



Sentinel



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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
Pizza -\$1.50/slice

Every Tuesday Morning
Colossal Donuts—\$1.50/donut



- Feb 17 Lenten Holy Hour 7PM
- Feb 18 1st Sunday of Lent
- Feb 19 Presidents Day—NO SCHOOL
- Mar 2 Latin Certamen 2:45
- Mar 8 Lenten Stations and Soup Supper 6:30
- Mar 13 3rd Quarter Ends; Early Dismissal at 1:20 due to Faculty Retreat
- Mar 14 Boys Retreat 8:15-3PM
- Mar 15 Girls Retreat 8:15-3PM
- Mar 19 Solemnity of St Joseph
- Mar 20 Talent Show Assembly 2PM
- Mar 24 Palm Sunday
- Mar 28-Apr 5 Easter Vacation
- Apr 1-4 Tech Week
- Apr 5 Spring Musical 7PM
- Apr 6 Spring Musical 7PM
- Apr 7 Spring Musical 3 PM
- Apr 8 Frist Day Back after Easter
- Apr 10 NHS Assembly
- Apr 12 Spring Musical 7PM
- Apr 13 Spring Musical 7PM
- Apr 17 College and Career Night



I have a question about...Click [here](#).



FROM OUR EXECUTIVE DIRECTOR, MRS. CARROLL



LENTEN HOLY HOUR: Please join us this Saturday to enrich your Lenten Journey by spending time with the Lord in Eucharistic Adoration. We will meet in the Seton Chapel at 7pm for Exposition of the Blessed Sacrament, a Rosary, and a spiritual talk given by Deacon James Van de Voorde (parent of many Seton alumni).



GRADITUDE I: My sincere thanks to all those who met or exceeded their family goal for the ad campaign. Thanks to Mrs. Theresa Zahorchak, our Ad Campaign Chair and her valiant team who worked tirelessly performing way too many tasks to list here to make this a successful campaign. We ask all our families that have not participated yet to send in your tax-deductible donation soon. The Spirit Ad Campaign helps to keep your tuition affordable.

GRADITUDE II: Thanks to Mrs. Jill Pogue, our Foreign Language Department Chair and all our French, German, Latin and Spanish teachers and students for the delicious Foreign Language Week.

SAVE THE DATE: Our Annual Stations of the Cross and Soup Supper will be on Friday, March 8. We will pray the Stations of the Cross in the Chapel at 6:00 PM. Then we will have a soup supper in Faustina in the Corpus Christi Building. This event is a Seton tradition, and everyone is invited to participate. For the soup supper, we welcome crockpots of your favorite soup, or you may bring fruit, salad, or bread to share. Drinks and table service will be provided.



TOTAL CONSECRATION TO JESUS THROUGH MARY: Please encourage your children to participate in the Consecration to Jesus through Mary that is starting on Wed, February 21st at 3:05 in the Seton Chapel. The prayers will be said everyday right after school and only take about 15 minutes or less. Students will consecrate on March 25, the Solemnity of the Annunciation. In March of last year, Pope Francis invited Catholics to annually renew an act of consecration to the Immaculate Heart of Mary every March 25. If you have questions, please see Mr. Heisler.



YEAR OF PRAYER: In the past there has been a mistaken notion that mental prayer was only for priests, monks, and nuns. But the call to holiness is universal, as the Second Vatican Council and St. John Paul II told us. Others might be turned from mental prayer because they think of it in terms of great mystical experiences. But St. Teresa of Avila told us that "mental prayer is nothing more than intimate sharing between friends; it means taking time to be alone with Him who we know loves us." If we love someone, we want to talk to the beloved. So start that conversation. Make a resolution to set aside a certain amount of time for mental prayer each day, even if it is only five minutes, and be faithful that time, no matter what.



RECOMMENDED READING:

- ✦ <https://www.catholicculture.org/commentary/entering-lent-with-child-like-love/>
- ✦ <https://catholicvote.org/lent-for-procrastinators/>
- ✦ <https://spiritualdirection.com/2024/02/08/how-to-apply-habit-stacking-to-your-spiritual-life>

MASSES AND

ROSARIES

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



PRAYER REQUESTS

Please pray for Isaac Fox, 9th grader, who is in the hospital

Thank You!

Mrs. Luckey for providing the priest's lunch and dinner for Mrs Carroll and Mr. Westhoff, and Fr. Sunny Joseph for saying our Friday Mass and Fr. Isenberg for saying our Ash Wednesday Mass..

SETON'S GUIDANCE CORNER





SETON SPIRIT AD CAMPAIGN

THE CAMPAIGN IS OVER FOR THIS YEAR. THANK YOU FOR YOUR SUPPORT!

We have raised \$61,900 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 [HERE](#)). Remember, all Seton families are required to participate.

CONGRATULATIONS TO THE TOP THREE FAMILIES!

- 1ST PLACE** Richard & Deirdre Pennefather \$2,311
- 2ND PLACE** Timothy & Lisa Mayer \$1,425
- 3RD PLACE** Dante & Elizabeth DeFazio \$1,325
Patrick & Una Geary \$1,325

Thank you to everyone for supporting this year's Seton Spirit Ad Campaign. See you next year!

CONGRATULATIONS TO THE AD CAMPAIGN COVER ART CONTEST WINNERS!

- 1ST PLACE** Anna Allen
- 2ND PLACE** Anneliese Orr
- 3RD PLACE** Haley Fifield and Lily Griffin
- HONORABLE MENTION**

Cristina Witter and Josseline Chavarria Moreno
All participants of the Art Contest should see Mrs. Tsukalas in Bosco to claim their prizes.



SPRING SPORTS TRY-OUTS & INFO

Please see www.setonsports.com for more information.

BOYS LACROSSE

All pre-season tryouts and regular season practices will be held at Hellwig Park Turf field, 14420 Bristow rd., 20112.

Varsity Lacrosse click [HERE](#).
JV Lacrosse click [HERE](#).

GIRLS SOCCER

All practices in March will be held at Hellwig Park turf field, 14420 Bristow rd. All practices in April/May will be held at Valley View Park

Varsity Soccer-click [HERE](#).
JV Soccer click [HERE](#).
JH Soccer click [HERE](#).

BOYS BASEBALL

Varsity Baseball click [HERE](#).
JV Baseball click [HERE](#).

JH Baseball click [HERE](#). Come to tryouts on 2/17 at Metz to determine if we have enough players of sufficient experience to form a team this season.) Coach is Steve Clune.

GIRLS SOFTBALL

Varsity Softball click [HERE](#).
JV Softball click [HERE](#).

BOYS TENNIS

Boys Tennis Tryouts are March 4 and 5; 3:30-5:00 pm at Metz Middle School. Head Coach Russ Rowzie (rrowzie@trimarkcorporation.com) Click [HERE](#).



Drivers Ed Registration Forms are

now available at the front office or click [here](#). **Session I**—June 4 -14 **Session II**—July 8-18. ALL THREE PAGES OF THE CLASSROOM DRIVING INSTRUCTION MUST BE TURNED INTO THE SETON OFFICE.

LOOKING FOR SOME EASY PRO POINTS?



- Help with **Seton's spring musical**. You do not need to have a child in the cast to come join the fun! No particular skills are required! Click [HERE](#) for the details.
- Seton's new **Chess Club** is growing and is in need of more chess boards and pieces. Donations should be dropped off at the front office.
- Seton's uniform closet needs **ties**. If you have any ties you would like to get rid of, please drop them off at the front office.



SETON TALENT SHOW
Auditions are open to middle and high school students, and teachers!
Signups are outside the gym and Faustina
during the assembly on **MARCH 20TH**
OVER \$100 IN CASH PRIZES FOR 1ST, 2ND, AND 3RD PLACE!
*Only students are eligible to perform

BIG SISTER-LITTLE SISTER—LOVE FOR THE ELDERLY



Motivation behind the event- Big Sister-Little Sister Jacob was a young boy who spent countless hours with his grandfather. Many weekends they spent together visiting the park, eating cookies and milk, vacationing together, and having sleepovers at Nana and Papi's house. Needless to say, Jacob, at 13, was crushed when he heard his grandpa died. In his memory Jacob visited an elderly home and he found himself in high demand. They called him the "bingo boy." This statement sums up his experience, "I quickly found out the world didn't always care about them (elderly). In fact, many would tell me that I was their only visitor. They hadn't heard from family in months." After graduating from Yale, Jacob had this idea of reaching grandparents everywhere. He's the founder of Love for the Elderly. Today there's over 50,000 volunteers across 70 countries working together to fight loneliness with love letters to the elderly. On Tues, February 13th, the Big & Little Sisters spent an hour writing, drawing, and creating personal love letters to 8 specific grandparents. I have a feeling this will be an annual event for Seton's Big Little program.





NIGHT to Shine
 SPONSORED BY THE **TIM TEBOW**
 FOUNDATION™

THANK YOU to the Seton community for making the Night to Shine a huge success! From setup to the parking crew to the hair and makeup, shoe shine, kitchen help, buddies, floaters, clean up crew and even the donated desserts, the night would not have happened without the generosity of the Seton community! There were 100 guests from our special needs community, over 130 of their parents and over 150 volunteers, in which close to 100 of the volunteers came from Seton! May God bless you all for being a part of this event!



OPPORTUNITIES FOR THE SETON COMMUNITY

Finding Jesus at San Damiano—Retreats During Lent. At the Arlington Diocese's San Damiano Retreat Center, in the weeks ahead, in the true spirit of Lent, we will be offering a number of opportunities to retreat. Click [HERE](#) for all the opportunities. Many retreats are already full.

MOMS of TEEN GIRLS! Want to save money? Will teach your child to sew, my home or yours. Must own your own machine. Call Chris 703 368 7152, lm on vm. All Saints parishioner.

Calling a few caring and interested Seton High School students to visit and pray, twice a month, with a group of primarily Catholic residents at Willow Oaks Assisted Living facility in Manassas, Va. Willow Oaks Assisted Living facility is for low income senior persons and adults with disabilities. An adult volunteer will be needed to be present for these visits. A Legion of Mary member will accompany the students and the adult volunteer for the first several visits until all are comfortable. If interested please email Anne Pramstaller, President of Our Lady of Divine Mercy Legion of Mary Holy Trinity Catholic Church at annepram@gmail.com.

Registration is open for the **2024 Gratia Plena Camp** held Tues, June 25 - Sat, June 29 in Leonardtown, MD for young women, The Gratia Plena Camp's mission is to arm high school girls with Catholicism's vision for women. Click [here](#) for all the information.