



UPCOMING EVENTS

[Live Calendar](#)



Every Monday and Thursday
Pizza -\$1.50/slice

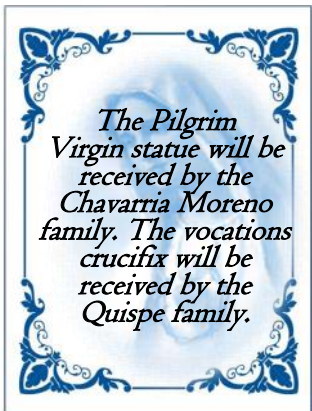


Every Tuesday Morning
Colossal Donuts—\$1.50/donut

- Mar 2 Latin Certamen 2:30-4:30
- 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 16 Job Fair during lunches
- Apr 17 College and Career Night for Juniors



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



FROM OUR EXECUTIVE DIRECTOR, MRS. CARROLL



GRATITUDE: Mr. Heisler, for leading the Consecration to Jesus through Mary, which began yesterday, and all the students who attended the first day. Please pray that they will stay the course. It's not too late to join the Consecration, which will take place after 33 days of preparation, on March 25, Holy Monday of Holy Week.

YEAR OF PRAYER: St. Paul said to "Pray always." Sounds impossible? Ponder these words from Carmelite Father Gabriel of St. Mary Magdalene: "True prayer is not complicated or constrained; it is the breath of the soul that loves its God, the habitual attitude of the heart which tends toward God. The soul seeks Him, wants to live with Him, knows that every benefit, every help, comes from Him. Thus, spontaneously, without even thinking about it, the soul passes from the simple elevation toward God to the prayer of petition or to intimate colloquy, to arrive finally at the transport of the heart, the glance toward heaven. Prayer understood in this way is always possible; in all kinds of circumstances and in the midst of varying occupations; furthermore, for a soul who really loves God, it would be as impossible for it to interrupt prayer as it would be for it to stop breathing. . . . The one condition necessary is to have a heart capable of loving; the stronger and more vigorous this love is, the deeper and more continuous will the prayer be." Give it a try. Think of God lovingly throughout the day, offering everything to Him, and see where it leads you.



DON'T FORGET: Stations of the Cross and Soup Supper, March 8, 6:00 PM, in the Seton Chapel and Corpus Christi. Dust off your crock pot and find that luscious soup recipe.



RECOMMENDED READING:

- ✦ <https://catholicvote.org/bishop-barron-lent-is-about-conversion/>
- ✦ <https://catholicvote.org/lent-for-procrastinators/>
- ✦ <https://spiritualdirection.com/2024/02/11/a-test-for-pridefulness>
- ✦ <https://angelusnews.com/faith/raising-catholic-kids/>
- ✦ <https://www.ncregister.com/interview/father-mike-schmitz-on-lent>



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 souls of Jeanette Talbott, grandmother of Jonas and Max Wilson
And
John Dwane, grandfather of Joseph and Gabriel Dwane.

Thank You!

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

SETON'S GUIDANCE CORNER





CELEBRATING 50 YEARS • A TOUR THROUGH SETON'S HISTORY

From 2005-2006 school year through 2009-2010 school year

We are grateful for:

- Dedication of the Corpus Christi Center by Bishop Loverde on January 7, 2006.
- Anna Salek, daughter of Patti Aguinaldo (1987) first alumni child to graduate.
- Honorary faculty Mom, Mrs. Marie Westhoff
- Senior Plays "Arsenic and Old Lace," "You Can't Take It with You," "The Man Who Came to Dinner," "Twelfth Night," and Agatha Christi's "Appointment with Death"
- Honoring Jeanne Larsen (who founded the Latin Department in 1983), Anne Strasser (long-time biology and religion teacher), and Carol Jones (many years teaching English) as they retired.
- Arbor Day celebrations complete with parade and tree planting.
- Drumline
- Blue Crab Bowl teams, winning victories over much larger schools.
- Michael Joseph Pennefather dies in January 2008, after living twelve years of a suffering, happy, holy life, setting an example for all of us.
- Pope Benedict XVI comes to the United States. Seton students produce a welcome video which wins them coveted tickets to his Mass in Nationals Stadium and a nation-wide TV appearance.
- Cast: Olivia Aveni, Bryan Nagurny, Mimi Myers, Libby Wittman, Kathryn and Christie Ostrich, and Shep the dog.
- Year of St. Paul
- Mr. Thomas Vander Woude's heroic death, giving his life to save his Down Syndrome son, Joseph, September 8, 2008, inspiring people worldwide.
- Dedication of the Thomas S. Vander Woude memorial court, in the St. John Paul II Center, with tributes written by Arlington Bishop Paul Loverde and Denver Archbishop Charles Chaput.
- Holy death of Mrs. Carol Jones.
- American History class produces an original movie on the Civil War, "Stonewill."
- Musical is "Boomtown", produced for only the second time. First time was in 1959, fifty years before, at Mrs. Carroll's college, Loretto Heights, in honor of the centenary of the founding of Denver. The composer's three children came from Colorado to attend the final performance.
- Wedding Bells ring as five Seton faculty members get engaged in 2009: Andrea Nolan and Nate Panning, Johanna Haggerty (to Paul Schuller), Maureen Terza (to Bob Campbell), and Sheila Jenné (to John Connelly).
- Haiti Walk-Runs to benefit our twin school in Thomassique
- Seniors load Medical Supply Trucks for the Medical Missionaries
- June 12, 2009. First Alumni Gala event.
- Farewell to Mrs. Patty Von Reyn (Science and Math Departments and much more) and Mrs. Johanna Haggerty Schuller (who had been associated with Seton since its founding and taught French since 1976 and German soon after, as well as founding the National Honor Society, Sacred Life Club, and Foreign Language Club) at the end of the 2009-2010 school year, grateful for all they had done for Seton.
- Sea Perch begins the robotics program at Seton.
- 2009—Year of the Priest
- Class of 2010 proclaims itself the best-looking class ever at Seton.
- Yearbook Dedications: 2006—all the people who made the Corpus Christi Center a reality; 2007—Mrs. Larsen, Mrs. Strasser, and Mrs. Jones; 2008—Michael Joseph Pennefather; 2009—Mr. Vander Woude and Mrs. Jones; 2010—Year of the Priest, with Father James Searby and Father Mark Moretti pictured on the dedication page.



The costume dept. for the Spring Musical is in need of the following items to borrow.



- Army Dress Hats (with bill)
- Garrison Hats
- Army Dress coats (green)
- green fatigue shirts (no camo)

If you have any of the above items to donate or loan could you please let Lynne Morrison know at : lmodule@aol.com



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; 3:30-5pm at Metz Middle School. Head Coach Russ Rowzie (rrowzie@trimarkcorporation.com) Click [HERE](#).

Congratulations!



The Seton Girls are the **VISAA Division II State Championship Runner-Up!**



Connor Koehr is the **VISAA Boys State 1-meter Diving Champion** and the **Diver of the Meet!**

Coach Ashley Keapproth was the **VISAA Boys Diving Coach of the Year!**

Check it out: [Q&A with Seton School](#)

[Coach Jim Koehr](#); Building a Successful Program (swimmingworldmagazine.com).



SENIOR NIGHT!



Click [HERE](#) for this years All Saints Church Night To Shine Highlight video. Thanks again for all those that volunteered!



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.

Seton VEX Club Summer 2024 Tryouts! The Seton VEX Club will conduct tryouts for students interested in joining the VEX club for the 2024-2025 season. Working in small groups, students will build a robot while learning to program it in C++. Match your skills with those of Seton's veterans to see if you can make the cut. Notify Mr. Hoffman by Jupiter Ed or at MarkWHoffman@msn.com by May 24 if interested in trying out.

Ages: Middle School & High School
 Dates: June 17-21
 Times: 9:30 AM – 3:30 PM
 Place: Corpus Christi Center



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.

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.

ART, DRAMA, MUSICAL THEATRE CAMPS for K-12 in a Catholic setting. Celebrating 20 years, Spotlight on the Arts Summer Camps offers Broadway Spotlight, Drama Bootcamp, Art Explorer, and Arts & Crafts Fun Camp this July 8 - 19. Through Acting, Visual Art, Music, and more, these camps are taught by professional Catholic educators very accomplished in their area of expertise. Through March, all camps are \$35 off plus everyone gets a free t-shirt. Learn more and register at www.SpotlightSummerCamps.com