

What he said to the seniors is good advice for the rest of us as well. A few highlights from the first talk: Today people define themselves by what they do. Instead we should be defined by what we want to *be*. Our identity is in our relationship with God. We are the only creatures made in God's image and the only creatures God died for. To God, we are worth the sacrifice of His Son. We are valuable because God says so. We need to build our relationship with God. There are four main ways. First, prayer. We need to develop a habit of prayer and spend time with God. Next is silence. Noise is the music of Hell. We need to spend time in silence, being open to what God wants us to hear. Third we need to take time to read Scripture, especially the Gospels. Finally we need the Sacraments—Mass and Confession. God is actively seeking a relationship with each of us. We need to see all other relationships in the light of this most important one.

To be continued.

RECOMMENDED READING:

- ✦ <https://stjosephshelf.com/constancy-a-virtue-for-the-distracted/>
- ✦ <https://www.wordonfire.org/articles/fellows/be-good-or-be-happy-evergreen-insight-from-fr-servais-pinckaers-op/>
- ✦ <https://www.newsweek.com/innovative-steps-reclaim-human-way-life-next-generation-opinion-1751322> *highly recommended*
- ✦ <https://www.ncregister.com/blog/5-important-lessons-from-st-teresa-of-avila>
- ✦ <https://www.catholicworldreport.com/2022/10/05/weaving-rose-garlands-for-mary-the-mystery-and-history-of-the-rosary/>
- ✦ <https://catholicexchange.com/i-still-have-hope-that-christ-will-bring-my-kids-back-to-the-faith/>





BOO Bags! Are now being sold during both lunch periods until Oct 26. Cost will be \$1 and they will be passed out on Oct 31. Come buy a bag for someone and make their day!

All High School students are invited to attend the annual Halloween Dance on Sat, Oct 29, 7-9:30. Walk through the Haunted Hallway! Awards will be given for best group costume and best individual costume. NO gory costumes. Seton standards of casual dress apply.



JUNIOR HIGH ALL HALLOWS EVE PARTY



All junior high students are invited on Oct 31 from 2-3 to celebrate All Saints Day! Students will change into costumes during their lunch so please come to school in your school uniform. Dress up as your favorite **Saint, Biblical Figure, Historical Figure**. There will be games and lots of candy/food. Those not in costume will attend a study hall.



2022 SETON OPEN HOUSE Please sign up to bring in food and/or beverage items to contribute to the reception at Seton's Annual Open House for prospective families. Sign up [HERE](#). Thank you!

Have you been serving PRO hours? Exam proctors, fall play volunteers, substitute teachers are serving PRO hours. If you attended the Evening Under the Stars you may report one PRO hour per family. Please record your hours on Track It Forward. Email proboard@setonschool.net with questions or difficulties. Once you have reported 25 hours you won't need to report anymore. Thank you for serving!





REPORT CARDS AND PARENT/TEACHER CONFERENCES Report Cards will be posted on Jupiter Ed on Mon, Oct 31. **Parent/Teacher Conferences** will be held on Wed, Nov 2nd. Students will be dismissed at 12:20 so that teachers will be available for conferences between 1-5 PM. All students that have a 70 or lower in any class need a conference. Please contact the front office to schedule. If you cannot come to school during the available hours, please make other arrangements with the teacher.



CHECK OUT OUR FIRST INQUISITOR OF THE YEAR!

IMPORTANT AP EXAM INFO!

The 2023 AP exams aren't administered until May, but the registration deadline is November 14. Therefore, it's now time to start planning if you'd like to take any. Many Seton students have scored well enough on AP exams to earn college credit, thus saving money and time on a college degree.

Please see the AP Q&A for answers to questions such as who should consider taking AP exams and what is involved in preparing for them. The AP Registration 2021-22 attachment provides instructions to the 2-part process to register and pay for your exam(s). This information and the registration forms are available on the Seton Guidance website under College Planning. Please contact Mrs. Reyes with any further questions (smreyes595@gmail.com, 703-331-3587).





SETON SWIMMING
GRATITUDE • EXCELLENCE • MEKKNESS • SACRIFICE

Registration is open! Go to www.setonswimming.org. Join Seton Swimming & Diving, a great way to make friends and have fun! You can join the team as soon as 7th grade and it doesn't matter if you already are an experienced swimmer/diver or want to learn! You will learn and improve from caring coaches, get to exercise BEFORE school, and feel great because of the aerobics and strength training. Beat the winter blues, and challenge yourself! **New Family Orientation meeting at Seton on Wednesday, October 26th at 7:00 p.m. in Aquinas.** First day of swim practice at the Freedom Center is Tuesday, November 8th. Contact Coach Koehr coach@koehrfamily.com with questions.



Message from Coach Koehr

Made for Each Other:

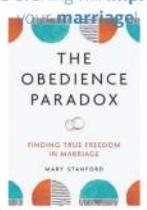
The Case for the Complimentary

Are you **curious** about Christ's purpose in establishing **headship** and **submission** within the **marriage** relationship?

Do you want to learn more about the **liberating power of obedience** as a gift shared between **husband and wife**?

Come **learn** how!

This evening will **improve your marriage!**



DATE NIGHT at Seton School
hosted by the PRO Board

Wine & Cheese
with Prof. Mary Stanford
Christendom College



Nov 5
7-9 pm
Seton School
Faustina



Investing in you, so you can invest in your marriage and family!



For more details, visit <https://setonschool.net/support/>

"Could you not watch one hour with me?" (Mt 26:40)



Adorers are needed! Please consider signing up for a Holy Hour offered every Friday from 12:30-8 PM at our Seton Chapel throughout the school year. Don't let the commitment scare you—we have a lengthy sub list whenever needed. Don't know what to do? Click [here](#) for a Holy Hour Cheat Sheet. Waste time with the Lord. He will never be outdone in His generosity to you. Call the front office 703-368-3220.

"I look at Him, and He looks at me."
(Catechism of the Catholic Church, 2715)



SETON SCHOOL ATHLETIC DEPARTMENT

22nd Annual "COLONEL P." MEMORIAL GOLF TOURNAMENT

Thank you everyone who participated in our 22nd Annual "Colonel P." Memorial Golf Tournament! All 121 happy golfers who attended were winners in this tournament as the Lord blessed them with a glorious day for golf: sunny, 74 degrees, and no wind! Adding to their blessings our golfers enjoyed the Piedmont Club; the outdoor grilled luncheon buffet at the turn; the unbelievable #2 in the world long drive pro Scottie Pearman, and; the many contests and tournament prizes. And every golfer came away with some "Seton swag" and our special gift of some premier Callaway Chrome golf balls. Yes, it was quite a day! We are so blessed to have so many desiring to keep the Seton spirits teams well equipped and funded. Click [HERE](#) for the winners!




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!

amazon smile Earn money for Seton School when you shop at Amazon. Just click on smile.amazon.com and select Seton School. Remember, always start at smile.amazon.com and Amazon will donate 0.5% of the price of your eligible AmazonSmile purchases to Seton School. Seton School earned \$145.26 from the AmazonSmile Foundation from activity between April 1 and June 30, 2023.

OPPORTUNITIES FOR THE SETON COMMUNITY

Seton alumna Hannah (Marter) Baer is searching for a nanny to watch her 15-month-old daughter two days or three days a week (~8am to 4:30/5pm). The family resides in Little Rocky Run in Clifton. Please contact Hannah at htbaer@outlook.com or 703-774-7435 for additional information.