



Sentinel



Volume 30, Issue 29
April 25, 2024

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



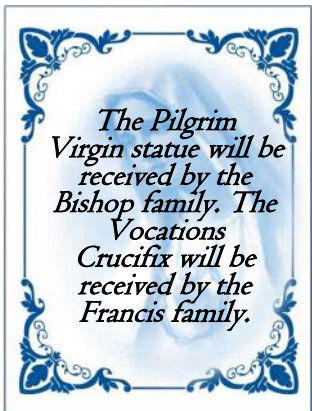
- May 1 Pro Life Speech Assembly
- May 3 Prom—NO SCHOOL
- May 5 Pilgrimage to St. Elizabeth Ann Seton in Emmitsburg
- May 7 Senior Breakfast and Retreat
- May 8 Teacher Appreciation Assembly & Speeches
- May 13 May Crowning after 8:30 Mass
- May 15 Band and Chorus Concert
- May 18 Band Concert at Busch Gardens
- May 20 Senior Banquet, 6PM
- May 21 1:20 Dismissal—Study Day
- May 22-31 Final Exams
- May 30 8th Grade Awards & Graduation 7PM
- May 31 Senior Awards Night 7PM
- June 3 Graduation for Class of 2024, 5:30, All Saints Church

2024/2025 SCHOOL YEAR

- Aug 21—First Day of School
- Dec 21-Jan 6- Christmas Break
- April 17-April 27—Easter Break
- June 2 Graduation for Class of 2025



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



The Pilgrim Virgin statue will be received by the Bishop family. The Vocations Crucifix will be received by the Francis family.

FROM OUR EXECUTIVE DIRECTOR, MRS. CARROLL



GRATITUDE I: To Mrs. Vander Woude, for creating the flyer on the Pilgrimage.

GRATITUDE II: All the seniors, for the effort put into their pro-life speeches, expressing their strong commitment to the right to life.

GRATITUDE III: Mrs. Deirdre Pennefather and the teachers, parents, and alumni who participated in the phone-a-thon last night to update contact information on Seton alumni. Are your alumni children in the data base?

YEAR OF PRAYER: continued from Divine Intimacy: Prayer understood in this way [as a glance toward heaven] 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. We can thus understand how everyone, even those living in the world, can fulfill the words of the Gospel: "Pray always." 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.

RECOMMENDED READING:

- ✦ <https://www.wordonfire.org/articles/how-to-believe-in-god-a-philosophical-approach-for-the-sincerely-disposed-skeptic/>
- ✦ <https://catholicvote.org/5-books-about-mary-for-the-month-of-may/>

MASSES AND

ROSARIES

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



PRAYER REQUESTS

Please pray for Mrs. Tammy Armstrong, mother of Sage, diagnosed with stage 4 cancer.

Thank You!

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

Seton School's Annual Pilgrimage to St. Elizabeth Ann Seton Shrine



SCHEDULE:

- 7:15 AM** **Pray Joyful Mysteries in the car**
The Shrine is approximately 1 hr. 45 minutes away from Manassas. Plan to leave your home no later than 7:15 AM.
- 9:00 AM** **Mass at National Shrine of SEAS celebrated by Fr. Isenberg (Seton '99)**
Pray Luminous Mysteries after Mass
- 10:45 AM – 12:30 PM** **Picnic at Emmitsburg Memorial Park**
11 Chesapeake Ave., Emmitsburg, MD
- 12:45 PM** **Pray Sorrowful Mysteries at Stations of the Cross at SEAS Shrine (near St. Joseph's cemetery)**
New Location!
- 1:15 PM** **Feel free to tour grounds of Shrine**
There is a new museum in the Visitor's Center, which is well worth visiting. setonshrine.org/museum/
Pray Glorious Mysteries in the car



What to bring:
Rosary, picnic lunch, blanket, chairs, frisbee, sporting equipment...

Dress Code: MASS "Out-of-Uniform dress code" then at PICNIC "Casual dress code"

Thank God for our blessings!

www.setonshrine.org

National Shrine of SEAS, 339 S. Seton Ave., Emmitsburg, MD 21727

SETON'S GUIDANCE CORNER

Seton Guidance Corner
January 2022

Orientation 101: Student
Orientation 101: Student... (text partially obscured)

100th Annual Activities Education & Career Expo
The 100th Annual Activities Education & Career Expo... (text partially obscured)

Seton Catholic College - College of St. Joseph the Worker
Seton Catholic College... (text partially obscured)

Practical Skills
Practical Skills... (text partially obscured)



CELEBRATING 50 YEARS • A TOUR THROUGH SETON'S HISTORY

2015-2016 SCHOOL YEAR THROUGH 2019-2020 SCHOOL YEAR, WE ARE GRATEFUL FOR:

- The completion and dedication of Our Lady Queen of the Angels Chapel on the Solemnity of the Annunciation April 4, 2016. One of the most beautiful days in Seton's history. Bishop Paul Loverde dedicated the chapel, concelebrating priests were Father Thomas Vander Woude and Father Lee Roos, assisted by Deacons Brian Majewski and James Van de Voorde, with Masters of Ceremonies Father Noah Morey, Father Paul deLadurantaye, and Father Robert Wagner. Seniors were altar servers and participated in the ceremonies. The Seton choir directed by Mrs. Liz Foeckler provided the music. Many others contributed to this memorable occasion. The students who could not fit into the chapel watched the ceremonies in the gym via video. Everyone enjoyed a special lunch after the dedication.
- The excitement in the school after the 2016 Presidential election, with the chorus parading through the school and the neighborhood singing in honor of the new President-elect.
- Year of Mercy Pilgrimage to the Shrine of the Immaculate Conception in Washington, D.C.
- Welcoming Bishop Michael Burbidge

to the Diocese.

- State championship girls soccer team and state runner-up girls basketball team.
- Mrs. Vander Woude returns to direct the musical.
- 2018 seniors donate a beautiful outdoor statue of the Blessed Mother.
- October 13, 2017 Celebration of the 100th anniversary of the Miracle of the Sun at Fatima, with a Eucharistic procession, prayer chain, and balloon Rosary.
- Bishop Burbidge's May 10, 2018 visit to Seton.
- Sean O'Hare ('99), first alumnus commencement speaker.
- Seton's first movie, a film version of Mr. Heisler's "Calapanta"
- Seton hosts first Vex tournament.
- Introduction to Engineering Class begins.
- Dominican Republic Mission Trip.
- Journalism class introduced.
- Daughters of the King, Sons of the Most High
- State Pro-Life Speech Contest winners: Grant Mantooh (second in the nation), Thomas Moore, Kalli Dalrymple, Rita Rogers (second in the nature), Juliette Orr
- Yearbook Dedications: 2016 All those who contributed to Our Lady Queen

of the Angels Chapel; 2017 Father Noah Morey; 2018 Pat and Joanne Mooney; 2019 The Unborn; 2020 Joe Gregory (class of 2000) Rest in Peace.

- Mr. Pennefather becomes Director, just in time for--

THE COVID QUARTER:

- To all the teachers and support staff that provided an academically successful online quarter
- Beginning Zoom classes one day after the lockdown.
- Sunday Rosary Processions led by the statue of Our Lady of Fatima.
- Miss Erwin creatively putting together band and chorus concerts.
- Faculty sending out Easter greetings to the students.
- Spring Musical "Fiddler on the Roof", rehearsals and a video of the performance.
- May Crowning in the school courtyard.
- Senior Awards Night via Zoom.
- First graduation, 7 students on June 1 in our chapel.
- Second graduation, the rest of the seniors (and some duplicates) in Holy Trinity Church, June 15.
- Prom and senior banquet at the Sweeney Barn.
- Seton chapel open during the lockdown, with the Blessed Sacrament present.



ATTENTION STUDENTS AND PARENTS:

- Applications for **Student Government** and **Senior Class Council** posts are **due April 30** to either of the offices or Mrs. Pogue. Application forms are at both offices.
- **Prom Dresses** need to be approved by Wednesday May 1.
- **Senior Banquet is May 20.** A sign-up genius will be sent soon for food items, set-up, service assistance (mostly juniors) and clean-up.
- **Order your 2023-2024 Yearbooks!** Cost is \$53. Order through the Jostens website. The deadline to is June 30. Click here to order. Artwork done by Anneliese Orr.
- **Please don't forget to report your PRO HOURS!** 25 hours per family should be reported on Track It Forward by **April 30** and after that date unreported PRO hours will be billed at \$15/ hour. Thanks for serving, please take credit for your volunteering! Any questions, contact Pro President Maria Hartung Proboard@setonschool.net or Pro Treasurer Mark Kelly Mark@kellyinv.com.
- Families applying for **financial aid** must complete the Financial Aid Application on FACTS. PLEASE be sure to enter aid for 24/25 School Year AND submit all required documents. Financial Aid cannot be determined until the appropriate documents are completed and verified by FACTS. **DEADLINE TO APPLY IS FRIDAY, MAY 17.**



SCHOLARSHIPS AVAILABLE!



Colonel P. Scholarship for Senior Student Athletes. A \$500 cash scholarship will be awarded to one college-bound Seton male and one female varsity-level student-athlete who strongly lives and demonstrates the Christian Faith in daily life, in athletics, and through service to the Seton community. Applications are available [here](#). Deadline for applications is Monday, May 13.

Michael Pennefather Scholarship for a Seton student that is carrying a cross with the same spirit as Michael, son of Dick and Deirdre Pennefather who was born with multiple handicaps and lived his twelve years of life with joy, courage, and faith. Anyone can nominate a current or prospective student for this scholarship. Write a letter explaining why the student deserves the scholarship and email it to acarroll@setonschool.net THE SCHOLARSHIP IS FOR ONE YEAR'S FULL TUITION.

Warren H. Carroll Scholarship for a Seton graduate currently attending Christendom College or will be enrolled there this fall. Email Mrs. Carroll at acarroll@setonschool.net to be considered for the \$500 scholarship.

For other scholarship opportunities please check out [Seton's Guidance Corner](#) which is updated weekly and available on the bottom right hand corner of the Sentinel's first page.



SETON TRACK SCORES ITS FIRST POINTS IN A MEET IN OVER 30 YEARS!

Yesterday at St John Paul the Great, the Seton 4x800 relay team accomplished two new firsts: with their 2nd place finish, they scored 8 pts for the team, the first points we have scored so far since the renewal of Seton Track, and they got the first VISAA State Qualifying time, with a time of 9:34.00. The relay team of Patrick Kay (2:27), Dan Jackson (2:26), Daniel Hurley (2:25) and Peter Konstanty (2:16) came in well ahead of the qualifying time of 10:28 and supplied the first highlight of the meet. Daniel Hurley and Patrick Kay competed in their first-ever meets. Daniel ran 13.89 in the 100m and 28.16 in the 200m. Patrick was the longest distance runner, as he ran the 400m in 1:11.15 and the 1600m in 5:38.23. Dan Jackson competed in the 400m, with a time of 1:03.58. Peter Konstanty ran 26.23 in the 200m and 5:34.82 in the 1600m. All in all, the boys had a great time and left quite happy and exhausted. [Click on the image for the results.](#) Next meet is Friday at Fauquier High School where Peter, Daniel H and Patrick will shoot for improvements on their personal bests!

Seton Relay Team Qualifies for State Championship!
On April 23, the fledgling Seton track team competes in a meet against boys from five other schools at Saint John Paul the Great High School. Peter Konstanty (2:23), Daniel Hurley (2:25), Dan Jackson (2:26) and Patrick Kay (2:27) competed well in several individual events including the 100m, 200m, 400m and 1600m. With a 4:00m relay, the team's best time to take 2nd place, and their time qualified them to compete at the state-championship in Richmond on May 31st Great job guys!



The Advanced Lab Science Class and their piglets!

2024 SETON SUMMER HAPPENINGS

Be sure to check out the [2024 Summer Happenings Post](#) on our website. Summer classes and camps will be added as the information becomes available. Just added: Mrs. K's One Camp to Rule Them All; click [HERE!](#)



OPPORTUNITIES FOR THE SETON COMMUNITY

SEWING LESSONS: Want to save money? Need a Prom dress? Will teach your child to sew, my home or yours, Must own your own machine. Call Chris 703 368 7152 (All Saints Parishioner).

San Damiano Spiritual Life Center Retreats, click [HERE](#). Upcoming retreats include: Spiritual Exercises of St. Ignatius of Loyola – Men's and Women's Silent Retreat – April 19 – 21; St. Therese of Lisieux Women's Silent Retreat - May 3 - 5; Finding Jesus in the Virtuous Life Young Adult Retreat - May 10-12

THE LEGION OF MARY ARLINGTON SENATUS, 2024 TEENAGE ENRICHMENT FOR THE APOSTLES OF MARY, T.E.A.M. RETREAT: **Holy Spirit: The Guiding Light to Overcome Teenage Problems on Sat, June 8, 8-5.** Click [HERE](#) for the flyer and form to sign up.

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