



Sentinel



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Bob Pennefather, Director
Anne Carroll, Executive Director

A Weekly Newsletter for Seton Parents & Students

(703) 368-3220

UPCOMING EVENTS

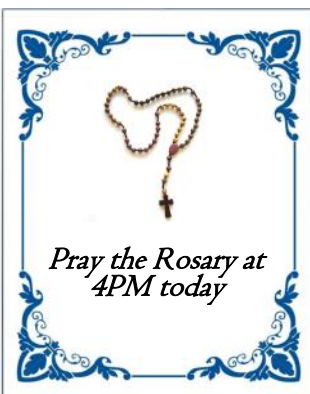
[Jan-June Live Calendar](#)

- Mar 19 St Joseph's Feast Day
Pray the Rosary at 4 today!
- Mar 22 4th Sunday of Lent
Penitential Pilgrimage at 1 PM
- Mar 25 Annunciation of the Lord
- Mar 29 5th Sunday of Lent
- Apr 5 Palm Sunday
- Apr 8 Spy Wednesday
- Apr 9 Holy Thursday
- Apr 10 Good Friday
- Apr 12 Easter Sunday



St Joseph pray for us

Students/Parents: Having technical issues with Online School? Email: studentsupport@setonschool.net



FROM OUR EXECUTIVE DIRECTOR, MRS. CARROLL



ON LINE SCHOOL AND OTHER BLESSINGS: As we move into the third day of on-line school, I am counting our blessings. We have a faculty that has risen to the occasion, with creative ways of distance teaching, putting forth all the extra effort needed to prepare new lessons and new ways of delivering the material. The faculty has also shown real camaraderie, helping and supporting each other. We have a Guidance Counselor who is demonstrating her love and concern for everyone in the Seton Community. We have a Director who is giving us inspired, practical, self-sacrificing leadership. We have parents who are supporting their children and the teachers. We have students who have shown resiliency and the ability to adapt. And we have our infinitely loving God who is giving us the grace to bear these Lenten crosses, especially the sadness of not being able to attend Mass. God bless all of you. Praised be Jesus Christ, now and forever.

PENITENTIAL PILGRIMAGES: When Gregory the Great became Pope in 590, Rome was a disaster area. The people had suffered through torrential rains, floods, and famine. And now the city was devastated by a plague. Gregory's first official action as Pope was to organize seven penitential pilgrimages through the streets of Rome. On the seventh, St. Michael the Archangel appeared and after that the plague ceased. The Romans didn't have to worry about a ten-person limit on gatherings. We do, but that doesn't mean we can't have some penitential pilgrimages of our own.

I encourage all our Seton families to organize their own family or neighborhood pilgrimages, even if it is only to walk around the block praying the Rosary. Already the Foeckler family has done such a pilgrimage, and the extended Pennefather family had a St. Patrick's Day pilgrimage to walk to All Saints and pray outside the chapel, where Jesus is present. On Sunday at 1:00 PM, the Maple-Quarry neighborhood will have a pilgrimage beginning in the main Seton parking lot and taking the Christ the King procession route, ending with prayers at the Grotto behind Corpus Christi.

Another advantage of a pilgrimage is that we are outdoors in the fresh air and sunshine. Dr. Foeckler has provided medical evidence that fresh air and sunshine combat viruses. Click [here](#) and [here](#). So let's improve our spiritual and physical health by a pilgrimage.

GROWING IN THE SPIRITUAL LIFE: For this week, please read, meditate on, and put into practice the advice in Mr. Heisler's Jupiter Ed message: [A highly recommended school-wide exercise/sacrifice](#)



FOR ALL SETON SCHOOL COVID-19/CARONOVIRUS MESSAGE UPDATES CLICK [HERE](#).

MASSES AND ROSARIES

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



PRAYER REQUESTS

Please pray for repose of the soul of Lillian Madan, Sister of Mrs. Salas and

pray for all those affected by the coronavirus and for the safety of the Seton community.

Thank You

Mrs. Godeanu providing the priests lunch on Friday and Fr. Koehr for saying Mass and Deacon Van de Voorde for leading our stations.

Some Spiritual Resources during the Coronavirus Restrictions

Daily Mass with Bishop Barron In an effort to continue the practice of our faith in these trying times, [join us online](#) for daily Mass. The video will be posted at 8:15 am each day. **BASILICA OF ST MARY** Livestream of [Mass each day EWTN](#) Mass each day live on cable TV at 8AM, Noon, 7PM, Mid-night, or on the EWTN app--open the app, click "video on demand," then "daily Mass" **CATHOLIC INFORMATION CENTER** [Livestream](#) of 9:30AM daily Mass/Adoration



Make an Act of Spiritual Communion by [St. Alphonsus Ligouri](#)



Magnificat During this difficult time, many of the faithful may be unable to attend Mass. To help them sanctify their day and to keep walking in the liturgical rhythm of the Church, we are honored to make our [online version](#) of MAGNIFICAT temporarily available to everyone for free.

Word Among Us is offering a free Digital Version of [Getting More Out of Lent](#) .



Eucharistic Adoration St. Andrews of Clifton open daily from 5:30AM to 9PM with Eucharistic adoration on Thursdays: 6 PM - 9 PM and Fridays: 9:30AM - 7 PM. All Saints is open 7AM-10AM and 5PM-7PM. Holy Trinity Church remains open and will continue Eucharistic Adoration with a limit of 10 people or less. Confession also continues at regular times in the parking lot. Click [Holy Trinity Updates](#) for all new info. In all cases, please be mindful of the "social distancing" parameters and stagger your seating. . **Come visit the Great Physician, ... be radiated, ... be healed!**

C.S. Lewis on the Coronavirus [here](#) & **While you are praying** [here](#) ~ Both by Mike Hadro, former Seton Parent



During this time of staying indoors remember the therapeutic value of fresh air and sunshine while maintaining the efforts to avoid spread of the coronavirus through hand washing and "social distancing". In addition bolstering your natural protection against viral infections includes getting GOOD sleep, destressing, and good nutrition and hydration.

Prayer to St. Rock (against sickness)

Oh God! Who didst promise St Rock, by our angels that all who had a recourse to him should have nothing to fear from pestilence and contagious maladies, grant that, through his intercession, we may be reserved from all dangers both of soul and body, through Jesus Christ, Our Lord. Amen. St Rock, Pray for us (3 times)

Social Distancing - IN; Gatherings - OUT

The U.S. Centers for Disease Control and Prevention has encouraged Americans to practice "social distancing" measures in an effort to slow the spread of COVID-19 through U.S. communities.

Symptoms of COVID-19 on average take five days to show up from the time of infection — but a person can still pass it on to other people during that time. So while it might be tempting to have one or two kids over, don't do it, says Dr. Asaf Bitton, a primary care physician and public health researcher affiliated with Brigham and Women's Hospital and Harvard T.H. Chan School of Public Health.

"Someone who comes over looking well can transmit the virus," Bitton wrote in a widely shared essay posted on Medium. But "even if you choose only one friend to have over, you are creating new links and possibilities for the type of transmission that all of our school/work/public event closures are trying to prevent," he wrote.

Dr. Jenny Radesky, a developmental behavioral pediatrician at the University of Michigan, says the goal is for parents to limit exposure, period. "My guidance right now to families is, as much as possible, do not have your kids in other people's houses. Do not have other people's kids in your house. There are times where for child care arrangements or for absolute necessity, you need to have one or two or more kids together. But if at all possible, really just keep kids at home."

Chaplet of Divine Mercy "I am asking each Seton family to say the

Chaplet of Divine Mercy each day in the three o'clock hour for Jesus to keep us safe and help in His merciful love to bring us closer to Him, which will bring us all closer to each other as a community."

Mr Bob Pennefather, Director, Seton School



Rosary Initiative Today at 4 PM

The following is a translation of the Pope's remarks regarding the rosary initiative:

Tomorrow we will celebrate the Solemnity of Saint Joseph. In life, work, family, joy and sorrow he always sought and loved the Lord, meriting the praise of Scripture as a just and wise man. Always invoke him with confidence, especially in difficult times, and entrust your lives to this great Saint.

*I join in the appeal of the Italian bishops who in this health emergency have promoted a moment of prayer for the whole country. **Every family, every faithful, every religious community: all united spiritually tomorrow at 9 p.m. in the recitation of the Rosary, with the Mysteries of Light. I will accompany you from here.***

We are led to the luminous and transfigured face of Jesus Christ and His Heart by Mary, Mother of God, health of the sick, to whom we turn with the prayer of the Rosary, under the loving gaze of Saint Joseph, Guardian of the Holy Family and of our families. And we ask him to take special care of our family, our families, especially the sick and the people who are taking care of them: doctors, nurses, and volunteers, who risk their lives in this service.

