



UPCOMING EVENTS

[Live Calendar](#)

- Sept 25 Admissions Testing
- ~~Sept 30~~ Picture Day is POSTPONED!
- Oct 2 Sons of the Most High at Koehr
- Oct 6 Oktoberfest during both Lunches
PRO Parent Event 7PM
- Oct 9 JH Social 4-6PM
- Oct 11 Columbus Day—SCHOOL IN SESSION
- Oct 12 Col P Golf Tournament
- Oct 13 PSAT for 9th, 10th, 11th Grade
- Oct 14 Rent-A Teacher Haiti fundraiser
- Oct 16 SAT Prep Class (click [here](#)).
- Oct 22 End of 1st Quarter
- Oct 23 Admissions Testing
Fall Play 7PM
- Oct 24 Fall Play 2PM
- Oct 30 Halloween Dance 7-9:30 PM
- Nov 1 All Saints Day—NO SCHOOL
- Nov 7 Open House 2-4 PM

FROM OUR EXECUTIVE DIRECTOR, MRS. CARROLL

DAUGHTERS OF THE KING:

Thank you, Mrs. Dalrymple, and all parents, staff, students and guests who made this year's Daughters of the King event a grace-filled success.



PRO-LIFE WITNESS:

The Daughters of the King apostolate at Seton is sponsoring a trip to the Falls Church abortion facility to witness to life. They have invited juniors and seniors to participate in a prayerful presence at the facility beginning at 7 AM this Saturday, September 25. If you can't join them in person, please join them in prayer.

WISDOM FROM FATHER KOEHR, INSTALLMENT THREE.



Good news about relationship with Jesus: even if we go years without reciprocating his offer of love...he never stops spilling his heart for us...he never stops entrusting his Sacred Heart to us...his heart never hardens toward us. He is thirsting THAT passionately for intimacy with you. "I thirst" ...Behold the man who wants to entrust his heart to you...Over and over in Sacred Scripture, God says, "I don't want your sacrifices I want your heart!"

How do I reciprocate God's vulnerability? How do I invite him into my heart? It is only possible if I am aware of what's in my heart. To grow in intimacy with God, I first have to become aware of what's going on in my heart. What do I discover when I glance interiorly (what's going on inside of me)? We call them affective movements—Thoughts, Feelings, Desires. These can be in your present experience or your remembered experience. What do I do with these movements?

There are 4 distinct moments in any deepening relationship. Any relationship needs these to grow. The acronym is ARRR: Acknowledge, Relate, Receive, Respond.

Acknowledge: Notice, see, name, attend to, become aware of thoughts, feelings and desires that are moving in my heart. Notice: Not analyze, critique, prioritize, judge or filter – but simply notice. The good the bad and the ugly, significant and trivial, the noble and the petty, the excellent and messed up. It is simple but not easy. We are not in the habit of noticing. We need to stop and think.

We live in a culture of distraction which draws us to pay attention to external rather than internal. We feel alone so we text 50 people. We pick up the phone, scroll back and forth, check email 5 times in a row. Why do we seek distraction? We seek distraction when what's in the heart is painful, difficult, frightening, overwhelming or ugly. We don't want to look at these things.

Have you ever done yardwork or playing as a kid and lifted up a rock in your backyard or in the woods that's been there a while? When we don't acknowledge what's in our hearts so it's easy to deceive ourselves. "I'm a good person" But if I actually reflect on my behavior...I notice the gossip, impurity, anger, envy, backbiting, selfishness..." When I really face it, it can be overwhelming...so I drop the rock... (to be continued)

MASSES AND

ROSARIES

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



PRAYER REQUESTS

Please pray for the repose of the soul of
Bernard Hudak,
grandfather of Mrs. Cobos

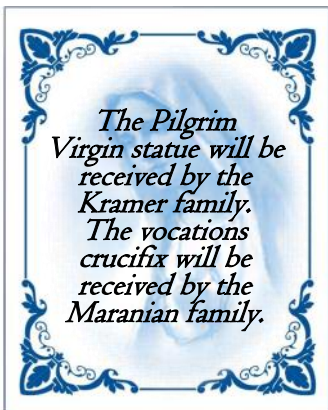


Every Monday and Thursday:
Papa Johns Pepperoni or Cheese
Pizza -\$1.50/slice

Thank You!
Mrs. Pacheco for providing the priests lunch and dinner for Mrs. Carroll and Mr. Westhoff, and Fr. Koehr for saying our Friday Mass!



I have a question about...Who do I call?
Click [here](#).





SONS OF THE MOST HIGH, SAT OCT 2 AT KOEHR MANOR IN WARRENTON

Your sons are invited to participate in a fun and faith filled outdoor event for Seton guys on Saturday, Oct 2nd held at the Koehr's in Warrenton. "

[SIGN UP HERE!](#)



PRO PARENT EVENT: OCT 6 AT 7PM THINGS I WISH I KNEW BEFORE BE- COMING A SETON PARENT

All are invited for the first PRO Parent Event Wednesday 10/6/21 at 7pm. Join us as we listen to a panel of some veteran/current parents discuss pertinent aspects of our wonderful school. Questions to follow from new and current parents are welcome. [Sign up here.](#)



PSATs: Oct 13

The PSAT and PSAT 8/9 exams will be administered beginning at 8:20 a.m. on Wednesday, October 13, for students in 9th-11th grades. Information was distributed to students this week and is also available on the guidance page of our website. Click [here](#) for the 10th and 11th grade guide and [here](#) for the 9th graders. Please contact Mrs. Reyes (smreyes595@gmail.com, 703-331-3587) if you have any questions or if you know ahead of time that you will be absent for the exam.

SETON'S DATA CLUB will have another introductory session this Fri 9/24 after school for those students and parents that weren't able to make it to the one last Friday. Regular Club meetings will begin next Friday, Oct 1 at 3:15 and run every other Friday from 3:30 to 5:30pm. Email jeb.linton@gmail.com with questions.



A comprehensive, socially-distanced, 2½-hour class is being offered for the upcoming Nov. and Dec. SAT tests. This class is focused solely on the mathematics sections and will benefit students who struggle with math and want to improve their testing scores.

Topics include:
 • Strategies for dealing with difficult, time-consuming questions
 • Review of the latest SAT math problems and strategies for answering them
 • Q&A: bring your questions and we'll solve them together!
 You must register at <http://tinyurl.com/16m2J23> (link expires 9/24/21)
 When: 9:15-11:30a on Saturday, October 16th, 2021
 Where: St. Agatha classroom at Seton High School
 2214 Maple Street, Monmouth, VA 22070
 Who: Matt Fisher (mattfisher@seton.com)
 A \$20 fee applies with the pre-attending experience
 Cost: \$20/student
 Bring cash or check to class; credit for digital payments (Venmo, Cash App, Zelle, etc.)
 Make sure to bring pen/pencil, paper, snacks and any SAT math questions you want answered!

WEEKLY COMMUNITY ROSARY AT SETON

Starting this Sunday, September 19th, and every Sunday thereafter, at 3PM at Mary's Grotto behind Seton's Corpus Christi we will implore Mary's help, praying the Memorare, followed by the Rosary, seeking her intercession for our Families, Church, and Country. Bring the kids. Everyone is invited to join in.



OUTERWEAR ORDER Seton's second outerwear order is now open! Until Oct 1, you can order Seton-approved jackets online. Click [here](#) for more information or contact Catherine Cobos at catherine.cobos@gmail.com.



COLLEGE VISITS HAVE BEGUN!

Students are encouraged to stop by the table set up in the main lobby during both lunches to learn about what these schools have to offer (majors, scholarships, programs, etc.)

- Franciscan University - Sept. 16**
- University of Dallas - Oct. 5**
- Catholic University - Oct. 19**
- Belmont Abbey - Oct. 21**
- Benedictine College - Nov. 4**



A GREAT DAY FOR A GOOD CAUSE

"COLONEL P." MEMORIAL GOLF TOURNAMENT
 TUESDAY, OCT. 12, 2021

21st Annual

SETON SCHOOL ATHLETIC DEPARTMENT

setongolf.com

Again at the PIEDMONT CLUB

SPONSOR, DONATE, OR PLAY
 All Proceeds Support Building Active, Happy, Healthy, Wholesome Seton Students Through Athletics.
 Seton Athletics' ONLY Fund Raiser

MORE INFORMATION & REGISTRATION
setongolf.com

OPPORTUNITIES FOR THE SETON COMMUNITY

Holy Family Academy's **Annual Michael Pennefather Memorial 5K and Color Fun Run** will be held on **Sat, Oct 9th** at 9:00 at Signal Hill Park. See the [flyer](#) for details. Click [here](#) to register.

Please consider joining the **Annual Public Rosary Rally** at Sacred Heart Parish at noon on 16 Oct. The Rosary Rally will be held on the corner of Purcell and Hoadly Roads (on the sidewalk in front of the Walgreens Pharmacy). While there are several other Public Rosary Rallies that have recently been started, nevertheless, just like children and flowers, we can never have too many Rosaries. We have held this event every year for the last 12 years. Click [here](#) for the flyer.

Free kittens! Call Barbara REMINGTON at 703.650.8820.

Violin Lessons. Call Marie Butcher (Barbara Remington's mother) at 904.206.0314.

Free chinchilla to a good home. Our daughter has developed an allergy to her chinchilla so it needs to find a new home. It's a great pet, friendly, likes to be handled and normally hypoallergenic. Comes with cage, toys, food etc. Please call or text 571.358.4688.



Job Opportunity: The Frank Spicer Jr. Insurance Agency in Fairfax is looking for its next Insurance Advisor! If you are looking for a career in the insurance industry click [here](#) to learn more and apply today!