



THE INQUISITOR

IN THIS ISSUE

- Student Day of Prayer
- New at Seton
- March Saints
- Spring Sports
- Your's Truly Julie
- Lenten Meals
- Easter Jollification
- History Recordings
- Spring Fashion

Student Day of Prayer

Mary Curran

This year, students from Christendom College in Front Royal, VA led the annual retreats at Seton School. The retreats lasted the length of a normal school day and were to help the students to deepen their knowledge of who God is, to grow in an intimate relationship with Him, and to develop a better understanding of their mission in life. Both retreats offered the sacrament of Confession, the Holy Sacrifice of the Mass, and Eucharistic Adoration.

The entire school attended, but the girls and boys each attended on their own day. Additionally, the students were further broken out by grades 7-8, 9-10 and 11-12. The students particularly enjoyed that aspect as the information was geared to their age group, and they felt comfortable sharing their thoughts with their peers.

For the high school girls, there was an introductory speech on "looking to our roots," and "authentic femininity," that discussed how we should focus on setting good, firm roots by discovering who we are and who we should be. Middle school girls focused on the "women they would become".

When asked what she thought of the retreat, one student said, "I thought it was beautiful and it was great how I could connect with the Christendom girls who were so close in age to me. I really feel as if I benefited from it spiritually. Eucharistic Adoration was especially beautiful."

One student said of the men's retreat, "I really liked it compared to other years. The talks were interesting and relatable to my life."

After each lecture, the students broke into small groups, each led by a Christendom student where the talks were discussed thoroughly. A panel was then offered towards the end of the retreat where questions could be asked anonymously and answered by Christendom students.

The annual student retreats are always a much-anticipated day of reflection and an opportunity to refocus our relationship with Jesus while living out our faith in the world. This year did not disappoint, and we are so grateful to the Christendom College student teams for leading us.



Coming Soon to a School Near You!

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As the Seton community continues to grow each year, we have been blessed with more opportunities for learning. For the 2022 to 2023 school year, Seton will offer a few new courses which will give students more variety in their schedules as well as unique options for academic growth. Below is a run-down of the new courses and a brief description:

3D Printing

The first semester 1/2 credit 3D Printing class will be offered in either 1st or 2nd semester next year. Students will have the option of selecting which semester they wish to take the class and will take either a Study Hall or possibly a 1/2 credit class along with it.

Theology of the Body and St. Paul

This new class will be taught by both Mrs. Prevoznik and Mrs. Duran. Each teacher will take a semester and teach a small class about either St. Paul, taught by Mrs. Prevoznik, or Theology of the Body, taught by Mrs. Duran. Mrs. Duran answered some questions about her part of the course to give a better understanding of what it's all about.

Why do you want to start teaching this course? "When a woman sees that TJ Maxx is having a one day sale, where everything is half price, you want to call all your friends and tell them about the good find. The same is true when I discovered Theology of the Body (TOB). You can't keep TOB to yourself, you want to tell the whole world about what you've learned because it makes sense. I've been taking all the amazing points I've been learning and dropping them in my 10th grade class, now I want to teach a semester course to older students. For the past 8 years I attended the Theology of the Body Institute, where I completed over 250 classroom hours studying the masterwork of John Paul II. The catechism answers the many deep questions of life including, 'Who am I? Why am I here? How can I be happy? Why do I experience all these deep longings in my body and soul and what am I to do with them? What is my ultimate destiny and how do I get there?'"

Could you summarize what the course will be about/ the main purpose or idea? "Totally relying on the Spirit of God, I intend to address some broad areas of TOB, including, God's original plan for men and women, the fall and redemption of the body and sexuality, the eternal marriage of Christ and the Church, and the

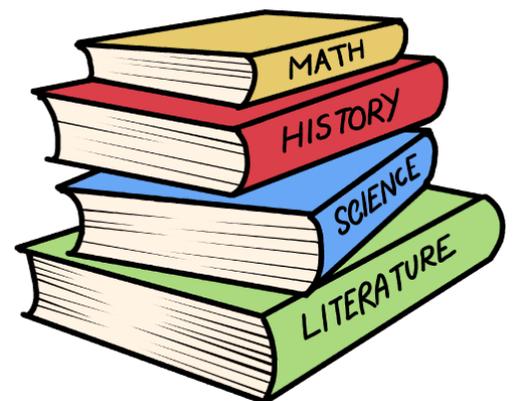
integration of body and soul and celibacy and marriage and how they complement one another. Keep in mind I'm only touching on the tip of the iceberg, so to speak. JP2's work is deep and immense. My prayer is that our students once in college, will seek out a TOB course and fall madly in love with JP2's writing because they've allowed themselves to be vulnerable to Our Lord who is constantly calling and desiring daily intimacy with each and every one of them."

The second half of the year: "The second half of the year is on St. Paul and it will concentrate on him as both man and messenger. We will study his background and details on the culture of the time, both that from which he came and those to whom he preached. Diving into his message, the course will focus on its application to modern culture and the daily life of the contemporary Catholic Christian through studying selected letters."

English 12- Dual Enrollment

Mrs. McIntyre explained, "English 12 will be offered as a Dual Enrollment class starting next year. While the details are still being sorted out, students will earn 6 college credits. The course will include BOTH literature AND composition. Mrs. Yeago will be teaching this class."

The Seton faculty is excited to offer these new classes for the fall of 2022! Make sure to sign up for electives you're interested in for a well-balanced and engaging academic year.



March Saints **Anabel Clune**

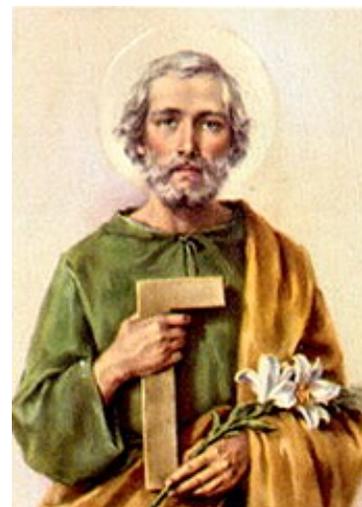
Among the many saints of March, Saint Patrick and Saint Joseph are the two most celebrated saints. Both are celebrated by Catholics all over the world, and St. Patrick's Day is celebrated even by non-Catholics.

Saint Patrick is known for his widespread conversion of Ireland. As a young boy, he was captured and brought to Ireland as a slave. When he finally returned to his home in Britain, he had dreams that urged him to go back to Ireland. He finally went back to Ireland to live out his calling from God. Patrick started out as a priest and went on to be a well-known Bishop. He converted all of Ireland, a true accomplishment. He also "chased the snakes out of Ireland" which, funny enough, is true to this day. He proudly lived out his vocation and succeeded in everything God called him to do. His feast day is celebrated by all, Catholics and non-Catholics, and of course it is especially celebrated in Ireland. His feast day on March 17 is the time to dress up in green and remember all that he has done for the people of Ireland. Saint Patrick is the patron saint of Ireland.

Saint Joseph is the foster father of Jesus and husband of Mother Mary. Many Catholics have strong devotions to him and he works many miracles. Mary had conceived Jesus by the Holy Spirit before she and Joseph had been married. After an angel appeared to Joseph to tell him to take Mary as his wife, he placed his trust in God and went on to have a life with Mary and raise Jesus. Like Mary, Joseph gave up much to follow God's plan for him, a strong example of total surrender to God. He is the patron saint of fathers, carpenters, and parting souls. He died in the arms of Jesus and Mary, and his intercession can promise peace and a joy-filled death. His feast day is celebrated on March 19, a day in Lent where fasting and abstinence is not required.



Saint Joseph and Saint Patrick, pray for us!



Spring Sports Faith Godeaux

Spring sports are back at Seton! This season includes girls' soccer, softball, boys' lacrosse, baseball, and boys' tennis. These teams have been working hard at every practice to prepare for their upcoming games. Take a look at this summary of the happenings going on in each of the spring sports in March 2022.

Girls Soccer

The coaches for this year's soccer teams are Mr. Burgess, Mr. Cooley, and Mrs. Heisler. Good luck to all the seniors playing their last season! This year's seniors on the team are Ceili Koehr, Caroline Pechie, Jocelyn Mejia, and Clare Waldron.

Baseball

Coached by Mr. Clune and Mr. Byers, the varsity and junior varsity baseball teams are hard at work, practicing for this spring season. The junior high team is coached by Mr. Hudson.

The seniors playing this year are Matthew Block, Greg Miller, Will Reese, and Max Volk.

Softball

The varsity team is coached by head coach Mrs. Lalli and assistant coaches Mr. Lalli and Mr. Witter. The captains this year are Theresa Lalli, Clare Witter, and Christine Pacheco. Shout-out to the senior playing, Clare Witter! The junior varsity team is coached by Mrs. Lalli and off to a great start.

Boys Lacrosse

The seniors on this year's lacrosse team are Danny Albisu, Joey Curran, and Bobby Vander Woude. The team is coached by Mr. Bookwalter, who is assisted by Ben Atkinson and Peter Myers. The captains are JJ Pogue, Danny Albisu, Dominic Irving, and Matt Hugo. So far, this has been a great season for the athletes!

Boys Tennis

The varsity coach this year is Mr. Rowzie. This year's seniors are Joe Rowzie,

John Krynitsky, and Kevin Orellana. The season is off to a great start with a winning score of nine to zero!

For schedules, records, and more pictures visit setonsports.com



Lenten Meatless Meals

Madelyn Zadnik

Every year, on a Friday of Lent, Seton School hosts stations of the cross and a meatless soup supper. The event was super fun for families and friends of the Seton community. There was a great turnout this year. First, everyone gathered in the chapel, and Deacon Brian Majewski from All Saints led the Stations of the Cross for us. Then, there was a huge dinner set up in Faustina where families and some seniors bought soups, salads, dinner rolls, and drinks. Going to a meatless meal is a great way to meet fellow Catholics and still abstain from meat on the Fridays in Lent!

There are quite a few churches around the area that have meatless meals throughout Lent. Below are a few suggestions of meatless meals you can go to. Print out this list and save it for next year and plan to visit a variety of parishes and enjoy their company and share a meal together.

All Saints Church in Manassas has a fish fry from 5:00pm - 7:30pm on March 14th, 18th, and 25th as well as April 1st and 8th. The cost is \$10 a meal.

St. Andrew the Apostle Church in Clifton has a soup supper from 5pm -6:30pm on March 25th, April 1st, and April 8th. As well as Stations of the Cross afterwards.

St. Veronica's Church in Chantilly hosts Meatless Suppers every Friday of Lent starting at 6pm with confessions at 6:30pm and Stations of the Cross at 7pm.

St. Elizabeth Ann Seton Church in Lakeridge has Soup Suppers every Friday in Lent from 5pm - 7pm. They have children's Stations of the Cross at 5pm and traditional Stations of the Cross at 7pm

Holy Trinity Church in Gainesville has a Lenten Fish Fry every Friday in Lent from 5pm-7pm

If you can't make it to any of these meatless meals this Lent, there are plenty of fun vegetarian recipes online! Have a blessed Holy Week and a Happy Easter!

Here's a good website for some yummy vegetarian meals

<https://www.eatingwell.com/gallery/7918836/easy-vegetarian-meals-to-make-forever/>



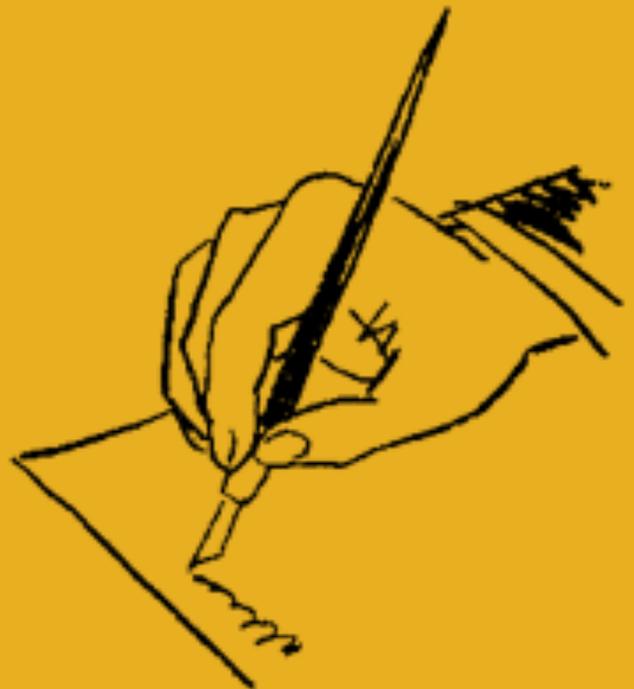
Your's Truly Julie

I'm having a hard time with God's plan. Any tips?

Ugh this can be so hard! I would definitely try talking to God and telling Him that! Ask for acceptance of His plan even if it is different from yours. His plan will always be better than anything you can think of. It can be so hard to wait or feel like what you want isn't what is in His plan for you, but patience and acceptance will pay off in the end!

I have NO friends. What should I do?

I'm sorry! I'm sure it may feel like that but I can guarantee someone wants to be friends with you. Maybe try branching out and going outside of your comfort zone. Talk to people you wouldn't normally talk to. People might surprise you; they may be feeling lonely as well. I found my best friend by saying hello to a random girl in 7th grade. Try to find the courage to socialize and someone will emerge who enjoys your charming company!



Spring Fashion **Ava Hudson**

With spring weather finally showing up, it is important that girls today have modest but comfortable clothes to wear that are also appropriate for the warm weather. These are some examples of what you might consider wearing in the beautiful spring weather.



A midi dress with updated detailing like puffed sleeves and a cinched waist, with a cute pair of shoes, could easily be worn casually or formally. For example, you could wear this with platform sandals to Mass, then with some white sneakers out to lunch on a picnic with friends on a beautiful spring day!



A comfortable, casual outfit with light sweat pants and tee would be perfect out for a stroll in Old Town Manassas or to the mall with the girls.



A beautiful dress with a trendy ruffled hem would look gorgeous if you were feeling spontaneous and traveled to a nice open field and took fun pictures with your friends in the lovely weather. It would also look stunning in church with Jesus.



An outfit like this is super cute and appropriate for the transitioning weather from winter to spring! It's great to wear on those sunny, but chilly days in the early days of spring.

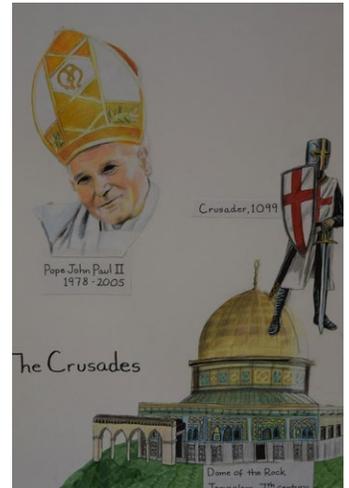
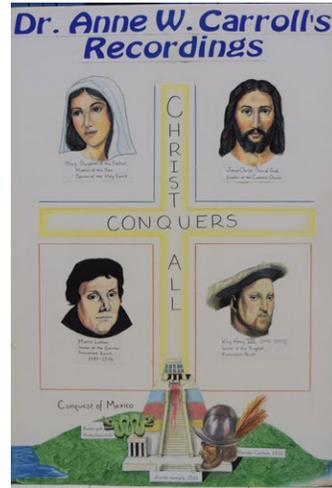
A Christ-Centered View of History

Annalise Dean

“My goal has always been to give a Christ-centered view of history,” Mrs. Anne Carroll said, her eyes bright with her love of history. “Many people view history as just the result of people’s choices, which is true, but it’s incredible to see God’s plan and involvement on our world.” Twenty years ago, the founder of a small Catholic school in Manassas decided to start recording her history lessons. Fifteen of her lessons were professionally recorded, some of which include, “The Papacy Throughout History, The Inquisition, The Crusades, The Protestant Revolution, and The History Maker Pope John Paul II”. These CD’s and audiotapes sold like hotcakes at homeschool conventions and other fundraising events for Seton School. Due to manufacturing issues, they haven’t been available for a while. However, soon these history lessons will be available online.

When asked what inspired her to start recording her lectures, Mrs. Carroll stated that it originally was as a way of fundraising; however, she was also very passionate about wanting to tell history as interesting stories. Mrs. Erin Vander Woude shared that she was impressed that Mrs. Carroll could teach history in such an amazing, engaging way. “She teaches history like it’s an interesting story,” Mrs. Vander Woude says. Mrs. Carroll and her husband were big travelers and visited many historic sites about which she teaches. As Dr. Foeckler says, “When Mrs. Carroll returned from a pilgrimage to the Holy Land, she had something new and exciting to add to her lessons about the Crusades, and more. This Catholic historian teaches history from an objective account of what really happened, and also equips her students to defend the Truth of Catholic history. She emphasizes how God promised He would be with the Church forever, and she shows how God has stayed true to this promise”.

While Mrs. Carroll’s CDs and audiotapes originally were sold primarily for homeschoolers; they are now going to be available online as Mrs. Carroll’s gift to her “families”- her fellow brothers and sisters in Christ. Of course, a free will donation will be greatly appreciated. Of the fifteen lessons recorded, one will be uploaded each month in mp3 format with tracks. You can look for the first installment to be posted on Seton’s website later this month. Don’t miss out on this amazing opportunity to learn about Catholic history. “My husband would always say that one man can make a difference,” Mrs. Carroll smiles, “but I always say that one man or woman can make a difference!”



Have you ever had to defend the Catholic Church’s actions in history...

...and not known what to say?

- Listen to world - renowned Catholic historian **Anne W. Carroll** as she deals with such topics as the **Conquest of Mexico , Crusades , Spanish Inquisition ,** **Infallibility of the Popes down through the ages**
- Understand as she outlines the horrors of **the French Revolution and the Spanish Civil War**
- Learn what truly happened when **Martin Luther and King Henry VIII** revolted against Mother Church
- Hear her proclaim the heroism of **Pope Pius XII** as he protected so many Jews during WWII
- Learn about the **early years of Catholicism in our country**: the struggles, persecution, the heroes
- Learn more about **Pope John Paul II**’s impact on communism as he helped to bring about its collapse
- Review **Pope John Paul II**’s papal teachings on “The Law of the Gift” and “The Theology of the Body”
- Hear the story of **Joan the Maid**, the peasant girl of France chosen by God to lead her country to victory.
- All these events are explained as only Anne W. Carroll can !**

Easter Jollification Maggie Gibbons

Easter Sunday may be over, but while we are still in the Easter season, let's talk about some great ideas for next year.

A great meal that is made to serve 15 people is an Apricot Brown Sugar Ham. It takes about 2 hours to make, and more details can be found at this link: <https://www.allrecipes.com/recipe/102159/apricot-brown-sugar-ham/>

Another dinner meal idea would be to make a sheet pan dinner. It takes a little over an hour to make, but the result is worth it! More details can be found at: <https://www.allrecipes.com/recipe/283069/sheet-pan-easter-dinner/>

For dessert, cupcakes are a perfect option, but who doesn't love a little creativity? These lemon meringue cupcakes are the perfect option to beat all the other desserts on the table. More information can be found at: <https://www.allrecipes.com/recipe/283161/lemon-meringue-cupcakes/>

If you're hosting a large amount of people, and want to wow them with your cake making skills, you should make this Easter Basket Cake. <https://www.allrecipes.com/recipe/22704/easter-basket-cake/>

Hopefully you'll be well prepared next year but just in case, here is a plan for a last minute Easter basket. You can run to any grocery store, Dollar Tree, Five Below, etc. Grab three kinds of large candy, a colorful basket, tissue paper, a card (can be handwritten), and a bunch of little candies (bonus if their chocolate eggs). Here are the steps on how to make an Easter basket: Fill the basket with tissue paper, then arrange the large candies however you want, sprinkle the little candies all around the inside of the basket to give a bird's nest effect, then finally add the card. Happy basket filling! Pro tip- Dollar Store's / Five Below's prices compared to Target's are much cheaper.

Easter egg hunts are easy and fun! Buy some plastic eggs and stuff them with small candies and hide them around the lawn. (Pro Tip 1- buy a lot of plastic eggs because some may break in the process. Pro Tip 2- get wrapped candy because the eggs will break and you don't want grass with your jellybeans.) Happy Easter egg hunting!

