



## UPCOMING EVENTS

[Live Calendar](#)



**Every Monday and Thursday**  
Pizza -\$1.50/slice

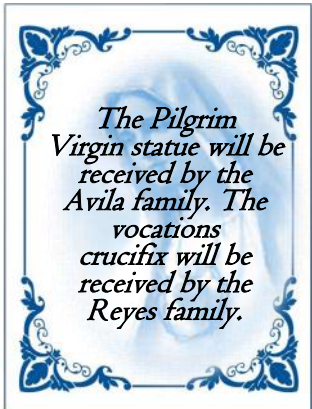


**Every Tuesday Morning**  
Colossal Donuts—\$1.50/donut

- 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



Please Turn off Your Mobile Phones

**SCREEN-FREE DAY TOMORROW!** I hope everyone is participating to the extent possible. Please remind your children, especially those who bring phones to school, that this is a day for a Lenten fast from screens. If they think this will be difficult for them, encourage them to offer up the sacrifice for any special intention they might have. We certainly have many intentions to pray for in our community.

This event is also a good opportunity to remind your students of the school cell phone policy. Phones must be out of sight during the school day. Students may use their phones after school to text or call, but only in the lobby or in the courtyard near the main doors. They may not access the Internet.



**DON'T FORGET:** Stations of the Cross and Soup Supper, March 8, 6:00 PM, in Seton Chapel and Corpus Christi. Bring a crockpot of soup or fruit, bread, or salad to share. Drinks and paper products will be provided. Please let me know if you will be bringing a crockpot of soup so that we can be sure we have enough.



**GRATITUDE I:** For the inspiring Night to Shine video prepared by Mrs. McIntyre. If you have not already seen it, you can find it on the Seton website (click [HERE](#)). We are also grateful to organizers Mary Jo Smith and Danielle Smith, and everyone who participated in this beautiful occasion.

**GRATITUDE II:** For the most inspiring moment at the VCAC championship games last Saturday night, when everyone in the gym gave a prolonged standing ovation to Fredericksburg Christian player Noah Cesar, the young man who had a heart attack at an earlier game and was saved by quick action from Seton people and others and by prayers said in the gym.



**YEAR OF PRAYER:** Again from Father Gabriel. Make this your prayer also: "O my God, teach me how to seek you in prayer, to put my heart in contact with Yours, to learn how to withdraw, not only materially, but also spiritually, from all the attractions which this world offers. How many times I am kneeling, but my mind is wandering all over the place [sound familiar?]. And You, O Blessed Trinity, are here in the depths of my soul, seeking to manifest Yourself in the intimacy of prayer. . . If, because of my natural weakness and the deficiencies of my poor human nature, I am not always able to silence my memory and imagination, it is, however, always possible for me to seek You with my heart and will; and this is exactly what you ask of me. Make me understand that the essence of prayer does not consist in thinking much, but in loving much." A favor I like to ask of Our Lord before I begin to pray: Even if my mind is wandering or I am falling asleep [you might not have this problem], may my heart be loving.



Keeping a Holy Lent

## MASSES AND

### ROSARIES

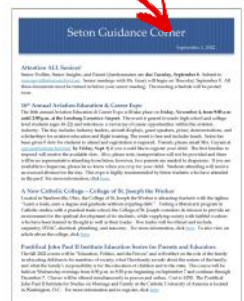
*Monday Mass*  
All Saints 8:30 AM  
*Rosary*  
Tues-Fri 8:00 AM  
in the Chapel



Thank You!

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

## SETON'S GUIDANCE CORNER





## Diocesan Day of Unplugging Friday, March 1, 2024

*"We need to spend less time with these worldly distractions and more time with God. So let's lift up each other in faith and make this commitment." - Bishop Michael F. Burbidge*

In this penitential season of prayer, fasting, and almsgiving, Bishop Burbidge has invited all of us to participate in a diocesan-wide challenge to fast from excess screen time on **Friday, March 1**. **Mrs. Carroll is asking all of the Seton community to join me in this invitation by "unplugging" from digital devices to renew our relationship with God and neighbor.** Find the instructions for how to participate, ideas for how to spend your time offline, and FAQs on the day at [www.arlingtondiocese.org/unplug/](http://www.arlingtondiocese.org/unplug/).

Here are a few excerpts from the Diocesan website:

Many of us can relate to being too attached to our digital devices. With everything from banking and fitness to email and games accessible on our phones, tablets, and laptops, these devices can become a distraction, or even an addiction. This has even more serious implications when it comes to social media. People spend more than two hours daily on social media, including platforms like YouTube, TikTok, Instagram, and Snapchat, according to recent research. One-third of teens think they spend too much time on these platforms. These survey results beg the questions: Are we spending more time with our devices than with God? And are we investing more time on social media than on nurturing in-person relationships within our communities? Let this Lent be a time where we take these questions to prayer.

What does "Unplugging" mean — the act of intentionally eliminating screen time or time spent consuming digital media — is a worthwhile and challenging type of fasting. In the spirit of the thousands participating in the Global Day of Unplugging, consider what unplugging means for you and your relationship with God. Ask yourself: How can I unplug and intentionally use the time offline to spend more time with the Lord? How will you spend your time offline? Find tips and ideas on the website. Here are two highly recommended: • Attend daily Mass in the morning before work or school. • Make a Holy Hour or half hour. A holy "five minutes" is better than zero.

### REMINDERS: Seton's Cell Phone Policy

ALL STUDENT CELL PHONES MUST BE TURNED OFF FOR THE ENTIRETY OF THE SCHOOL DAY BEGINNING AT THE FIRST BELL UNTIL THE FINAL BELL OF THE SCHOOL DAY. After school all students may use cell phones but only as a phone and only on the sidewalk in front of the main entrance to the old school building. **Students are not to gather around any screens.**



**LIGHTS...SOUND...STAGE CREW!** There is a sign-up sheet posted on the bulletin board in Corpus Christi for all students who may be interested in helping with lights and sound and stage crews. There will be an information meeting on Monday, March 11 at 3 o'clock after school in Corpus Christi. There are limited spots available so please sign up.

**The costume department for the Spring Musical still needs 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

Tickets for the musical go on sale on March 4th. Click [HERE](#) for the form or [HERE](#) to order online.

## WAY TO GO CONQUISTADORS!



Congratulations to the Girls and Boys Basketball Teams for winning the VCAC Championships!!! VCAC named senior Patrick Nguyen and junior Lucy Pennefather as VCAC Player of the Year and Coach Dan Vander Woude as Coach of the Year!



Sophomore Dominic Nguyen met his 1,000 point milestone as a Seton Conquistador! Way to go Dominic!!!



**AP LATE-REGISTRATION DEADLINE MARCH 12** if you did not yet register for May 2024 AP exams and are interested in taking any, please contact Mrs. Reyes (smreyes595@gmail.com) as soon as possible for information.



**Seton VEX Club Summer 2024 Tryouts, click [HERE!](#)**  
**Drivers Ed at Seton, click [HERE!](#)**



## OPPORTUNITIES FOR THE SETON COMMUNITY

Some Summer Camps: The 2024 Gratia Plena Camp, click [HERE](#). Spotlight Summer Camps, click [HERE](#).





## Seton Musical Ticket Order Form

Performances on April 5, 6, 12, 13 at 7:00 pm  
and April 7 at 3:00 pm

Tickets are \$10 per person/\$50 maximum per family\* per show.  
Only \$40 family\* maximum per show if purchased by 3/18/24.

We will sell tickets at the door, but we expect sold out shows. Doors open a half-hour before the show.

Tickets on sale in the Corpus Christi office starting March 4.

\*Family discount applies for immediate family--all that live in the same household. Please fill out the names for the family below. Individual tickets can be bought online at:

<http://tinyurl.com/Setonmusicaltickets2024>

Please return this form to the Corpus Christi office via mail or in person.

First come, first serve--sorry no refunds are possible!!

Please make checks to "Seton School"

9314 Maple Street

Manassas, VA 20110

Pick up tickets at Door.

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Please note the number of tickets requested for each show:

\_\_\_\_\_ Friday, April 5, 2024 at 7pm

\_\_\_\_\_ Friday, April 12, 2024 at 7pm

\_\_\_\_\_ Saturday, April 6, 2024 at 7pm

\_\_\_\_\_ Saturday, April 13, 2023 at 7pm

\_\_\_\_\_ Sunday, April 7, 2023 at 3pm

Family Discount Info: Family Last Name: \_\_\_\_\_

Please list all the names of the immediate family members attending:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Click [HERE](#) to download the order form.