



## UPCOMING EVENTS

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

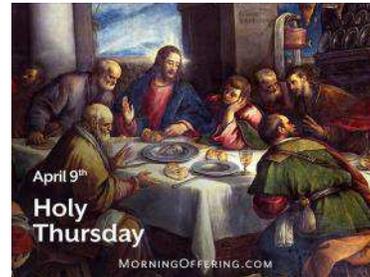
- Apr 9 Holy Thursday
- Apr 10 Good Friday
- Apr 12 Easter Sunday  
1 PM Pilgrimage
- Apr 9- Apr 17 Easter Break



*May all of our Seton families have a grace-filled Triduum and Easter Week.*

## FROM OUR EXECUTIVE DIRECTOR, MRS. CARROLL

**EASTER TRIDUUM:** The most sacred time of the entire liturgical year is the Easter Triduum. The Church begins the Triduum with the Mass of the Lord's Supper on Holy Thursday evening, commemorating the Institution of the Eucharist and of the Sacrament of Holy Orders.. The Mass includes the Washing of the Feet ceremony, reminding us that the Eucharist is the wellspring of charity and that authority is best expressed in self-sacrificing service. The Triduum continues with adoration following the Mass.



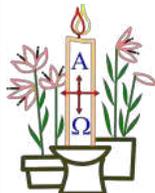
Then Good Friday is the only day in the liturgical year when no Mass is celebrated. The Church instead celebrates the Good Friday Liturgy, which includes Scripture readings (the Suffering Servant passages from Isaiah, the Letter to the Hebrews on Christ as our great High Priest, and the Passion narrative from the Gospel of John), the Solemn Intercessions (which this year will include a special prayer for



deliverance from the pandemic), Adoration of the Holy Cross, and Holy Communion. It is customary to keep the "Tre Ore", the three hours Jesus was on the cross (12 noon to 3:00 PM), in some special way and to pray the Stations of the Cross and the sorrowful mysteries of the Rosary. This is also the day that the [Divine Mercy Novena](#) begins, to conclude on Divine Mercy Sunday.



Holy Saturday has no liturgy during the day. This is a day of quiet preparation for Easter. We can unite our hearts with the Blessed Mother, Our Lady of Sorrows, who waited quietly on the first Holy Saturday. She still suffered, perhaps reliving the pains of her Son, but also interceding for all of us, that we would respond to the graces that His sufferings and death earned for us.



In the evening after dark, we celebrate the Easter Vigil in the Holy Night. The Paschal candle is enkindled, we hear Old Testament readings which prepared for the New Testament Paschal Mystery, the Gloria is sung, and the Easter Gospel is read. After the homily, we renew our baptismal vows and (in normal times) new Catholics are received into the Church. Finally, we have the Liturgy of the Eucharist and rejoice in the Resurrection, the fulfillment of the Redemption.



## PRAYER REQUESTS

*Please pray for*

*Brian Fimian, uncle of Seton alumna Meaghan Fimian, who is suffering with liver and pancreatic cancer*

*And for*

*Rest of the soul of Joan Fucci, grandmother of Jacob and Nicholas Fucci*

### ONLINE INSTRUCTION

Having technical issues with Online School? Email: [studentsupport@setonschool.net](mailto:studentsupport@setonschool.net)

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

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



Finally, we have Easter Sunday itself. We should make this a special day of family celebration. Observe as many of your family Easter traditions as possible. And remember to pray for those who suffering. The Easter season lasts for 50 days, until Pentecost Sunday. Continue to rejoice; continue to find the graces God intends for you and your family during this time.

*I wish all of you a most blessed and grace-filled Triduum, Easter Week, and Easter Season.*

**HOLY WEEK AT HOME:** Though we are missing the opportunity to celebrate in person the beautiful Holy Week liturgies, we must not let anything—not even a pandemic—prevent us from uniting ourselves with our Saviour Jesus Christ during this grace-filled time. Besides viewing the liturgies online, we can find other ways to make this Holy Week special. Here is a brief presentation by Christendom College president, Timothy O'Donnell, with some excellent ways for your family to celebrate Holy Week at home, click [here](#).

Another source for ideas is Seton mom Jennifer Gregory Miller, writing on catholicculture.org (published by Mrs. Mirus' husband Dr. Jeff Mirus). Her article covers all the days of Holy Week, but you can scroll down to find the Easter Triduum. Her article is "Holy Week in the Home during Quarantine." Click [here](#).

**REACHING OUT:** Here are a few ways that Seton staff and students are reaching out to others in this difficult time. First, the girls are continuing to send spiritual bouquets to Diocesan priests and seminarians, as they have all year. Second, Mrs. Duran and Mrs. Montavon are organizing an effort to provide joy and friendship for 60 international students who are sequestered at George Mason University, unable to go home. Families can virtually adopt these students for Easter. You should have received a Jupiter Ed message about this project. Please participate, if it is at all possible. Click [here](#) to sign-up (response needed today, 4/9 in time for Easter). See the message elsewhere in the Sentinel about what Mrs. Mee and the Seton Art Studio Students are doing for some of our heroic medical community.



**SETON IN THE NEWS:** Those of you who live in Old Town Manassas and surrounding areas have probably received a copy of the small magazine "Neighbors of Historic Manassas." The magazine is published by former Seton parents Debbie and Michael Wykowski. The April issue contains an article by Seton mom Jenn Lalli, "Top Ten Tips for a Run-cation" at Disney World. The magazine's feature family for the month is the Mitch and Simone Reddington family. Mrs. Reddington is our amazing Pro Beautification Chairman, and daughters Piper (7<sup>th</sup> grade) and Hailey (9<sup>th</sup> grade) are Seton students. Finally, we have "Hamlet Unmasked: The [Seton] Class of 2020 Presents Hamlet Night." Seton senior Rose Sladky describes this long-time Seton senior class tradition. In addition, the Arlington Catholic Herald for April 2-15 has an article written by senior Theresa Dwane on the senior retreat, "A Day of Scholarship and Spirituality." Click [here](#) to read the article (on page 27). Finally, Novahoops.com featured freshman Mary Pennefather in an article in their April 1 issue, "2019-2020 All-NOVA Freshman Girls Team." Click [here](#) for the article.



### SEVEN ALTARS OF REPOSE

Arlington diocese offers virtual pilgrimage for Holy Thursday sponsored by YAM

Beginning at 9 PM. The seven churches will include virtual visits to: St. Anthony's Mission, All Saints, St. Anne, the Nativity, St. John the Apostle, Sacred heart of Jesus, and St. Andrew. The pastor of each parish will include a 5 minute reflection and time for adoration and private prayer. A prayer guide will be provided. Click [here](#) for more info.

CLICK [HERE](#) TO PARTICIPATE



### PRAY TO ST. JOSEPH, POWERFUL INTERCESSOR, FOR THOSE WHO ARE SUFFERING GRAVE ILLNESSES

*Oh St. Joseph whose protection is so great, so strong, so prompt before the throne of God, I place in you all my interests and desires. Oh St. Joseph do assist me by your powerful intercession and obtain for me from your divine son all spiritual blessings through Jesus Christ, our Lord; so that having engaged here below your heavenly power I may offer my thanksgiving and homage to the most loving of fathers. Oh St. Joseph, I never weary contemplating you and Jesus asleep in your arms. I dare not approach while he reposes near your heart. Press him in my name and kiss his fine head for me, and ask him to return the kiss when I draw my dying breath. St. Joseph, patron of departing souls, pray for us. Amen.*



### More Spiritual Articles and Prayers

**The Surrender Novena** This priest was Saint Padre Pio's spiritual director! Click [here](#) for the novena.

**Meditation for a Time of Pestilence** by Abbot Philip Anderson on Palm Sunday, 2020. Click [here](#) for the homily.

## FROM OUR DIRECTOR, MR. BOB PENNEFATHER

Dear Seton Community,

Graces continue as we all suffer during this time without the mass. The first obvious grace I have experienced in the time is that over ten Seton families have contacted me wanting to ensure that others in our community do not go without in this period of economic turmoil.

When you have faith you recognize that ultimately faith is all you have, and that the rest is really God's. With that in mind, I implore anyone who is struggling to provide for their family to call me at 571-247-6124. It is a grace for all when we help each other with our crosses.

The second great grace occurred when I was on a Bristow walking path and met up with two Seton graduates Patrick Grenier and Teresa Meyers, now Mrs Grenier. They were with five joyful children frolicking in the sunlight and said they were waiting for their sixth to be born in a number of months. Patrick explained that he was in IT and that everyone at work thought he was crazy for having so many children, but that he and Teresa could not be happier.

The greatest fulfillment we Seton teachers and staff experience is seeing the beautiful and faith filled lives of our graduates. In their pro-God, pro-life and pro-family filled lives they find the type of complete joy Christ spoke of in the Gospels.

On Palm Sunday I experienced a third great grace. For our mass viewing, my wife and I chose to watch the mass of St. Mary's in Fredericksburg since Beatrice's sister said Seton graduate Fr. Sean Koehr would be giving the homily. Fr. Sean is obviously filled with the joy of living out his special vocation to the priesthood. He exceeded our high expectations and gave a beautiful homily focusing on trusting in God. I encourage you to look for it on the parish website.

On this Holy Thursday we all share a common sense of suffering that we can unite to the suffering of Our Lord in His Passion. With recent events, it has helped me to recall the words of St. Padre Pio, "If we knew the good that comes from suffering, we would never ask for it to be taken away." Have a blessed Easter.

Take Care and God Bless-Bob

## SETON ART STUDIO STUDENTS SEND MESSAGES TO THE FRONT LINES OF THE CARONAVIRUS



Mrs. Mee asked her daughter, nursing supervisor at UVA Med Center and Seton alum, what her family could do for the hospital and what they needed the most. Lauren said signs of encouragement were most especially needed and appreciated as the doctors, nurses, and medical workers walked onto the frontlines. They were well stocked with supplies and even had a pressurized building ready to open, but the workers were heavily burdened with their tasks and the threat of the hidden enemy, COVID-19. They really needed psychological encouragement the most. So, the Seton Art Studio students busily prepared two dozen colorful thank you posters with unique words of encouragement and virtually sent them to their Studio Art instructor to gather. The Mee IT brothers perfected the images and

virtually sent them to the hospital, via a Staples pick-up delivery helper in Charlottesville. There was a variation of beautiful, simple, professional, funny, inspirational, graphic, Godly, and tear jerking messages sent virtually to our heroes at University of Virginia Medical Center.

We sincerely hope this effort will lift the spirits of our medical workers as they cope with this 2020 pandemic. If Seton parents or their friends would like two dozen wonderful artistic images for their own local hospitals, please contact Mrs. Jane Mee at meefam7@gmail.com if you wouldn't mind sponsoring one set or more of cardstock color copies and laminations or clear plastic sleeves for display in local or long distance hospitals of your choice.



Click [here](#) to view all the art projects.



### COURSE SCHEDULING FOR 2020-

**2021** All current Seton students should have received information about course scheduling. I have had a wonderful response. Thank you for all who have already submitted their forms! Click [here](#) for the HS Form and [here](#) for the 8th grade form. Forms are also available on the website and in the School Office files of JE and attached to the Sentinel email (please download them prior to filling out or the information will not be saved). We also created guides for those grades who did not get their course scheduling workshops. For the 10th grade guide, click [here](#). For the 9th grade guide, click [here](#), and for the 8th grade guide, click [here](#).

Please email your completed forms to [schedule@setonschool.net](mailto:schedule@setonschool.net). If you checked the box to have a phone meeting with Mrs. Montavon, we will be contacting you soon. Questions? Email [schedule@setonschool.net](mailto:schedule@setonschool.net).

Thank you for your patience and understanding as we try and get course scheduling done virtually!

SETON & HOUSE OF MERCY FOOD FIGHT:  
A STUDENT-POWERED FOOD & FUND DRIVE

**JOIN  
THE  
FOOD FIGHT**

Competition Time Line: March 6<sup>th</sup>-18<sup>th</sup>



Remember the Food Fight we had before Seton closed? Well all your donations were taken to the House of Mercy and here is the trophy the winning classes will have their grades engraved on. We had 5 big boxes and lots of little boxes and loose cereal. The 8th and 10th graders were the winners. Thank you so much for participating and making a difference. I'm sure the food is going to good use during this pandemic!

### SETON'S GOT TALENT



Do you want to win \$200? Want to heighten awareness about the corona virus in a positive manner while sharing our amazing faith? Enter the Seton's Got Talent Music Video Contest. Take a break from your everyday affairs and do some fun family bonding.

CLICK [HERE](#) FOR THE FLYER. CLICK [HERE](#) FOR INSPIRATION.

### BIG BROTHER/BIG SISTER PROGRAM

**Attention Seniors:** Please remember to contact your little brothers and sisters during this quarantine time.

CLICK [HERE](#) FOR IDEAS OF WHAT YOU CAN DO TO STAY IN TOUCH.

### AP EXAM INFORMATION

Mrs. Reyes sent out important updated information about AP exams. Please click [here](#) for all the information. Click [here](#) for AP Coronavirus Updates directly from College Board.



### FROM THE GUIDANCE OFFICE

Take a look at these ideas to inspire your creativity as well as ways to stay connected with others.

1. Choreograph a fun dance with your family members (including your mom and dad!) Also, don't forget about the Seton's Got Talent Contest opportunity to make the best musical video based on the song "Do Something" by Matthew West. Deadline is April 24. Click [here](#) for more info.
2. Invite a classmate to exercise remotely with you and keep tabs on each other (make up your own challenge -walk a mile a day/ 50 jumping jacks in two minutes or find a class online).
3. Take turns making dinner with the rest of your family. Try a new recipe and have a taste test review afterwards.
4. Send your friends or out-of-town family members voice memos, letting them know what you appreciate most about them. They get to save the memo and replay it again and again! OR send them an "old fashioned" card or letter!
5. Try journaling...it is easy, just write down your thoughts, concerns, joys, prayers, something that made you smile and any ideas that come to mind. Write once a day or whenever you feel like it--it will be a really cool thing to read later when we are all back to our regular lives --:)

Don't forget to check out the resource links by clicking [here](#).

### TENTATIVE SUMMER SCHOOL SCHEDULE



Please click [here](#) for our tentative Summer Schedule and [here](#) for our Summer Reading List. Click [here](#) for Mr. Vander Woude's Basketball Camps and [here](#) for this years Camp Veritas information. More summer information is forthcoming.

### AN EASTER TRIDUUM MEDITATION

An Easter Triduum meditation from one of our students: "Brothers and Sisters, as we enter into the most important week of the year, I invite you to take a quiet moment in a prayerful space and listen to this song *Even Unto Death* by Audrey Assad. Place yourself at the foot of the cross on which He will hang this Friday out of His deepest love for you, and allow Him to overwhelm your weakness and brokenness with His all-consuming love. See His face as He endures the greatest pain imaginable: He is too weak to smile... but His eyes smile upon you, His beloved. Let Him love you from His cross. I am praying for each one of you!" Click [here](#) for "Even Unto Death" by Audrey Assad.

