



Sentinel



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March 16, 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



- Mar 17 Donuts for sale before school
NHS Bake Sale
- Mar 20 Report Cards Posted
- Mar 24 Gym closes for Musical
- April 2 Palm Sunday
- April 5 Spy Wednesday
- April 6-April 14 Easter Break
- April 9 Easter
- April 10-13 Tech Week
- April 14 Musical 7PM
- April 15 Musical 7PM
- April 16 Divine Mercy Sunday
Musical 3PM
- April 17 1st Day back after break
- April 19 NHS Inductions
Bake Sale for Chess club
- April 26 College Night for Juniors 7PM

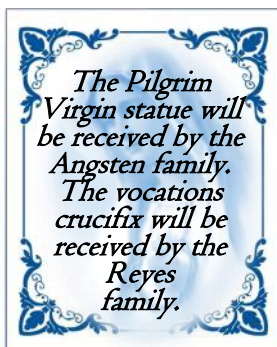


Drivers Ed Registration
Forms click [here](#).



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

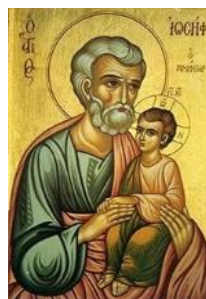
Seton Spirit Wear . Click [HERE](#)!



FROM OUR EXECUTIVE DIRECTOR, MRS. CARROLL



RETREATS: Many thanks to all who assisted in the retreats. To our retreat masters: Fr. Matthew Rensch; Fr. Nicholas Blank; Fr. Noah Morey; Fr. Jonathan Fioramonti and the Sisters from the Servants of the Lord the Virgin of Matara (Servidores); Mrs. Donna Kleb, Mrs. Erin Vander Woude; the faculty chaperones; those who provided refreshments; and all of you who prayed. A very special thanks to Mary Kate Vander Woude (Class of '07) for arranging for the "Fab Four" priests and the super star sisters to conduct our retreats. Please continue to pray that the retreats will bear much fruit in the hearts of our students.



SOLEMNITY OF ST. JOSEPH: Because the Solemnity of St. Joseph this year falls on a Sunday of Lent, we celebrate St. Joseph on Monday. This fourth Sunday of Lent is Laetare (Rejoice) Sunday, so we have two days in a row to celebrate. Please take time to honor St. Joseph in some special way- saying special prayers to St. Joseph as a family, rereading Chapters 1-2 in the Gospels of St. Luke and St. Matthew, having a festive meal (fasting and abstinence do not apply on a Solemnity), or all of the above.

SOUP SUPPER: Many thanks to all those who attended the Stations last Friday and who brought all the wonderful soups and accompaniments. We had plenty of soup for our large crowd and almost none left over. Perfect planning—actually unplanning, but God provides.

MEDITATION FOR THE FOURTH SUNDAY OF LENT (from Divine Intimacy)

I hunger for You, true Bread, living Bread, Bread of life. You know what my hunger is—hunger of the soul, hunger of the body—and You will to provide for the one as well as for the other. By Your teaching, by Your Body and Blood, You strengthen my spirit, strengthen it abundantly, withholding nothing except what I myself keep by the coldness of my love, the smallness of my heart. You have set a rich and abundant table for me, beyond anything imaginable, which I have only to approach in order to be fed. You not only welcome me, but You yourself become my food and drink when you give Yourself wholly to me, wholly in Your divinity, wholly in Your humanity. . . . Only You can fill up the emptiness in my heart, only You can make me happy. You alone can bring about my ideal of sanctity—union with You.

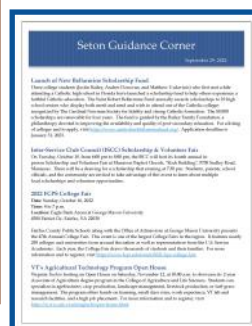
MASSSES AND ROSARIES

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



Thank You!

Mrs. Knight for
providing the priest's
lunch, all our families
that brought soup for
our Lenten Soup Sup-
per, and Fr. Roos for
saying Friday's
Mass.



JOIN US TO PRAY FOR LIFE!

Attention all high schoolers: Daughters of Christ invites you to come and join us in prayer at the Falls church abortion clinic at **7:30 am on Saturday, March 18th**. After praying, everyone will go to Dunkin. The clinic's address is 900 South Washington St. Suite 300 Falls church, VA 22406. The Dunkin address is 101 E Annandale Road Falls Church, VA 22046. Please contact Olivia Sayani at olivia.sayani@gmail.com for any questions. Hope to see everyone there!"

*We are the
PRO-LIFE
generation*

ADOPT A GARDEN



The Beautification Committee needs you! We are looking for families that would like to "Adopt a Garden" around Seton. Earn PRO HOURS while you help spruce up Seton. No experience needed. We're here to help. **For more information contact Krista Schroer: krista.schroer@gmail.com.**

CONGRATULATION TO ALL 3 SETON SEAPERCH TEAMS!

They competed well in 4 pool competitions and 3 classroom



competitions. Team Tiger Shark, Ryan Baughman, Joe Benin, Daniil Makarov & Gabe Hambleton won 2nd place in all 4 pool competitions. Team Captain Joey's Goodmen, Charlie Dusek, Victor Henry, Luke Griffin, & Joey Goodman won 3rd place in the innovative design competition.



Performances

Friday, April 14, 2023, at 7 PM
Saturday, April 15, 2023, at 7 PM
Sunday, April 16, 2023, at 3 PM
Friday, April 21, 2023 at 7 PM
Saturday, April 22, 2023 at 7 PM

Tickets are \$10 per person or \$50 max/family* \$40 if purchased before 3/31
* Family discount applies for immediate family only.

Click [HERE](#) for the ticket order form.

2023-24 COURSE SCHEDULING WORKSHOPS



Mrs. Guyant & Mrs. McIntyre will visit the student's English classes to share relevant guidance information regarding their course scheduling. Students will bring home their completed forms to discuss with their parents the courses selected and recommendations presented. Please go over the forms with your students, make any necessary changes and sign the forms. If students have unanswered questions and need a meeting with our Head Guidance Counselor please check the box on the form. Forms as well as important additional information about scheduling are available on our website, click [here](#).

Course Scheduling	Workshop	Form DUE
Class of 2024	Tues 3/7	Fri 3/17
Class of 2025	Thurs 3/9	Fri 3/17
Class of 2026	Thurs 3/16	Fri 3/24
Class of 2027	Tues 3/21	Fri 3/31
Class of 2028	Thurs 3/23	Fri 3/31



COME EXPERIENCE SETON'S NEWEST COMPETITIVE SPORT — DIVING.

Seton Students, younger siblings, and RMS students are all welcome to learn this great sport from Coach Ashley Keapproth (akeapproth@gmail.com or Coach@KoehrFamily.com)

Spring Training. We will be offering spring training at the RMS dryland diving facility for all Seton divers and any other current Seton student that might like to dive next season. Practice will be Sundays 4-5:30pm & Mondays 5:30-6:30pm starting March 19.

Seton Junior Diving. We will be starting some introductory tumbling and trampoline class for younger siblings (ages 8-12) of Seton and RMS students starting on March 20. Two times will be offered on Mondays: 3:30-4:30 pm and 4:30-5:30 pm. If needed, we may also add a Sunday class or possibly a class for younger students.

PARENT NIGHT OUT FUNDRAISER FOR SETON DIVING

On Friday, April 28th from 5:00 to 8:30 p.m., drop your younger kids at the Seton Dryland Diving facility in the gym at Renaissance Montessori School for a night of fun on the trampolines, diving board, and tumble tracks while you have your own date night. Your kids will be supervised by Seton Diving parents and Seton divers as they are broken into small groups to rotate through tumbling and trampoline stations, as well as the playground and gaga ball pit.

All proceeds will go to pay for the \$2,800 overhead spotting rig that will allow divers to practice complicated dives out of the water on trampoline with less fear, thereby making the transition to the water easier. Contact akeapproth@gmail.com or Coach@KoehrFamily.com to RSVP.

A big thank you to Becky Irving for organizing the parent retreat last Saturday, to Jeannette Borneman and Carol Ann Miller for the Lenten themed decorations and refreshments, to Dana Marm for publicizing it and to all who attended. Extra thanks to Fr. Noah Morey!



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

SAT Math Prep—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.

HELP WANTED: Hambleton Handyman is looking for a meticulous administrative assistant. Click [here](#) for all the details. To apply please send your resume to maria@hambletonhandyman.com