



UPCOMING EVENTS

[Jan-June Live Calendar](#)

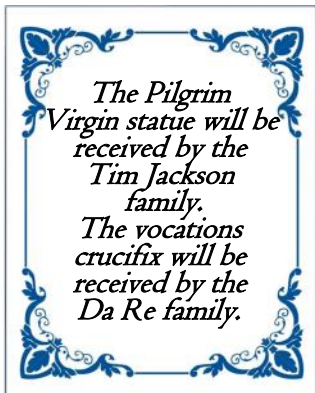
- Feb 29 SAT Prep 9-11:30
- Mar 1 Swim Team Awards 1-4
- Mar 5 Senior Retreat at Holy Trinity
- Mar 7 Latin Intramural Certamen 2:30
Regional Science Fair
- Mar 8 Daylight Savings
- Mar 13 Stations/Soup Supper
End of the 3rd Qtr
- Mar 16 Boys & Girls Retreat
- Mar 22 4th Sunday of Lent
- Mar 28 Evening Social for Alumni, Parents & Seton Staff 7-11 at the Old Candy Factory



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.



FROM OUR EXECUTIVE DIRECTOR, MRS. CARROLL

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.



THANK YOU to Mrs. Martella, the Spanish students, Father Juan, and all those who helped with the beautiful Spanish Holy Hour Tuesday evening. It was an uplifting way to prepare for Lent.

A GOOD HABIT TO FORM DURING LENT: GRATITUDE.

“Remember the past with gratitude. Live the present with enthusiasm. Look forward to the future with confidence.” St. John Paul the Great

GROWING IN THE SPIRITUAL LIFE: Five Loaves and Two Fish by Cardinal Francis Xavier Nguyen Van Thuan, “The Fifth Loaf: Love as Jesus Loves”

For most of his time in prison, Cardinal Thuan had no personal contact except with his guards. Their attitude was one of contempt. But the Cardinal decided that he would love them and show his love in concrete ways. He began by initiating conversations, telling them about his travels. As the guards responded to his loving attitude, they began asking him questions about the Church. He wrote a Catholic dictionary for them and even taught one of the guards Latin hymns. Eventually the guards were willing to risk doing favors for him. One guard helped him to make a small wooden cross. Another helped him make a chain so he could wear the cross. This cross became his pectoral cross when he was released from prison, reminding him of the men who had been transformed by his love from enemies to friends.

Most of us have some person (or more than one) whom we don't get along with for any number of reasons. Try showing love to that person and see what happens.

MASSES AND ROSARIES

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



PRAYER REQUESTS

Please pray for

Fr. James Searby, who is on medical leave of absence.

Thank You

Mrs. Vestermark for providing the priests lunch and dinner for Mrs Carroll and Mr. Westhoff and Fr. Roos for saying Mass.



SETON RETREATS 2020 ARE ON Monday, March 16, 8:15 - 3 PM

Both boys and girls retreats will be held 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).

Bring your lunch. Both retreats will take place on the Seton School campus. Students and Chaperones should bring lunch as there will be no off campus privileges. **Activities dress code** is in effect. Students will be attending Mass and Holy Hour so they should dress nicely. Clothing must meet all standards of modesty. **Confessions** will be available.



SETON'S IMPROV TEAM Join us for two hours of laughter and joy as Seton's Improv Troupe Semper Ridiculum takes the stage for their 40th full length show - this Saturday, Feb. 29 at 7:30 PM in Faustina. All seats only \$5 with a \$35 family maximum... called "the best entertainment in Manassas," you don't want to miss this hysterically funny show!

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

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: Costume Checks this week! Please bring all your costume pieces to practice on Saturday if you have not already done so. Click [here](#) for more information. Girls, if you need to borrow jazz shoes please tell Mrs. Brox your shoe size. Students who are in need of help, please stop in to see the costume ladies! If you can help the costume ladies on Saturday to check in costumes please send an email to setonmusical@gmail.com. Any help is greatly appreciated! Attention all creative types, painters, builders - We are going to have a **PROP PARTY Sat. Feb. 29th 9:30 - 11:30 AM** in the CC building. Contact Vickie Zadnik at zadniks@verizon.net if you can come. Please make sure you are going to setonmusical.com for the latest [schedule](#). Parents, please click [here](#) to volunteer and [here](#) to chaperone.

Seton Spirit Ad Campaign Update: We are well short of meeting our school goal for the Spirit Ad Campaign. Are you one of the several families that has not turned in your family's required contribution of \$375? If so, you will be receiving a reminder phone call and email very soon regarding payment. Avoid the call and email by turning in payment at your earliest convenience. Help us reach the school goal of \$72,000 and show your appreciation for all Seton does for you and your family! Many thanks to all our families that have already met and/or exceeded their required contributions!

AP PROGRAM NEWS

Are you interested in earning PRO points as an AP exam proctor? If so, please contact Stephanie Reyes (smreyes595@gmail.com, 703-331-3587). AP exams are administered during the first two weeks of May.

Any high school student wanting to take an AP exam in May 2020 who did not already pay and register for the exam(s) may still place an order. Please contact Mrs. Reyes by Wednesday, March 11th for more information. (Late orders are possible but are subject to an additional \$40 fee.)



COURSE SCHEDULING FOR 2020-2021

has begun! The Rising Senior Class of 2020 was given a scheduling presentation and workshop yesterday during their English class. Vocational, career, and educational goals were addressed to ensure students select the courses they need to reach their goals. Parents of Rising Seniors should discuss the courses selected and recommendations presented. **Completed forms (including parent signature) for the Class of 2021 are due to the front office on Mon, March 2nd.** IMPORTANT: Next to all elective courses, please make sure you select 1st, 2nd, 3rd, 4th, 5th, etc choices next to those elective classes. There will be conflicts and we need to know what you want in case that happens. If you have additional information that would be helpful in scheduling, such as plans to take a course over the summer, etc. please mark that in the appropriate subject area. Scheduling workshop for Rising Juniors will be held on the 2nd week of March. More info is forthcoming. To view the course scheduling form for 2020-2021, please click [here](#).



Submissions for the Literary Arts Journal are open until April 1st. Submit artwork, prose, and poetry to setonlac@gmail.com.



There are still spots available for the high school Steubenville Conference this summer from July 10-12! (Click [here](#)) We are still looking for 2-3 male chaperones. Chaperones must be VIRTUS trained or willing to become trained. More information about the conference is available at the conference website: steubenvilleconferences.com/events/mc4/



STEUBENVILLE
CONFERENCES

Seton Baseball 2020 Tryouts

Tryouts for the Spring 2020 Seton Varsity and JH Baseball Teams will be as follows:

VARSITY BASEBALL TRYOUTS:

Monday, March 2, 2020 6:00pm - 8:00pm Metz Middle School Field**
Tuesday, March 3, 2020 6:00pm - 8:00pm Metz Middle School Field

JUNIOR HIGH BASEBALL TRYOUTS:

Thursday, March 5, 2020 3:30pm - 4:30pm Seton Gym
Friday, March 6, 2020 3:30pm - 4:30pm Seton Gym

NOTE: All times and locations are posted online via the Seton Sports calendar:
<https://setonsports.com/main/calendar/>

Please contact any of the following with questions:

Seton Athletic Director: Dan VanderWoude (sdvanderwoude@setonschool.com)

Varsity Baseball Coaches: Steve Clune (sclunev2@gmail.com), Steven Forman (steven_forman@yahoo.com), Mike Byers (mbyers@setonsports.com)

JH Baseball Coach: Brian Hudson (bhudson74@gmail.com)

Baseball Team Manager: Kristin Forman (kforman19@yahoo.com)

**Metz Middle School field is behind Metz School at 9950 Wellington Rd, Manassas, VA 20110



CONGRATULATIONS Mary Josephine Pennefather for reaching 1000 points!



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](#) and return to Seton with a check made out to Kathy Vestermark. 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. I hope to see you at RMS in a few weeks.



SPRING SPORTS

Please note the following teams' early season practice schedules:

Girls Varsity Soccer - Feb. 25, 27, 28; 3:30-5:00 at Grizzly Sports Complex(10600 Determination dr., Nokesville)
Boys Lacrosse - Feb. 25, 27, 28; 3:30-5:00 at Grizzly Sports Complex
Boys Tennis - Feb. 25, 27, 28; 3:30-5:30 at Metz Middle School (9950 Wellington rd., Manassas)
Varsity Baseball - March 2, 3, 5, 6 at Metz; 6:00 - 8:00 pm
Please see the sports website for game schedules: www.setonsports.com.
Jv and Jr. High Soccer will begin March 16 and 17 at Signal Hill Park; 3:30-5:00 pm

OPPORTUNITIES FOR THE SETON COMMUNITY

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.

Are you aware of the **affects of technology and social media on your children and teens** today? Come hear an expert with 30+ years of medical experience discuss what she has seen and how to create positive solutions for your family. Date: **Saturday March 14 7pm** Where: St. Andrew Catholic Church Clifton Free event-----See the [flier](#).

Saturday, March 21st 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.

Smith mountain lake condo for rent ! 3 bedroom 2 bath on the water . I will give special deal to seton families or friends ! Go the VRBO.com and type in 1293926 into the property ID space to see pics . I rent one week at a time during the summer but folks could always split a week. Call me for more details . 540-905-5647