



Sentinel



Volume 26, Issue 28
March 26, 2020



Bob Pennefather, Director
Anne Carroll, Executive Director

A Weekly Newsletter for Seton Parents & Students

(703) 368-3220

UPCOMING EVENTS

[Jan-June Live Calendar](#)

- Mar 29 5th Sunday of Lent
Penitential Pilgrimage at 1 PM
- Apr 5 Palm Sunday
Penitential Pilgrimage at 1 PM
- Apr 8 Spy Wednesday
- Apr 9 Holy Thursday
- Apr 10 Good Friday
- Apr 12 Easter Sunday

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

PRO POINTS

Parents, the online submission form is no longer available on the Seton website. Each family is responsible for submitting their earned PRO Points directly to Mrs. Cooper at setonoffice@setonschool.net. Thank you for volunteering at Seton School!

FROM OUR EXECUTIVE DIRECTOR, MRS. CARROLL



INTERCESSORY PRAYER: If you have a chance, please listen to Bishop Barron's Mass today on Wordonfire.org/dailymass. His homily is on the importance of intercessory prayer. Bishop Barron stresses that when we pray for others, we are bearing their burdens with them. At a time when it might be easy to focus on ourselves, God is calling us to look outward to those who are in need. I know many of you are already making intercessory prayer. Here are some intentions we can all add to our prayer list, if not already there:

- ✦ Pope Francis and all bishops, that God will guide them as they shepherd their flocks.
- ✦ President Trump, Governor Northrup, and

other civil authorities that they will make wise and prudent decisions to benefit the common good.

- ✦ For strength, courage, wisdom and compassion for all those in the health care fields, who are on the front lines of the battle with the coronavirus.
- ✦ For all those suffering from the coronavirus and other serious illnesses, that they will find healing and spiritual blessings in uniting their sufferings with Jesus on the Cross, and for their families.
- ✦ For all those who are dying, especially those who are dying without spiritual consolations, that they will repent of their sins so that they can enter into eternal life.
- ✦ For all those who have died in this pandemic and for all the souls in Purgatory. Eternal rest grant unto them, O Lord, and let perpetual light shine upon them.

Please send other petitions--whether general or specific--to the Sentinel, to be printed in each week's issue.

I. PRAYERS. I know that you have special prayers that you are saying for all the intentions associated with the coronavirus situation.

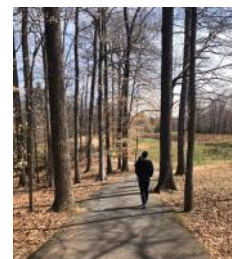
I am asking everyone to begin a novena specifically for two intentions: That the Mass will soon be available to us again, hopefully in time for Easter. That we will be able to return to school at the end of Easter vacation. I suggest beginning the novena tomorrow and praying through April 3, the Friday before Palm Sunday.

You can choose your favorite novena prayers, but I would ask all of us to unite to include the prayer of our patron St. Elizabeth Ann Seton (who is also patron saint of quarantines):

O Father, the first rule of our dear Saviour's life was to do your will. Let His will of the present moment be the first rule of our daily life and work, with no other desire but for its most full and complete accomplishment. Help us to follow it faithfully, so that doing what you wish, we will be pleasing to you. We ask this through Christ our Lord. Amen.

We trust in God and miracles are always possible.

II PILGRIMAGES. Many thanks to all those who participated in the Pilgrimage last Sunday. We will have another Pilgrimage this Sunday at 1:00 PM. Please gather in groups of NO MORE THAN TEN persons and keep social distancing. If you cannot come to Seton, we encourage you to have a Pilgrimage in your own neighborhood, as many of you have already done.



PRAYER REQUESTS

Please pray

that the Mass will soon be available to us again, hopefully in time for Easter

And

that we will be able to return to school at the end of Easter vacation.

We trust in God and miracles are always possible.



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





So many reasons to pray the **Chaplet of Divine Mercy** every day!

Vatican Grants Emergency Plenary Indulgence for Divine Mercy Chaplet | The Divine Mercy by Chris Sparks. Click [here](#).

Our Seton Director, Bob Pennefather is asking all families 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.

Pray the Chaplet of Divine Mercy at the "Bedside" of the Dying. Click [here](#).

You can pray the Chaplet in Song by clicking [here](#).



COURSE SCHEDULING FOR 2020-2021 When school closed on Friday, Mrs Montavon was conducting individual meeting with the Rising Seniors, Rising Juniors forms were due, and the Rising sophomores from Mrs. Prevoznik's class had their workshop. If you fall into any of these categories and have not turned in your completed form, please either mail the form to Seton School, 9314 Maple St, Manassas, VA 20110 (we are getting the mail) or email it to schedule@setonschool.net (pdf is the preferred method since pictures are hard to read, but we will accept both). If you check the box to have a meeting with Mrs. Montavon, we will be contacting you soon so you can get your questions answered.

If you are a Rising Sophomore in one of Mr. P's classes, a Rising Freshman, or a Rising 8th grader, we will be in touch soon via email with a revised course scheduling process. If you would like to start filling out the forms, please click [here](#) for the HS form and [here](#) for the 8th grade form. If you have scheduling questions, please email schedule@setonschool.net. If you have guidance questions, please email Mrs. Montavon at emontavon@setonschool.net.

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Congratulations to our students and teachers that had their Consecration yesterday on the Feast of the Annunciation!

Tim Heisler
John Robert Divietri
Dominick Tolentino
Caroline Griffin
Peter Reyes
Veronica Scheetz
Marie Heisler
Cece Pogue
Kevin Orellana
Rebekah DeWolf
Mary O'Malley
Emma Reynolds
Ailish Heisler



FROM THE GUIDANCE OFFICE During these challenging times, it is important to take time to intentionally find ways to relax and release stress. Mrs. Montavon would love to hear the creative ways that you and your family are chillin'. Game nights? Family Karaoke? Blowing up balloons and playing indoor volleyball on a rainy day and the winning team gets to pop the balloons? Creative prayer journal full of things you are grateful for? Writing letters to your grandparents? Knock Knock jokes at dinner? Send her an email and share your "stress busters". If you feel you want to talk with Mrs. Montavon directly about how you are doing, please reach out to her at emontavon@setonschool.net



Hey juniors and seniors...Carpe Diem--Seize the day...With your extra time (no sports, no activities, no musical practice etc) this is a great time to look for scholarships, explore colleges on Virtual tours, and also to study for SAT/ACT/CLT and AP Exams...

Stay tuned for a Resource List from the Guidance Department. Parents, if you have any great resources that you are currently using while homeschooling, please send links to cguyant@setonschool.net. A list will be compiled and shared with others to help us all while on this distance learning journey together.

More Spiritual Resources & Articles

Daily Mass Word on Fire is offering [daily mass](#) live at 8:15 from the chapel of Bishop Barron. Start your day celebrating Mass and participating in an Act of Spiritual Communion, conveniently presented on the screen during communion. You will be virtually celebrating Mass with people from all over the world!

Eucharistic Adoration 24 hour adoration at Holy Trinity Catholic Church. Click [here](#).

St. Jude Catholic Church, Daily Mass and Night Prayer with Fr Hudgins, click [here](#).

Marian Missionaries of Divine Mercy [livestream](#) of the community prayer of the Marian Missionaries from their private oratory in Lee, Massachusetts.

St. Elizabeth Ann Seton, Patroness of the Quarantine by Heather King, Click [here](#)

Cardinal Raymond Burke's **Message on the Combat against the Coronavirus, COVID-19**. Click [here](#).