



Building The Kingdom of God

March 2, 2017

Yesterday we joined in celebrating Ash Wednesday, the beginning of our Lenten season. In this season, we prepare ourselves to celebrate the high point of our Christian life, Easter. We are called to a change of heart and taught about the traditional Lenten practices of prayer, fasting, and almsgiving. These disciplines are to be part of the Christian life during every season, but during the season of Lent, families have an opportunity to examine their family life and to re-commit themselves to these disciplines.

We want to help our children experience that conversion of heart. Young people in today's society often have busy, cluttered lives. Lent is a time to help them remove some of the clutter that gets in the way of receiving God's grace. Reinforcing the virtue of moderation during the Lenten season helps to remove the clutter and enable them to see God's light shining. Moderation is creating a balance in life between work and play, rest and exercise. In practicing moderation we make a choice to be the way we want to be. Moderation allows us the ability to not overdo and clutter our lives.

How are you as a family going to practice moderation this Lenten season? There are opportunities to cut back on

video and television time. Possibly spend that time instead in prayer. Children enjoy taking time to speak and listen to the Bible. Fasting can be experienced in limiting the sweet treats or possibly trying a new fruit or vegetable. Fasting requires us to move away from our comfort zone. The discipline of almsgiving could be a family day where you pick a closet or toy chest to go through and donate items to a local organization. Moderation takes us away from excessive behavior. Let us all focus on the simple life that Jesus modeled for us. In these 40 days we can practice moderation.

Yours In Christ,

Mrs. Kim Gondeck

Thanks to all the families who completed the Religious Education survey on-line or on paper. The School Advisory Council has reviewed your comments, and will look to make improvements at QAS School.

Bishop Donald Hying will visit Queen of All Saints School on Thurs., March 23. He will begin his visit with Mass at 8:30 a.m. and everyone is invited to join us.

PREKINDERGARTEN & KINDERGARTEN ROUND UP AND OPEN HOUSE:

Prekindergarten and Kindergarten students will be dismissed at noon on Wednesday, March 29. This is to provide our PK and KG teachers time with the new families. Please remind family and friends of our Round-Up and Open House on Wednesday, March 29 from noon to 6.

K OF C FISH FRY FRIDAYS:

Join us for great food and fun from 4:00 to 7:00 in the cafeteria! Here are the dates:

March 3

March 10

March 17

March 24 Living Stations

March 31

The price for the fish dinners for adults are \$10 for fish or shrimp, \$9 for seniors, and \$7.50 for children under twelve.

FOR YOUR INFORMATION:

“No Federal Immigration Official enters Queen of All Saints School without a court order or warrant.” If you have questions, please call Ms. Arter.

OUR FIRST READ-A-THON:

We raised more than \$900.00 to purchase books for our library. Children that participated should go to the prize center to select their reward. Our top 3 fund raisers were Remy Hernstrom, Madison Pahssen and Audri Gasaway who will all be principal for an hour. Our top reader was Anastasia O’Shea Rickard with more than 650 minutes. The winning class was PK and they will have a special activity soon.

UPCOMING DATES:

March 3—Stations of the Cross

March 4—Choir sings at 4:30 Mass

March 10—Stations of the Cross

March 13—I Read test for all third graders

March 15—End of 3rd quarter

March 18—1st Communion Retreat

March 30—Report Cards Home

USDA CORNER:

Before the USDA Smart Snack policy goes into effect next school year, it’s important to see how we can improve everyone’s nutrition by providing healthy snacks for birthday or holiday parties.

Six chocolate sandwich cookies have 286 calories including 182 empty calories. A simple replacement of 1 oz. of peanuts (in classrooms that can eat nuts) has 170 calories and 0 empty calories. Empty calories are from added sugar or solid fats that provide little nutritional value for your child.

A 2.2 oz. package of fruit flavored candy has 249 calories including 177 empty calories. The replacement of light popcorn in a snack bag has 161 calories and only 17 empty calories.

A large donut has 242 total calories and 147 empty calories. A granola bar with oats, fruit and nuts (8 oz) has 95 calories and 32 empty calories.