



Sentinel



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October 24, 2019

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A Weekly Newsletter for Seton Parents & Students

UPCOMING EVENTS

Seton Live Calendar

- 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
- 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



Click [here](#) for more pictures.

BELLES ON THEIR TOES: Delightful is the word for the fall play last weekend. It was such a treat to see the synergy among the Gilbreth children. Each of the other characters filled their roles perfectly. There was just enough pathos to make the comic scenes even more hilarious. Thank you, Mr. Moore, Mrs. Orr, cast, crew, and all the dedicated volunteers, with special shout-outs to

the costume ladies, Mrs. Santschi and Mrs. Murphy; to Mr. Cook, who can build anything; to sophomore Sophie Zadnik, who wields a mean paintbrush, and a welcome back to alum Scott Volpert, who hasn't lost his touch on the sound and lights. And the Saturday evening dinner theater was a great addition.



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

Trustful Surrender to Divine Providence

The next level of asceticism is more difficult than those discussed last week. This level is trustful surrender to Divine Providence. In its simplest form, trustful surrender means taking whatever happens that is beyond our control as coming from God. That means whatever happens. We get sick, we have an accident, we lose our job, we're betrayed by someone we thought was a friend, we're unjustly punished—we take all of it as coming from God. Even small inconveniences or disappointments are taken with trustful surrender—the bad weather, the traffic jam, the uncomfortable chair—all of it. If we truly believe that God is the cause of all that exists, then we must truly believe that all of these things come from God. And it is all for our good. In the words of St. Paul, "We know that all things work for good for those who love God" (Romans 8:28). That means all things.

But what about those things that happen to us as a result of someone else's sin? We know God doesn't will sin, so how can we say that the results of sin are God's will? God, in His infinite knowledge and infinite power, knowing that this particular sin would be committed, can bring good out of it. Suppose someone steals our money. God can bring a good out of that—He can give us the grace to be less attached to material things.

The book Trustful Surrender to Divine Providence: The Secret of Peace and Happiness by Father Jean Baptiste Saint-Jure, S.J., is highly recommended. The author lists a variety of ways in which we can practice trustful surrender and the benefits coming from it.

MASSES AND

ROSARIES

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



PRAYER REQUESTS

Please pray for all those suffering in our community.

Thank You

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

Trustful surrender to Divine Providence is painful. We want to complain, to demand that things be different than they are. We want the universe to be arranged for our convenience. Miraculously, it is. God has so arranged the universe that each person is given all the graces he needs for his salvation. Let us stop thinking that we could make a better arrangement if God would only put us in charge. If we practice trustful surrender to Divine Providence, we will gain a greater degree of glory in the next life. But we will also attain joy in this life because we will be closely united to the Source of all joy. Ours will truly be the prayer of St. Teresa of Avila:

Let nothing disturb thee;
Let nothing frighten thee:
All things are passing;
God never changes.
Patience obtains all things.
Whoever has God lacks nothing;
God alone suffices.

St. Teresa of Avila



REPORT CARDS AND PARENT/TEACHER CONFERENCES

Report Cards will be posted on Jupiter Ed on Mon, Oct 28th. Parents please note that now that we have attendance on Jupiter Ed, attendance data will be on your students report card. If you need more information for a class, click on the Attendance tab in your students Jupiter account and you can see specific information on what classes your child has missed.



Parent/Teacher Conferences will be held on Thurs, Oct 31. Students will be dismissed at 12:20 so that teachers will be available for conferences between 1-5 PM. All students with a quarterly grade below a 70 need to schedule a conference with the teacher. Please contact the front office to schedule the conference. If you cannot come to school during the available hours, please make other arrangements with the teacher.



HALLOWEEN DANCE

This Saturday, Oct 26
from 7-10

All High School students are invited to attend the annual Halloween Dance on Saturday October 26, 7-10 in the JP II Gym. The cost is \$5. NO gory costumes. Seton standards of casual dress applies.

Costume Contest! HAUNTED HALL TRAIL

Boo Bags! Are being sold during both lunch periods starting Oct 22 - Oct 28. Cost will be \$1 and they will be passed out on Oct 31. Come and buy a bag for someone and make their day!



JUNIOR HIGH ALL HALLOWS EVE PARTY



All junior high students are invited during 7th & 8th periods to Faustina on Oct 31 to celebrate All Saints Day! Students will get out of class early to change into costumes so please come to school in your school uniform. Dress up as your favorite **Saints, Biblical Figures, Historical Figures**. There will be games, some group dances, and lots of candy/food. Those not in costume will attend a study hall.

ATTENTION ALL JUNIORS AND AT LEAST 1 PARENT!

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. The evening will also include awesome door prizes, refreshments, and great information for everyone.

Class of 2021

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: You may be wondering if your AP exam score will earn credit at your prospective college(s). Colleges and universities differ in which AP exams they accept for course credit. Information 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. She's happy to help!



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>

What is included in a Homeless Care/Snack Packages?

To assemble a homeless care package, fill a clear 1 gallon Ziplock bag with the following: 1 facial tissue (travel size); 1 Chap stick; 1 pair of heat retaining socks (hiking); Vienna Sausage or Spam; fruit cup; bottled water; soft granola bars.

Each religion class will shoot for 15 completed bags.

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.

In the Diary of St. Maria Faustina, Jesus tells her of the need for merciful acts. "*I demand from you deeds of mercy, which are to arise out of love for Me. You are to show mercy to your neighbors always and everywhere. You must not shrink from this or try to excuse or absolve yourself from it*"(Diary, 742).



SENIOR NITE!



SETON BASKETBALL TRYOUTS SCHEDULE

Varsity Girls Tryouts (Mr. Dick Pennefather): Monday, Nov 4th, 3:00 - 5:00 pm; Tuesday, Nov 5th, 3:00 - 5:00 pm; and Thursday, Nov 5th, 3:00 - 5:00 pm

Varsity Boys Tryouts (Mr. Dan Vander Woude): Tuesday, Nov. 5th TBA; Thursday, Nov 7th, TBA; and Varsity Boys Tryouts depend on the VB soccer results

JV Girls Tryouts: Monday, Nov 4th, 3:00 - 5:00 (with VG); Tuesday, Nov 5th, 3:00 - 5:00 (with VG); and Thursday, Nov 7th, 3:00 - 5:00 (with VG)

JV Boys Tryouts (Mr. Pat Geary, Mr. Peyton Olszewski): Saturday, Nov 2nd, 1:00 - 3:00; Monday, Nov 4th, 7:00 - 9:00 TBA; and Tuesday, Nov 5th, 7:00 - 9:00

JH Girls Tryouts (Mr. Steve Vander Woude): Saturday, November 2nd, 9:00 - 11:00 and Wednesday, November 6th, 5:30 - 7:30

JH Boys Tryouts (Mr. Steve O'Keefe): Saturday, Nov 2nd, 3:00 - 5:00 and Wednesday, Nov. 6th, 3:30 - 5:30

If you have any questions, please contact Dan Vander Woude 703-282-4037 or

DVanderWoude@setonschool.net. Click [here](#) for the flyer.



Top Reasons to Join Seton Swim Team

1. Hangout with friends on Saturday during FUN Swim Meets
2. Almost a quarter of the whole school is on the team
3. Everybody swims, no one sits on the bench
4. Free pizza after Home Meets
5. Fun way to learn all 4 strokes. Swimming is a life skill.
6. Caring coaches and a cool group of parent volunteers
7. Great way to get in shape
8. Feel GREAT from the aerobic exercise & strength training
9. Swimming beats the winter blues
10. Challenge yourself to do hard things

Important Dates and Details

Registration is now OPEN on www.setonswimming.org

Tuesday, Nov 5th: 1st practice at the Freedom Center at 6:04 AM

Sunday, Nov 10th: Team Party and Bonfire

Swim Team handbook is on the website: www.setonswimming.org.

For information email Coach Koehr at Coach@KoehrFamily.com

For more information, please email Coach Koehr at Coach@KoehrFamily.com



ORDER SETON OUTERWEAR!

The webstore is open and orders are accepted until

Oct 21st! Delivery will be in early November, outside of the high school building, during both lunch periods. Please see the flyer for the link and all the information.

SEE THE [EAST TO WEST FLYER!](#)

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!](#)

OPPORTUNITIES FOR THE SETON COMMUNITY

St Andrew's Holy Land pilgrimage to Israel and Jordan on Jan 20-31, 2020. Cost: \$3380 includes airfare, hotel, most meals , Christian tour guide, tour bus, tips, museum and entrance fees. Email BarbRemington6@gmail.com by this FRIDAY! 2 Seats just opened up!

Chris Yung Memorial 5k Turkey Trot on Thurs, 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](#).