

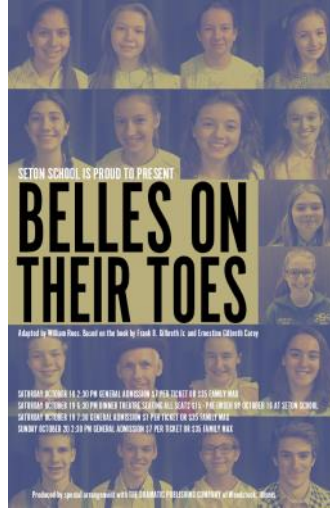


UPCOMING EVENTS

[Seton Live Calendar](#)

- Oct 18 End of 1st Quarter
- Oct 19 Admissions Test 10 AM
SAT Prep course 9-11:30
Fall Play 2:30 & 7PM
- Oct 20 Fall Play 2:30
- Oct 26 Halloween Dance 7-10
- 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 Recollection
- 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

FROM OUR EXECUTIVE DIRECTOR, MRS. CARROLL



BELLES ON THEIR TOES IS THIS WEEKEND: I encourage everyone to attend at least one performance of the fall play: Saturday, October 19 at 2:30 and 7:30, dinner theater option at 6:30; Sunday, October 20 at 2:30. Mr. Moore and his cast, crew, and parent volunteers are preparing a funny, heart-warming, fast-moving play about the importance of family life and the joys and challenges of big families. This is a theme our Seton families can relate to. Please come!

REPORT CARD CONFERENCES: The first quarter ends October 18. First quarter grades will be on Jupiter Ed on October 28. First quarter report card conferences are on Thursday, October 31, 1:00-5:00 PM. School is dismissed at 12:20 that day. All parents whose children get below 70 are expected to schedule conferences with their student's teachers. Parents whose children get below 77 should also schedule conferences. These conferences will help teachers and parents work together for the students' academic benefit. Please schedule appointments through the office. If you cannot come on October 31, please contact the teachers individually to schedule appointments.

NOTE ON GRADES: Even though the grading scale has been changed, students must still have an overall 77 GPA to graduate.

GROWING IN THE SPIRITUAL LIFE:

This week's topic: Asceticism

Perhaps the word "asceticism" conjures up visions of a skeletal desert hermit who eats maybe once a year, or the Puritan who scolds you for having fun. But the word itself comes from the Greek word askein, which means training for an athlete. In I Corinthians St. Paul says, "Do you not know that the runners in the stadium all run in the race, but only one wins the prize? Run so as to win. Every athlete exercises discipline in every way. They do it to win a perishable crown, but we an imperishable one" (9:24ff). What must we do to win that imperishable crown?

On the most basic level, asceticism is nothing more than the necessity of avoiding mortal sin. No one can get to heaven without practicing at least that much self-denial. In every temptation, the devil tries to get us to say yes to self and no to God. Asceticism means the reverse—saying no to self and yes to God. So everyone is called to be an ascetic, by avoiding mortal sin and moving beyond that to avoiding venial sin as well.



MASSES AND ROSARIES

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



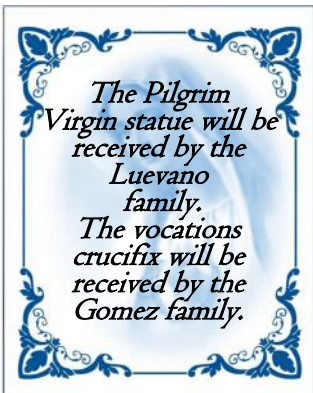
PRAYER REQUESTS

*Please pray for
Anne McCabe
(kidney failure)*



Thank You

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



But the spiritual life is not meant to be merely an avoidance of sin. It is meant to be a life of love. We must go on to the next level of asceticism, which is the conscientious fulfillment of our daily duties. Through the natural law, the Scriptures, and the teachings of the Church, God has told us what we must do to avoid sin. We call this knowledge "God's signified will." He has signified or made it clear to us what we must do to avoid sin. But there is also "the will of God's good pleasure." There is no commandment that say do your work conscientiously, but we know that it is God's will that we do so. Fulfilling our daily duties is a form of asceticism because it is not always easy to do what we ought. It is easier to cut corners, to complain, to ignore someone who is annoying. Fulfilling our daily duties is a form of asceticism because it is not always easy to do what we ought. But each time we say yes to God and no to self, we grow closer to Him. And if we are close to Him, we find joy.



COME TO BELLES ON THEIR TOES THIS WEEKEND!

"Belles on Their Toes" is a fast-paced, sharply witty, deeply moving production about how families pull together in times of crisis. Featuring the best & brightest of the Seton Stage, this is an ensemble show you don't want to miss! Plus, come see our special celebrity actor. One weekend only! General admissions seats at the door.

Saturday, October 19th: 2:30 Matinée - All seats \$7 with a \$35 family max

7:30 Special Show - Dinner Theatre Seating at 6:30 all seats \$15
General Seating at 7:15, all seats \$7 with a \$35 family max

Sunday, October 20th: 2:30 Matinée - All seats \$7 with a \$35 family max

BOO BAGS are back! And will be sold during both lunch periods starting Oct 22 - Oct 28. Cost will be \$1 and will be passed out on Oct 31 at the end of the day. Come and buy a bag for someone and make their day!



THE HALLOWEEN DANCE AND HAUNTED



HALL TRAIL will be on **Sat, October**

26th in the gym from **7-10**. The cost is \$5. NO demons or witches allowed. Seton standards of casual dress applies.

ATTENTION PARENTS AND STUDENTS:

Senior jackets - present and past year jackets - are a **SENIOR-ONLY** privilege. Students that are not seniors and are wearing a senior jacket will receive a demerit.



SETON SWIMMING

GRATITUDE • EXCELLENCE • MEEKNESS • SACRIFICE

The **2019-2020 Seton swim season** is about to get under way. The first practice is on **Nov 5th, Election Day** at the **Freedom Center** at **6:04 am**. All Seton students are welcome on the team with or without swimming experience! To register, go to: www.setonswimming.org and tap on the big yellow button! New family orientation will be held **Wednesday evening, October 23rd** in Mrs. Carroll's classroom at **7pm**. Come find out what makes Seton Swimming a great opportunity for your kids!



The Seton Outerwear Winter order is now open! Click [here](#) (access code: **seton18**) or use the link in the flyer, and be sure to note the password is all lower-case. Please consider paying the extra \$5 for personalization, so we can locate the owner for any lost items. It is recommended to use last names, in case you would like to offer it to younger siblings. Delivery will be in early November, outside of the high school building, during both lunch periods. An email will be sent out to alert you when that will be taking place. Please direct any questions or concerns to Catherine Cobos. If you would like your order to be a Christmas gift, please contact Catherine directly so she can arrange to deliver it to you. See the [flyer](#).



Dear Seton Family,

I am deeply grateful for all of your expressions of condolence and comfort (masses, cards, etc.) when my mother, Charlotte Van Abs, died. It is a blessing to be part of this kind and prayerful community!

God bless you all, Barbara Mirus

OPPORTUNITIES FOR THE SETON COMMUNITY

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.

St Johns Home Educators **BARN DANCE** on **Sat, Oct 19** from 7-10 for 13-18 year olds at St. John's Mercy Hall. See the [flyer](#) and the [permission form](#) for all the information.

Chris Yung Memorial 5k Turkey Trot on **Thrus, Nov 28 from 8-11**. Kids 1 mile Fun Run will begin at 8 and the 5K Run/Walk will begin at 8:30 at 2 Silos Brewing Company. Click [here](#) for the flyer and [here](#) to register. Email: TeamPWChrisYungsK@gmail.com Team website: pwdeu.com

Save the date: Jan 4, 2020 at 7pm. "Dr Bruchalski's Epiphany". Evening at St Andrew's Catholic Church. Please bring your spouse, and friends to hear about his conversion story, and more! For more info, email BarbRemington6@gmail.com. Click here for the [flyer](#).