



UPCOMING EVENTS

[Seton Live Calendar](#)

- Oct 31 Early Dismissal 12:20 for Parent/Teacher Conferences from 1-5
- Nov 1 All Saints Day - NO SCHOOL
- Nov 3 Open House - 2-4PM
Turn Clocks Back
- Nov 4 Cemetery Visit after 8:30 Mass
- Nov 6 Mandatory 11th Grade College Workshop 6:45
- Nov 10 Sports Awards Banquet
- Nov 11 Veterans Day - NO SCHOOL
Faculty Day of Reflection
- Nov 12 Picture Retake 5th/6th
- Nov 16 Admissions Testing 10AM
- Nov 17 Spirit Week
- Nov 22 Mass for Christ the King 1:15PM
- Nov 23 Enthronement Dance
- Nov 27 1:20 Dismissal
- Nov 28-29 Thanksgiving Break
- Dec 4 Hamlet
- Dec 7 Senior Play
- Dec 8 Immaculate Conception Feast
Senior Play
St Nicks Carnival 2-4
- Dec 9 NO SCHOOL
Musical Auditions TBA
- Dec 10 Musical Auditions TBA
- Dec 11 Christmas Concert
- Dec 16 Religion Mid-Term 9:30-11:30



FROM OUR EXECUTIVE DIRECTOR, MRS. CARROLL



PRAY FOR THE PRO-LIFE CAUSE IN THE UPCOMING ELECTION. On Sunday, November 3, 7-8 PM, there will be a Holy Hour in the Seton chapel to pray for the pro-life cause. Let's fill the chapel to pray that pro-life values will triumph in the election next week.

Also, Bishop Burbidge has asked for a Memorare a day to be prayed from now until the election for the intentions of our pro-life candidates. It's not too late to add this intention to your daily prayers.

MONDAY PILGRIMAGE TO THE CEMETERY

TO PRAY FOR THE FAITHFUL DEPARTED: Monday, November 4, is our annual All Souls Octave pilgrimage to the nearby cemetery to pray for the Poor Souls and gain the plenary indulgence for that pilgrimage.

The conditions for gaining a plenary indulgence each day during the Octave of All Souls are as follows: Holy Communion the same day, Confession with a week or so before or after, prayers for the Holy Father's intentions, visiting a cemetery to pray for the Poor Souls.

After Monday Mass and novena, we walk to the cemetery, crossing only at the crosswalks and obeying the police who will be directing traffic. Students gather with their homeroom teacher at a pre-determined spot. We pray one decade of the Rosary, the "eternal rest" prayer, and prayers for the Holy Father's intentions. Then we walk back to All Saints and return to Seton. The schedule will pick up at whatever time it is when we get back, usually near the end of first period. Except for the disabled, aged, and infirm, no one is to drive to the cemetery. Please walk to and from. That is part of the spirit of the pilgrimage.

This is a beautiful Seton tradition and all family members are encouraged to join the students.



SETON SWIMMING GETS WELL-DESERVED RECOGNITION:

Please check out this article: <https://setonswimming.org/swimming-world-magazine-profile-of-seton-swimming-november-2019/> Congratulations to Coach Koehr, the dedicated parent volunteers, and the many wonderful swimmers over the years who have made this program the GEM that it is.

MASSES AND

ROSARIES

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



PRAYER

REQUESTS

Please pray for Tim Jackson (lymphoma) Father of Shelley, Stacey '06, Stephanie, Susannah '11, Brendan (Tim) '14, Greg '18, Sarah '20 and Dan '27

Thank You

Mrs. Cunningham for providing the priest's lunch and dinner for Mrs Carroll and Mr. Westhoff last Friday and Fr. Mauricio for saying Mass.

GROWING IN THE SPIRITUAL LIFE: This week's topic: Asceticism, concluded.

Voluntary Mortification: Training for Victory

The fourth level of asceticism is voluntary mortification. These are the penances we give ourselves. To voluntarily renounce legitimate pleasures or to afflict ourselves with some pain seems virtually insane to our modern world. Comfort and convenience are all-important. And yet people put themselves through strenuous exercise regimens or go on strict diets for a purely temporal goal. Why not do likewise for a supernatural goal?

Voluntary mortification serves several important purposes. First, we can make up for our sins. Every sin involves a kind of self-indulgence. We can atone for that sin by mortifying self. Second, we can train our wills so that we are more likely to resist temptation. If we can resist legitimate pleasures, where no sin is involved, we will be able to resist illegitimate pleasures when temptation comes along.

Third, we can offer our sufferings for others. God has made the universe in such a way that He can use the suffering of one for the healing of another. Goodness in suffering can seem paradoxical, even impossible, but Christ sets the crucial example. In Heaven He constantly surrenders Himself in love to the Father, resulting in a relationship of pure joy. During His years on earth He did the same thing. But on earth this surrendering involved pain. So too with our lives. In heaven self-surrender will be only delight, but on earth it is painful. And just as God used the pain of Jesus to redeem mankind, He uses our pains to assist Him in that redemption. Although He does not need our assistance, He chooses to use it so that we can play a part in the redemption of others. He gives us a tremendous privilege and makes all suffering worthwhile so that no one can say that any suffering is ever pointless. All suffering can be redemptive if united with Christ's sufferings, so that each of us can say with St. Paul, "In my own flesh I am filling up what is lacking in the afflictions of Christ" (Colossians 1:24).



All Students (7th - 12th Grade) interested in playing Baseball in the spring are welcome to attend informal baseball workouts at Jeannie Dean fields numbers 1 & 2, Saturdays from 9:00am - 11:00am, on 11/2, 11/9 and 11/16. Fields are located at: Boys & Girls Club, 9501 Dean Park Ln, Manassas. All are welcome (not required to have played baseball last spring)!!

**THE 2020 AP EXAM REGISTRATION DEADLINE IS NOVEMBER 6**

Students interested in taking any May 2020 AP exam(s) need to follow the "join a class" and registration instructions and submit payment to the main office by Wednesday, November 6, 2019. Additional AP information and registration forms are available in the main office and online under "College Planning" on the Seton School guidance page, click [here](#). Click here for the [forms](#).

A note to seniors: Info on which AP exams are accepted and the corresponding scores necessary for course credit and advanced standing are often posted online on a college's admissions page. Please contact Mrs. Reyes (smreyes595@gmail.com, 703-331-3587) if you have any further questions.



SETON BASKETBALL TRYOUTS - click [here](#) for the complete Basketball Tryout Schedule.

SETON SPORTS APPAREL

Please consider purchasing Seton Sports Outerwear for Christmas, birthdays, etc.!!! Check out the latest options! **Online store closes Nov 5th!** Please contact Wes Huppenthal with any questions: j.wesley.huppenthal@gmail.com.

SEE THE [SPORTS OUTERWEAR FLYER!](#)

SETON'S 2ND ANNUAL HOMELESS MISSION PROJECT: FINDING ONESELF IN THE POOR**What is this event all about?**

Last year 40 amazing Seton students (10-12) served the poor and learned from them too. We will be heading off to D.C. again with the hope of finding ourselves in serving the poor. On **November 16th we will meet at Seton at 3pm and return by 9pm. Metro cards will be needed.**

What will the students be responsible for? Go to Signup Genius- <https://www.signupgenius.com/go/60B054CA9A922A02-serving>

Click [here](#) to see the flyer with all the info.

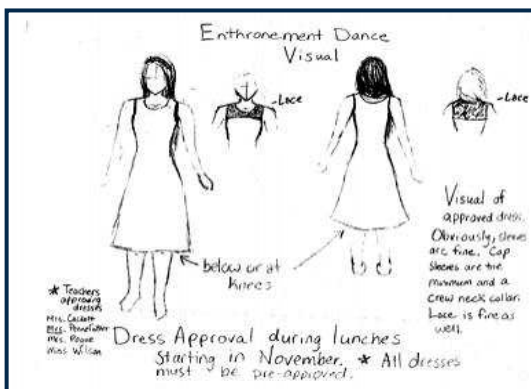
A SIGN UP SHEET WILL BE POSTED IN RELIGION CLASSROOMS.

Student need to fill out the permission form (click [here](#)) and return it to Mrs. Duran.

MANDATORY COLLEGE WORKSHOP Wednesday Evening, Nov. 6, 6:45 to 8:45 p.m. in Faustina. Special guest speakers from Christendom College and GMU will be presenting on topics to include the college application process, what colleges look for in students, and applying for scholarships.

Class of 2021

**ENTHRONEMENT DANCE
DRESS APPROVAL**
(click the picture)



Congratulations to all our students that made the 1st Honor Roll (average grade 93-100 & no grade below 70) and 2nd Honor Roll (average grade 85-92 & no grade below 70)! The list of names will be displayed on the bulletin boards outside each office and are attached to the Sentinel email.