



# Sentinel



Volume 28, Issue 5  
September 30, 2021

Bob Pennefather, Director  
Anne Carroll, Executive Director

A Weekly Newsletter for Seton Parents & Students

(703) 368-3220



## UPCOMING EVENTS

[Live Calendar](#)

**Every Monday and Thursday**  
Papa Johns Pizza -\$1.50/slice

- Oct 2 Sons of the Most High at Koehr's
- 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 [Field Trip to Eucharistic Miracle Presentation in Fredericksburg](#)  
End of 1st Qtr
- 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



**THANK YOU, MRS. PEREZ:** Mrs. Perez and her Rosary-making crew have donated 400 Rosaries to Seton. These Rosaries will be available to the students for holy hours and other occasions. Our Lady has used Mrs. Perez and her friends as instruments to send thousands of Rosaries around the world. If anyone would like to participate in Mrs. Perez's Rosary-making apostolate, or make donations for supplies, please contact her (571-575-2259). Participating in this apostolate will bring you many graces.

**THANK YOU** to all those who donated to the Haiti collection on the feast of St. Wenceslaus. We raised almost \$500.

**WISDOM FROM FATHER KOEHR:** Installment Four of Father Koehr's talk on prayer at the faculty retreat. This installment continues describing a good prayer method (AAAR: Acknowledge, Relate, Receive, Respond). We'll repeat the last few lines of Installment Three.

### Acknowledge

When we don't acknowledge what's in our hearts it's so easy to deceive ourselves

"I'm a good person" ...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.

We don't need to be afraid – God can handle it, we have confession. When I was a kid, I was with my dad in the car, stuck behind a trash truck, watching the guy chuck these big bags. The truck would start driving to the next house, and he'd hop on the back while it was moving. I just said dad, it's settled. I want to be a trashman when I grow up. (At first he thought, that's easy don't do your algebra homework.) I tell you that story because I grew up to be a trashman. I take out other people's trash every day when I hear confessions and it's awesome. I get to incinerate your sins in the fire of God's mercy.



So why is it so important to acknowledge and face what's in my heart? The HEART is the battleground between the Holy Spirit and the devil. Failure to be aware of what's going on in your heart is like a soldier who goes deaf and blind on the battlefield. The Devil wants to keep us deaf and blind. Once we become aware, God can easily kick out evil.

### Relate

What happens if we just sit there acknowledging what's going on in our hearts? That's just brooding and introspection. We can get trapped in narcissistic self-absorption. We need to honestly relate it to God, tell Him all about it, entrust the content of my heart to God. This takes a huge interior leap of faith. We must be aware in faith that God is present. He listens, sees, cares, and takes interest. The act of entrusting is an act of faith in His love for me. It disposes my heart to receive a greater lived experience of that love that I can share with others.

**A common objection:** Doesn't God already know because he's omniscient.? But God respects our freedom. Yes, God knows me better than I know myself. But God invites us into intimacy. He never forces himself on us.

He wants us to freely reveal ourselves to Him. God does not need a news update, but He wants us to entrust everything to Him. This entrustment disposes our hearts to receive all He wants to give us.

## 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*  
*Mary Alice Goldsmith*

*Thanksgiving:*  
*Little Ines Maher is much better and coming home from the hospital.*



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



## Thank You!

*Mrs. Mosimann for providing the priests lunch and dinner for Mrs Carroll and Mr. Westhoff, and Fr. Vander Woude for saying our Friday Mass!*

**READING RECOMMENDATION:**

Ways to gain plenary indulgences during the Year of St. Joseph by imitating his virtues. Click [here](#).

**VIEWING RECOMMENDATION:** Inspiring lecture by Justice Clarence Thomas. Click [here](#).



Come join us at 3PM every Sunday at Mary's Grotto behind Seton's CC Building to implore Mary's help, praying the Memorare, followed by the Rosary, seeking her intercession for our Families, Church, and Country. Everyone is invited!

**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.

**PRO PARENT EVENT: OCT 6 AT 7PM  
THINGS I WISH I KNEW BEFORE BECOMING 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](#).



Come celebrate with us during your lunch period on Oct.6th. Join in our games, music, dancing and parade.

Enjoy an authentic German lunch consisting of grilled bratwurst, potato salad, pretzels, dessert and a drink all for just \$5! Ticket holders will also be eligible to enter our raffle for a grand prize.

All are welcome!

**SETON FIELD TRIP**

Seton School has been given this amazing opportunity to attend the Eucharistic Miracles presentation on October 22nd. Please click on the flyer for more information. Click [here](#) for the Field Trip Form. All students are expected to attend this grace-filled event. **FORMS AND MONEY ARE DUE BY THE END OF THE SCHOOL DAY ON FRIDAY, OCTOBER 8.**

SCIENCE HAS PROVEN THE REAL PRESENCE IN

# Eucharistic Miracles

DR. RICARDO CASTAÑÓN GÓMEZ

Tickets are FREE but must be secured online:

**October 22, 10am**  
bit.ly/FridayMiracles

**October 23, 10am**  
bit.ly/SatMiraclesEnglish

**October 23, 2:30pm**  
bit.ly/SatMiraclesSpanish

Group: Tickets \$3 or more  
smreycast23@gmail.com

Visit [www.frednats.org](http://www.frednats.org) or call 840-273-8497 for more information.

**Friday, October 22**  
10AM | YOUTH PROGRAM  
MIDDLE & HIGH SCHOOLS ENCOURAGED TO ATTEND

**Saturday, October 23**  
10AM | PRESENTATION IN ENGLISH  
2:30PM | PRESENTACIÓN EN ESPAÑOL

FRED NATS BALLPARK  
42 JACKIE ROBINSON WAY  
FREDERICKSBURG, VA 22401

Fred Nats  
ST. MARY  
1855 S. 13th St  
Arlington, VA 22204



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**OPPORTUNITIES FOR THE SETON COMMUNITY**

Please join us for a special virtual pilgrimage to the heart of our spiritual father beginning Thurs, Sept 30 at 6PM PST and ending Sun, Oct 3rd at 6PM. The summit will help you develop a greater devotion to Saint Joseph and learn how to protect yourself, your marriage and your family against evil. The Free 3-Day pass includes access to all the talks, including Cardinal Dolan, Archbishop Cordileone, Father Donald Calloway, Dr. Scott Hahn, Leah Darrow and many other amazing speakers. Click [here](#) to register and learn more.

Holy Family Academy's **Annual Michael Peneffather 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 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.

**HELP NEEDED:** Manassas Catholic family looking for an in home helper for 2 elderly parents from 10AM -2PM, Monday-Friday, in need of meal preparation, light housekeeping and transportation to and from appointments. \$20hr if interested please contact Kelly at 571-300-3591.