



## UPCOMING EVENTS

### [Jan-June Live Calendar](#)

- Feb 25 Spanish Holy Hour 7:30
- Feb 26 Ash Wednesday
- Feb 29 SAT Prep 9-11:30
- Mar 1 Swim Team Awards 1-4
- Mar 5 Senior Retreat at Holy Trinity
- Mar 7 Latin Intramural Certamen 2:30  
Regional Science Fair date
- Mar 8 2nd Sunday of Lent
- Mar 13 Stations/Soup Supper  
End of the 3rd Qtr
- Mar 16 Boys & Girls Retreat
- Mar 22 4th Sunday of Lent

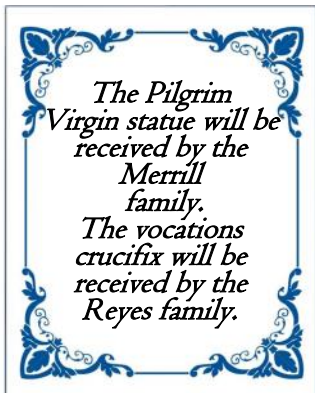


**Drivers Ed Registration Forms** are available at the front office or click [here](#). **Session I**—June 8-18; **Session II**—July 6-16.

Families seeking **Financial Aid for the 2020/21** must apply through FACTS. All documents must be submitted before your application may be considered for aid.



**2020/21 Course Scheduling** will begin with the Rising Senior Class of 2021 next week! Rising Seniors will be receiving an email soon with more information.



## FROM OUR EXECUTIVE DIRECTOR, MRS. CARROLL



**ASH WEDNESDAY:** Seton will have Mass on Ash Wednesday. This Mass is for students and staff only. In view of time constraints—long lines for Holy Communion and ashes—we ask that family and friends attend Ash Wednesday Mass at one of the many Masses being offered at local churches.

**ANNUAL RETREATS.** Monday, March 16 will be our annual retreats, with both boys and girls retreats on the same day. Students are to report to school no later than 8:15. Dismissal will be at 3:00 PM. Retreat master for the boys is Dominican priest Father John Soliterio and for the girls is Father Sean Koehr (Seton class of 2008).

**Remember:** The retreats are a required spiritual activity for all students. Please do not make any appointments or other engagements for March 16 during the retreat hours. Our Lord has many blessings to bestow on your children. Please encourage them to open their hearts to receive these graces.

**A GOOD HABIT TO FORM DURING LENT: GRATITUDE.** In all created things discern the providence and wisdom of God, and in all things give Him thanks. —St. Teresa of Avila.

**STATE SWIM MEET:** Congratulations to the Seton girls, who won the award for sportsmanship, and the Seton boys, who won the award for team spirit. To me, these awards are the most important of all. Many, many thanks to all the parent volunteers who have done so much for the success of Seton swimming and who are great role models for our swimmers.



Seton Senior Swimmers at States this past weekend.

## MASSES AND ROSARIES

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



## Thank You

Mrs. Reyes for providing the priests lunch and dinner for Mrs. Carroll and Mr. Westhoff and Fr. Vaccaro for saying Mass.

**PLEASE NOTE** two important references elsewhere in the Sentinel. The new Covenant Eyes e-book describes a powerful way to help your children resist the lure of pornography. There is also a forum on human trafficking on March 7, which offers valuable information on this growing scourge in our society.

**DAC BASKETBALL TOURNAMENT THIS WEEK: Go Conquistadors!**

**GROWING IN THE SPIRITUAL LIFE:** Five Loaves and Two Fish by Cardinal Francis Xavier Nguyen Van Thuan, “The Fourth Loaf: My Only Strength, the Eucharist”.

How was Bishop Thuan able to have Mass and Eucharistic adoration in prison? “Every day, with three drops of wine and one drop of water in the palm of my hand, I celebrate my Mass.” In a communal cell, he would curl up on his bed at night to celebrate Mass and distribute Communion under the mosquito netting. He would make little containers out of cigarette paper to be miniature tabernacles. Prisoners would take turns carrying them so that they could have Eucharistic adoration. In solitary confinement he would celebrate Mass around 3:00 PM in the afternoon. “They are the most beautiful Masses of my life.” From nine until ten in the evening, he would have an hour of adoration, in spite of the blaring of the loudspeakers. The chapter ends with words of St. John Paul the Great, exhorting young people to imitate the disciples on the way to Emmaus and call upon Jesus to stay with them. “Let Him be your strength, Him your point of reference, Him your everlasting hope.”

We are blessed to have easy access to Mass and the Eucharist in the tabernacle. Let us resolve to grow in gratitude for this unfathomable gift, to be more attentive at Mass, to spend more time with Jesus in the Blessed Sacrament.




Covenant Eyes is proud to announce *Connected: How Strong Family Relationships Lead to Internet-Safe Kids*. This brand-new ebook looks at the ways in which building strong family connections help remove the desire for kids to ever look at porn.

[Get your free copy of Connected](#)

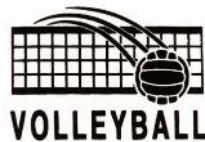


**Spring Musical Info:** Do you have any of the following Fiddler on the Roof Props that the musical crew can borrow? Old looking instruments; cornet, fife, violin; Large metal milk containers; Old carpet bag type luggage or smaller trunks; We are also looking for a fiddle to be donated to the show. Any help would be greatly appreciated! Thank you! Please contact Vickie Zadni, [vzadnik@setonschool.net](mailto:vzadnik@setonschool.net) or text 571 435-5437. Please make sure you are going to [setonmusical.com](http://setonmusical.com) for the latest [schedule](#). Parents, please click [here](#) to volunteer and [here](#) to chaperone. Please click [here](#) to see what costumes you need. First costume check will be on Feb 26.

**Seton Spirit Ad Campaign Update:** The Ad Campaign team is busily entering all the ad information into our Ad Campaign spreadsheet to tally how much money we have raised towards of \$72,000 goal. Thank you very much and God bless our Seton families for their time, effort, and generosity in supporting their school and spring musical through the Seton Spirit Ad Campaign!

*Save the Date*  
**Seton Parents, Faculty and Staff** -- Please save the date and plan to join fellow parents and staff for an evening social in Old Town Manassas at the Center for the Arts (The old Candy Factory)! This will be **Saturday, March 28<sup>th</sup>**, 7 – 11 pm. The evening includes catered appetizers, beer and wine. The short program will include a few words of wisdom from Mrs. Carroll, and a small panel of alumni reflecting on their time after Seton and answering your questions. Seton artwork will also be on display in the gallery. The invite and rsvp will be available in a few weeks! Sponsored by the Seton PRO Board

**Seton Volleyball** will host a volleyball clinic for rising 9th through 12th grade on Monday evenings throughout March from 6-8pm. Each session will be \$15/girl -- attend all 5 sessions for \$65. We will be working on improving our court skills, conditioning and rotations for defense and offense. This will be an excellent way to get more touches on the volleyball before Volleyball starts up again in June. Please fill out [registration form](#) (all 5 dates are listed along with more details) and return to Seton with a check made out to Kathy Vestermark for the weeks you will attend. I'm excited to work with the girls to help prepare them for the coming 2020 Fall Volleyball Season! Feel free to contact me at [vestermarkx8@gmail.com](mailto:vestermarkx8@gmail.com). I hope to see you at RMS in a few weeks.



**CONGRATULATIONS TO BOYS SWIM TEAM DAC CHAMPIONS!**



## Basketball Seniors!



### BLUE CRAB BOWL 2020 WINNING TEAMS



2<sup>nd</sup> Place  
**SETON SCHOOL**  
Coach Tricia Kellogg



**Second Place: Seton School**  
Manassas, VA

At the 2020 Blue Crab Bowl, Virginia's 23<sup>rd</sup> Regional National Ocean Sciences Bowl, students from **Seton School** garnered a close 2<sup>nd</sup> Place after a grueling day of intellectual competition. The all-day academic event for high school students was held at Old Dominion University's Virginia Beach Center on February 8. Seton School received their team trophy from Representative Elaine Luria of Virginia's 2nd Congressional District (far left), special guest and awards presenter. **Tricia Kellogg** and **Hank Konstany** (2<sup>nd</sup> & 3<sup>rd</sup> from left) served as Coaches for the team, including (left to right): **Joseph Dealey**; **Team Co-Captain Liam Kellogg**; **Team Co-Captain Victoria Baker**; **John Konstany**; and **Lydia O'Keefe**. Photo by T. Whitfield, College of Sciences, ODU.

Seton is hosting a **Talent Show** on **Sat, March 14th**. Auditions are on March 6. See the [flyer](#) for the information.

## OPPORTUNITIES FOR THE SETON COMMUNITY

**Attention mothers of children with special needs!** You are warmly invited to attend a Morning Of Reflection, given by Fr Ed Guilloux, for mothers of children with special needs, at All Saints on **Sat, Feb 29 from 9 AM to 11:30**. To sign up and for more information click [here](#). Questions? Sally, (703)789-1922, or Betty, sampler80@verizon.net.

Florian is offering a **CPR Certification Course** on **Saturday Feb 29, 9-11:30 AM**, 7900 Sudley Road Suite 806. Manassas for only \$21. To register: Click [here](#) and choose the Feb 29 class, fill out the registration and don't forget to click the "SUBMIT" button to register. You may pay with a card online (or cash/check the day of class). Regardless of the payment method, register online to ensure proper certificates. To pay with a card, select "CPR \$21" from the drop down and click "Buy Now", you will be directed to secure PayPal site.

**Human Trafficking Forum and Van Tour Forum** Learn about the impact of trauma on the brain and body, the victim recovery process and survivor restoration methods. You will learn a survivor's perspective on the road to recovery and healing and how you can get involved in the local human trafficking fight. You will have the opportunity to hear about the outreach NOVA-HTI is doing. After the forum, you may go with one of our board of directors, Chelsey Trevino, on a van tour of the City of Manassas to see where potential sex-trafficking is happening. Registration is required to guarantee your seat. Click [here](#). If seats are available the day of the event, seats will be filled on a first come first serve basis. **Saturday, March 7** at Greenwich Presbyterian Church, 15400 Greenwich Church Way in Nokesville; Forum: 9:00 AM - 11:30 AM. includes complementary Continental Breakfast; Manassas Van Tour: 11:45 AM - 1:45 PM.

**"Understanding ADHD"** Lecture Series: Language, Routines, Rewards, and Consequences to Support Your Child with ADHD at Home. **Tuesday, March 10, 7-8:30 PM**. Flint Hill School, 3320 Jermantown Road in Oakton. This is a free event. Click [here](#) for more info and to register.

**Saturday, March 21<sup>st</sup>** is the annual All Saints 5K! This year a portion of **proceeds will go to the Gregory family**. To run, to sponsor, or to make a donation, please go the race website: [Click Here for All Saints 5K](#)

Check out the Walters Art Museum in Baltimore: **The St. Francis Missal**—a legendary 12th-century manuscript and relic of touch of St. Francis of Assisi—will have its first dedicated exhibition at the Walters Art Museum in more than 40 years. The exhibition will take place from Feb 1-May 31. Click [here](#) for all the information.

Attention Rising HS Juniors through College Students. St Ambrose has **full time summer job opportunities** at their amazing, Catholic camp. Click [here](#) for more information on the summer camps and [here](#) to apply.