 from 10 a.m. to 12 noon and Thurs, Nov 14 from 12 noon to 2 p.m. 9380 Forestwood Lane, Unit B, Manassas, VA . Contact Mrs. Alexandra Luevano at 703-335-277, ext 15 for more information.

There are 5 more spots for the **2020 Holy Land Pilgrimage** with St Andrews Catholic Church. Please see the [flyer](#) for all the information. If interested email: BarbRemington6@gmail.com.