



# Sentinel



Volume 29, Issue 22  
February 23, 2023



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 Tuesday Morning**  
Colossal Donuts—\$1.50/donut



- Feb 23 Earth & Space Field Trip  
VEX Robotics fundraiser at  
Fosters
- Mar 1 Band Chili Nacho Sales
- Mar 3 VEX Competition
- Mar 4 Latin Certamen 2-4
- Mar 5 Swim Award Ceremony
- Mar 9 1:20 Dismissal
- Mar 10 3rd Quarter Ends  
Stations of the Cross and Soup  
Supper 6PM
- Mar 11 PRO Lenten Mini-Retreat 7-9
- Mar 12 Spring Ahead One Hour  
Basketball Award Ceremony  
3PM
- Mar 13 Boys Retreat (no school for  
girls) 8:15-3PM
- Mar 14 Girls Retreat (no school for  
boys) 8:15-3PM

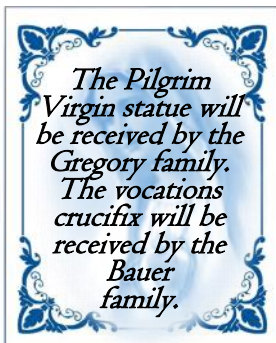


**Drivers Ed Registration**  
Forms click [here](#).



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

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



## FROM OUR EXECUTIVE DIRECTOR, MRS. CARROLL



Pictured above: A plethora of Seton altar servers with Father Michael Isenberg, Director of Vocations for the Diocese of Arlington and a Seton alumnus, Class of 1999.



**MEDITATION FOR THE FIRST SUNDAY OF LENT:** Let us learn from Jesus how to conduct ourselves in temptations. Primarily, He teaches us to have a great confidence in God. Jesus would not satisfy His hunger, nor impress men by means of a brilliant miracle, nor accept kingdoms and wealth because, in a spirit of

perfect filial confidence, He had entrusted everything to the Father's care—His life, His mission, and His glory. Those who will fully trust in God and who rely on His divine Providence will not be easily enticed by the vain flattery of the devil, the world, or the flesh, because they know that only God can give true blessings and real happiness. We should extend the practice of this confidence to the moment of temptation. If God permits us to be tempted, He does not permit us to be tempted beyond our strength, and, accompanying every temptation, there is always a special actual grace sufficient to overcome it. Therefore, instead of being disturbed by the violence of the struggle, let us use faithfully the grace God always gives and turn to Him in humble, confident prayer.

**THANK YOU** to our French, German, Latin and Spanish teachers and students for the recent Foreign Language Week, including vocabulary words, goodies, and the Spanish language Mass.

**CONGRATULATIONS** to Board of Directors Chairman Peter Grimberg and his wife Carol, who recently celebrated their 50th Wedding Anniversary with a Mass in the Seton chapel. Thank you, Peter, for your leadership of the Board and Carol for your support.



**SAVE THE DATE:** Annual Lenten Soup Supper and Stations of the Cross. Stations on **Friday, March 10th at 6 PM** in the chapel, followed by soup supper in Faustina. Everyone is invited!



## MASSES AND

### ROSARIES

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



## Thank You!

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

**Seton Guidance Corner**

February 23, 2023

**Launch of Our Reflections Scholarship Fund**  
The Seton School Board is pleased to announce the launch of our new Reflections Scholarship Fund. This fund is dedicated to supporting students who are pursuing higher education in the fields of Science, Technology, Engineering, and Mathematics (STEM). The fund is named in honor of the reflection of light, which is a symbol of hope and inspiration. The fund is managed by the Seton School Board and the Seton Foundation. For more information, please contact the Seton School Board at (703) 368-3220.

**Senior Service Club Council (SSCC) Scholarship & Vocations Fair**  
The Seton School Board is pleased to announce the launch of our new Senior Service Club Council (SSCC) Scholarship & Vocations Fair. This fair is dedicated to supporting students who are pursuing higher education in the fields of Science, Technology, Engineering, and Mathematics (STEM). The fair is named in honor of the reflection of light, which is a symbol of hope and inspiration. The fair is managed by the Seton School Board and the Seton Foundation. For more information, please contact the Seton School Board at (703) 368-3220.

**2022-2023 College Fair**  
The Seton School Board is pleased to announce the launch of our new 2022-2023 College Fair. This fair is dedicated to supporting students who are pursuing higher education in the fields of Science, Technology, Engineering, and Mathematics (STEM). The fair is named in honor of the reflection of light, which is a symbol of hope and inspiration. The fair is managed by the Seton School Board and the Seton Foundation. For more information, please contact the Seton School Board at (703) 368-3220.

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# Lenten Retreat

## An Evening with Father Noah Morey

Hosted by  
Seton School PRO Board

11 March @ 7pm - In the Chapel

Life is so busy!

It's hard to find the time to break away.  
Please join us for an evening of renewal.  
Prepare your heart for Easter.

Refreshments to follow

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

Back by popular demand!! Please join us to enrich your Lenten Journey with Father Noah Morey. We will meet in the Seton Chapel at 7pm for Exposition of the Blessed Sacrament followed with a Rosary and a spiritual talk given by Father Noah. At 8pm we will gather in Faustina for a social with pretzels & drinks. This is a parent/adult event. Sign up today: <https://www.signupgenius.com/go/30E0C48AEA92EAB9-promini>



## SETON SPIRIT AD CAMPAIGN UPDATE

The campaign is over for this year. Thank you for your support! Congratulations to the Seniors! They won 1st place in the Class Competition and will receive a dress-down day (Date TBA).

Congratulations to the Sophomores! They won 2nd place in the Class Competition and will receive an ice cream social (Date TBA).

We have raised \$61,500 of our \$70,000 school goal! We are almost there! Several Seton families have not turned in their required contribution of \$400 so please submit your check to Seton School (or pay online at [tinyurl.com/Seton-Ad-Campaign](https://tinyurl.com/Seton-Ad-Campaign)) soonest. Remember, all Seton families are required to participate. Stay tuned next week for our three top-selling families!



**SETON IS HIRING A LEVEL I-IV LATIN TEACHER** for the upcoming school year beginning August 2023 through June 2024. This position requires the candidate to teach the Latin language, Roman culture, and basic Roman history to students in Grades 7-12. Click [here](#) for the listing.



We have a new [post](#) on our website with pictures and a video of the event. Check it out!

## AP EXAM ANNOUNCEMENT

Late AP exam orders may be placed until mid-March. If you are interested in taking a 2023 AP exam at Seton in early May, please contact Mrs. Reyes ([smreyes595@gmail.com](mailto:smreyes595@gmail.com), 703-331-3587) by March 10th. For more information about AP exams at Seton, please see the Guidance webpage under "College Planning" <https://setonschool.net/academics/guidance/college-planning/>



## SPRING SPORTS TRY-OUTS

**Varsity Lacrosse**--Preseason workouts Feb Feb. 24, Tryouts Feb. 27 and 28--all at Hellwig 3:30-5  
**Varsity Tennis**--March 2 & 3, 3:30-5:15 at Metz  
**Varsity Soccer**--Preseason workouts 2/23 and 2/24 Tryouts 2/27, 2/28, 3/2, 3/3--all at Hellwig 3:30-5  
**Varsity softball**--March 6 and 7, 5-7pm at Metz  
**JV Soccer**--March 7 and 10 at Hellwig 3:30-5  
**JV softball**--March 21, 3:30-5 at EG Smith  
**JH soccer** March 6 & 9 3:30-5 at Hellwig  
Please see [www.setonsports.com](http://www.setonsports.com) for more information.

## SETON OUTERWEAR ORDER

The last order of our winter season is now open, and will close on March 3rd. The delivery date will be mid-late March. Questions? Email [setonouterwear@gmail.com](mailto:setonouterwear@gmail.com). Click [here](#) for the flyer.

<https://www.storessimple.com/etwstores/18933>

password: seton22



**SETON GIRLS SWIMTEAM WON THE VISAA DIVISION II STATE CHAMPIONSHIP!**

This was the 6<sup>th</sup> Division II State Championship for the girls, and, combined with our four (4) previous championships for the Boys, it was Seton's 10<sup>th</sup> VISAA Division II State Championship!

**WAY TO GO SETON CONQUISTADORS!**



## OPPORTUNITIES FOR THE SETON COMMUNITY

SAT/ACT/College Applications: Summer is a great time to prep for the SAT/ACT and complete your college applications. I offer personalized tutoring in my home in Manassas. I am a certified teacher with a Master's degree in Education and over 20 years experience. Seton students receive a discount. Contact me for more information! Kristin Forman, email [FormanTutor@yahoo.com](mailto:FormanTutor@yahoo.com)