



Sentinel



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April 2, 2020



Bob Pennefather, Director
Anne Carroll, Executive Director

A Weekly Newsletter for Seton Parents & Students

(703) 368-3220

UPCOMING EVENTS

[Jan-June Live Calendar](#)

- 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

ONLINE INSTRUCTION

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

FOR THE STUDENT JE TIP SHEET
CLICK [HERE](#).

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

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

GRATITUDE: My gratitude continues for all the wonderful Seton teachers and staff members, parents, and students for responding so well to the major changes in their lifestyle. I pray that this time is bringing all of us into more intimate union with our infinitely loving God.

OPPORTUNITIES FOR GRACES CLOSE BY:

- ✦ The Seton chapel is open daily. You may enter by the back door at the end of the brick walkway. Please follow the same restriction as to number of people (10) and minimum distance (6 feet)
- ✦ All Saints has expanded hours for prayers in the church, including many hours of Eucharistic adoration. Click [expanded schedule](#) for updates and [here](#) for the sign-up.
- ✦ Holy Trinity has perpetual adoration. Click [Holy Trinity Updates](#) and [here](#) for the sign-up.
- ✦ St. Andrew's has many online spiritual activities available as well as adoration and confession in the Church. Click [here](#) and scroll to the Lent section.



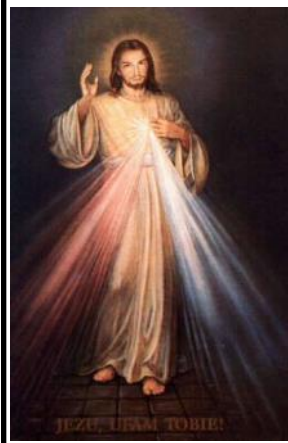
PRAYER REQUESTS

Please pray for Mrs. Mary Lalli, former teacher, mother of alums, and grandmother of Joey and Theresa who has Covid-19

CHARITABLE ACTIVITIES: Perhaps there seem to be fewer opportunities for love of neighbor, but that is not true. Here are a few examples to get you started: *Praying for others is always a great act of charity. Think of all the intentions we did not have to pray for in more normal times. The Mother of Mercy Free Clinic has especially requested prayers for their volunteers. *Reach out through calls and letters (not just email and text) to those who would like to hear from you and your children—relatives, friends you only contact at Christmas or not even then, medical personnel who especially need support at this time. I especially want to mention our priests. If we are missing our sacraments, think how much they are missing the opportunities to serve their people. *Make donations to charitable groups. Bethany Food Pantry at All Saints needs donations as does the House of Mercy. If you can go out to shop for them, please do so. Otherwise, made a monetary donation. *Think of people in your neighborhood who might need some assistance—the elderly, for example. Call or send them a note asking if there is anything you can do for them. *If you have found a special way to help others in this time, send it in to the Sentinel at sentinel@setonschool.net.

PILGRIMAGES: In view of the Governor's most recent executive order, families might consider making their pilgrimages around their neighborhood rather than coming to Seton. The Maple-Quarry neighborhood will be doing its pilgrimage here at 1:00 on Palm Sunday.





Seal The Doorposts! | The Divine Mercy

In this time of calamity, the Marian Fathers invite you to participate in a simple but incredibly powerful act of faith. To protect you and your family, we urge you to post an Image of the Divine Mercy on your front doors. Father Chris Alar, MIC, explains why.

www.thedivinemercy.org

Click [here](#) to print the image.

Fr. John Eckert, pastor at Sacred Heart Catholic Church in Salisbury, NC gave an amazing homily on his love for Our Lady of Fatima and the message of Fatima. Click [here](#), to listen and grow deeper in love and hope during these difficult times. It is only 13 minutes and will make your day!

When you listen to Fr. John he mentions St. Jacinta died alone, so many now are dying alone because of the corona virus. Let us continue to pray our daily Holy Rosary and the Divine Mercy Chaplet and remember to unite our prayers with them so God's grace and mercy will be there with them at their last moments on earth.



COURSE SCHEDULING FOR 2020-2021 Please submit your course scheduling forms to schedule@setonschool.net. There is also a course scheduling box just outside of the Seton HS building if you prefer to drop it off.

If you are a Rising Sophomore in one of Mr. P's classes, a Rising Freshman, or a Rising 8th grader, you will be receiving an email that will give you all the information you need to complete your course scheduling for next year. Click [here](#) to access the FILLABLE HS course scheduling form and [here](#) to access the FILLABLE 8th Grade course scheduling form. We would like to get all forms back by Tuesday, April 7th. If you have scheduling questions, please email schedule@setonschool.net. If you have guidance questions, please email Mrs. Montavon at emontavon@setonschool.net.

FROM THE GUIDANCE OFFICE

Click [here](#) for resource links put together by the Guidance Office with suggestions and ideas for your family to consider during this time of online learning and separation. Ranging in topics from academic, faith, online programs and outdoor activities, there is something for everyone.

Testimony of an Italian doctor: Julian Urban 38 years old - doctor in Lombardy:

Never in my darkest nightmares could I have imagined what I saw and experienced here in our hospital for three weeks. The nightmare is flowing, the river is getting bigger and bigger. In the beginning there were a few patients, then dozens and then hundreds. Now we are no longer doctors, we have become sorters on the assembly line and we decide who should live and who should be sent home to die, even though all these people have paid Italian taxes all their lives.

Until two weeks ago, my colleagues and I were atheists; that was normal, because we are doctors and we have learned that science excludes the presence of God.

I always laughed when my parents went to church.

Nine days ago, a 75-year-old priest joined us. He was a nice man, he had severe respiratory problems, but he had a Bible with him and we were impressed that he read it to the dying and held their hands.

We were all tired, discouraged, mentally and physically exhausted when we had time to listen to him.

Now we have to admit: we as human beings have reached our limits, that's all we can do, and more and more people are dying every day.

And we are exhausted, two colleagues have died and others are infected.

We have realized that where what man can do ends, we need God. We start asking Him for help when we have a few minutes; we talk to each other, and we can't believe that as wild atheists we are now searching every day for our peace and asking the Lord to help us resist so that we can care for the sick.

Yesterday the priest died, a 75-year-old pastor who, although we have counted more than 120 dead here in three weeks and we were all exhausted and devastated, despite his condition and our difficulties, has brought us a VREDE that we had not even hoped for.

The pastor has gone to the Lord and soon we will follow him as well if it continues like this.

I haven't been home for 6 days, I don't know when the last time I ate and I am becoming aware of my uselessness on this earth and I want to dedicate my last breath to helping others. I am glad that I have returned to God as I am surrounded by the suffering and death of my fellow human beings'.

More Spiritual Articles

Fr Jonathan Meyer at All Saints in Indiana Fr Meyer challenges all of us during this time of isolation. He directs us to a window of great possibilities. Please click [here](#) to view this amazing video.