



Sentinel



Volume 29, Issue 9
October 27, 2022

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

Every Wednesday Morning
Colossal Donuts—\$1.50/donut



- Oct 28 Pizza Night at the VB Games!
- Oct 29 HS Halloween Dance 7-9:30 PM
- Oct 31 **NO SCHOOL**
- Nov 1 **All Saints Day—NO SCHOOL**
- Nov 2 JH All Hallows Eve Party (7th & 8th Periods)
Parent/Teacher Conferences
12:20 Dismissal 1-5 PM
- Nov 5 PRO Speaker 7-9PM
- Nov 6 Open House 2 PM
- Nov 7 Pilgrimage to Cemetery after
8:30 Mass
- Nov 8 First Day of Swim Practice
www.setonswimming.org
- Nov 11 Veteran's Day—SCHOOL IN
SESSION; Banner Painting after
school
- Nov 13 Fall Sports Awards
- Nov 14-18 Spirit Week
- Nov 17 Picture retakes 5th & 6th periods

FROM OUR EXECUTIVE DIRECTOR, MRS. CARROLL

ROBERT RAYMOND GREGORY, REST IN PEACE: Bob Gregory was a devoted husband, father, grandfather, and ardent supporter of Seton School. Six of his seven children graduated from Seton, and eleven of his grandchildren are alumni or current students. Very early in his association with Seton, he formed and headed the Seton Boosters Club to support Seton's mission and our many activities. He was invited to be a member of the Seton Board of Directors and then served as chairman for many years. He was also Seton's pro-bono lawyer and we frequently called upon his services. A daily communicant and faithful member of All Saints Parish, he was involved in many ministries and was Grand Knight of the Knights of Columbus (1997-1998). Bob had a warm personality and a great sense of humor and set a standard of excellence in every aspect of his life. He bore his final sufferings with dignity and courage. Requiesscat in Pacem.



NOTES FROM FATHER JONATHAN SMITH'S TALK AT THE SENIOR MINI-RETREAT, CONTINUED: As you may remember, Father Smith took as his theme R.I.M.—Relationship, Identity, Mission. In last week's notes, Father told us the most important relationship is our relationship with God. We can build this relationship through prayer, silence, Scripture, and Sacraments. Next comes Identity. We often hear about having an identity crisis. We're told to "be yourself." Instead we should listen to this advice from St. Catherine of Siena: "Be who God meant you to be and you will set the world on fire." Who we are is connected to who God is and is revealed in Jesus Christ. In the Gospels, the Father says of Jesus at His Baptism, "This is My Beloved Son, in Whom I am well pleased." The Father confirms Jesus' identity, and He is sent out on mission. Right after His Baptism, Jesus goes to the desert to be tempted by Satan. At the Transfiguration, Jesus hears the same words as at His Baptism, but the Father adds words for us, "Listen to Him." At our baptisms we are adopted into God's family. We are transfigured into beloved sons and daughters of God. That is our identity. If we try to find our identity in another way, we will always fail. If we put our identity in other things, we are building a house on sand. We will have false identities and be unsure of who we are. But God will never fail us. We are always His beloved sons and daughters. —To be continued.

WALKING WITH PURPOSE: I was recently introduced to this ministry through a Seton alumni mom who gave me a flyer about a talk by Seton alumna Kristy Alexander Malik (1999). Here is what they say about their mission and vision: Our mission is to help every Catholic woman and girl in America encounter Jesus Christ through our Bible studies. Our vision for the future is that as more Catholic women and girls deepen their relationships with Jesus Christ, eternity-changing transformation will take place in their hearts—and, by extension—in their families, in their communities, and ultimately, in our world. Our mission is to help every Catholic woman and girl in America encounter Jesus Christ through our Bible studies. Check out their website at walkingwithpurpose.com and get acquainted with Kristy [HERE](#).

RECOMMENDED READING: <https://spiritualdirection.com/2022/09/07/learning-to-let-go-with-the-little-flower>

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 Bob Gregory, grandfather to many Seton Students and Alumni



Thank You!

Mrs. Ariasu for providing the priest's lunch and dinner for Mrs. Carroll and Mr. Westhoff, and Fr. Eugene for saying Friday's Mass!

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

Seton Spirit Wear . Click [HERE!](#)

The Pilgrim Virgin statue will be received by the Brown family. The vocations crucifix will be received by the Pacheco family.

Seton Guidance Corner

Links of Our Relationship Substancing Bond

Seton Student Club Council (SSCC) Scholarship & Volunteer Fair

2022 PAPA Pizza Party

2022 PAPA Pizza Party

2022 PAPA Pizza Party

NO SCHOOL ON MONDAY, OCT 31 OR TUESDAY, NOV 1



REPORT CARDS 1st Quarter Report Cards will be posted on Jupiter Ed on Mon, Oct 31. Current grades, attendance, and behavior are always available on JE by clicking on the appropriate tab. If you cannot get into your JE account, please contact Mrs. McIntyre at tmcintyre@setonschool.net.



PARENT/TEACHER CONFERENCES will be held on Wed, Nov 2nd from 1-5 PM. Please call the main office to schedule meeting's from 1-5 in 15 minute increments. **Office Hours Mon, 10/31 8-3 & Tues, 11/1 10-noon.** While parents can schedule a conference with any teacher, we ask that all parents schedule a meeting with a teacher if their student has a grade of 70 or below in any class. If you cannot come to school during the available hours, please make other arrangements with the teacher.



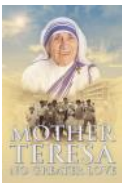
OUTERWEAR ORDER Seton's winter outerwear order is now open! Until Nov 1. Click [here](#) to order, password is **seton22**. Click [here](#) for the flyer. Contact setonouterwear@gmail.com with questions.

THANK YOU FROM MISSIONARIES OF CHARITY

The Missionaries of Charity were so touched to receive the kind letters and spiritual Bouquets written by the students in the Spanish classes as well as the snacks that will help them stay nourished during these difficult days. Another Thank you goes to The 7th grade Life skills class students for their notes and snack bags were a perfect gift of love! And we thank so many families who have generously dropped off warm coats to be donated as well! All these kind acts are Such a help since they have so little to battle the cold weather and poverty ahead. The Missionaries of Charity help those most in need in DC manage their new environment as they journey here in America. Seton's response was beautiful! Thank you and thank the Seton communities for serving JESUS in His most Distressing disguise in THE POOREST OF THE POOR ! You have comforted them!! You have comforted JESUS !!

Peace, Anne and John Geiran

MOTHER TERESA: NO GREATER LOVE ENCORE!



For those who missed this the first time around, an encore is being offered Nov 2 and 3rd. See the Missionaries of Charity in action. Click [here](#) for information on where to go. You will leave the theatre with a new love for Jesus in the faces of the poorest of the poor.



All High School students are invited to attend the annual Halloween Dance on **Sat, Oct 29, 7-9:30**. Walk through the Haunted Hallway! Snacks, Drinks, and Cancy! Best costume award (group and individual). Costumes can include modest jeans, pants, sweatpants or loose fitting onsies. Remember, demonic or morbid costumes are not in the spirit of our dance. \$5 dance tickets will be sold outside the blue gym door starting at 6:55 and ticket sales will end at 7:30. Late arrivals (after 7:30) need to contact Mrs. Pogue. Pick-up in main parking lot at 9:30.



Sign up for the Seton Bake-Off Contest! Sign-up with Emma Reynolds or Katharine Reyes. Bring 12 of your tastiest and cleverest Halloween decorated cupcakes. Participants will get into the dance for 1/2 price and one contestant will win a \$20.00 CASH prize. You **MUST** sign-up with Emma or Katharine this week to participate since the contest is limited to 10 bakers.



JH ALL HALLOWS EVE PARTY

All junior high students are invited on **Wednesday (note new date!)** during **7th and 8th periods** to celebrate All Saints Day! Students will change into costumes during their lunch so please come to school in your school uniform. Students can dress up as a Saint, animal from Noah's Ark, an object or person from the Bible, a food item, a literary character from a children's book or well-known book, a superhero or any historical character. You will change into you costume during your 5th or 6th lunch period. NO spandex or tight costumes. There will be limbo, musical chairs, line dances, candy, drinks, prizes and lots of fun! Students not in costume will have a



SETON OPEN HOUSE NOV 6 Need PRO Hours? Sign up [HERE](#) to help out. Thank you!

CHRIST THE KING DANCE

Dresses need to be approved by Mrs. Duran or Mrs. Pogue by Nov 17. Mrs. Pogue will approve dresses during 6th period lunch or after school. Click here for the [guidelines](#).



IMPORTANT AP EXAM INFO! The 2023 AP registration deadline is November 14. Earn college credit, save money and time on a college degree. Please see the AP [Q&A](#) and [Registration](#) Information on our [website](#). Click here. Contact Mrs. Reyes with any further questions (smreyes595@gmail.com, 703-331-3587).

Seton School proudly announces the 2023 Spring Musical

CLUE #1

CLUE #2

CLUE #3

CLUE #4

Click on the Images for the answers!

SETON BASKETBALL TRYOUTS - Sign up sheets are posted on the sports bulletin board near the gym and near Faustina. If you have any questions, please contact Dan Vander Woude at dvanderwoude@setonschool.net.

Girls Varsity - Mr. P, Mrs. Jenn Lalli

Nov. 3; 3:00-5:00 pm
Nov. 4; 3:15-5:15 pm

Girls JV - Mrs. Nancy Bauer

Nov. 3; 7-9 pm
Nov. 5; 9-11 am
Nov. 7; 7-9 pm

Girls Jr. High - Mrs. Eileen Heiny, Mrs. Mary Kate Smith

Nov. 5; 11 am - 1 pm
Nov. 9; 3:15 - 5:15 pm

Boys Varsity - Mr. Dan Vander Woude

Nov. 7 tbd (based on soccer)
Nov. 8; 5-7 pm
Nov. 10; 3-5 pm

Boys JV - Mr. Pat Geary, Mr. Philip Ashton

Nov. 1; 7-9 pm
Nov. 4; 7-9 pm
Nov. 5; 3-5 pm

Boys Jr. High - Mr. Kevin Fox

Nov. 5; 1-3 pm & Nov. 9; 5:15 - 7:15 pm



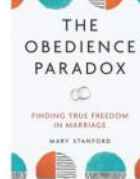
Made for Each Other:
The Case for the Complementary

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!**



Investing in you, so you can invest in your marriage and family!
For more details, visit <https://setonschool.net/support/>



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



SIGN UP HERE



SETON SWIMMING
GRATITUDE • EXCELLENCE • MEekNESS • SACRIFICE

Don't forget to register for the Swim Team. First day of swim practice at the Freedom Center is Tues, Nov 8th. Questions? Contact Jim Koehr at coach@koehrfamily.com or go to the Seton Swimming website: www.setonswimming.org.



It's
Pizza
Night

\$2 slices/ \$15 Large Pies
Friday, October 28 at the
Volleyball games
Starting at 4:30pm



Seton Spirit Wear . Check out our new SWAG Display Case by the front office. Thanks to Mrs. Dana Marm for putting it all together!. Click [HERE](#) all the info.



amazonSmile
You shop. Amazon gives.

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,

OPPORTUNITIES FOR THE SETON COMMUNITY

NANNY WANTED for a 15 month old. 2-3 day/wk (~8am to 4:30/5pm). Little Rocky Run in Clifton. Contact Seton alumna Hannah (Marter) Baer at htbaer@outlook.com or 703-774-7435.

CAREGIVER WANTED for an elderly frail woman. The caregiver (prefer female) must be strong, patient, attentive, responsible, trustworthy, and dependable. Hours would be 11:30 a.m. to 6:30; \$16.45/hr. Dale City. Contact Martine at joseph.marie47@yahoo.com.

Caregiver Needed for a 74 year old woman in the Seton/All Saints community. \$16/hr, flexible hours but mostly weekends Patient is in a wheelchair so some personal care is needed, but mostly just companionship and entertainment. Some experience in caregiving preferred but not necessary. Text/call Kayleigh Farmer if interested 703-895-4028.

SAT Math tutor. Brett Kellogg (Seton class of '15) is offering in-person tutoring services for the math section of the SAT. Brett has a degree in mechanical engineering from Virginia Tech, and experience in tutoring high school math. Please email ab.kellogg21@gmail.com for rates and details.

Free piano: Baldwin upright piano, great for beginners. Has been tuned throughout the years. Contact Patricia Kellogg, rbslskellogg@gmail.com or 571-288-6852.