

October 12, 2023



Holy Spirit School *Inspiring Minds/Igniting Hearts* **2023/2024** **"Faithfulness"**

Buckle Up Folks!

The "slow roll" of the beginning of the year is officially over! Take a deep breath folks because when you have finished exhaling we will be at the end of December! (Have you started to hear Christmas songs in your house from your K-4 children?)

The month of October is when so many exciting events start to take place here at school and we begin with Boosterthon which officially kicks off on Monday, October 16th.

Have you registered yet for Boosterthon? Our goal is to have a minimum of 95% of our students registered on the Booster site. If we reach that goal, a special "thank you" is in store. See the information below in the PTO section.

The Student Council is gearing up for two of their biggest events of the year - Spirit Week and the annual Ton of Love food drive. Information is below for both of those. I really encourage you to put the themes for the different days of Spirit Week on your calendar and let your kiddos start planning now. It is a super fun week that also coincides with the culminating Booster Fun Run.

Friday, October 27th is a no school day for students as it a Diocesan professional development day for the teachers. But don't stray far from home as that evening is the PTO's annual Trunk or Treat event! This is a terrific evening of fun for everyone and I encourage you to sign up for a slot and come out and show off your decorated car.

The students will officially move into the Winter uniform on Monday, October 30th. Please be sure you are ready for that. I would also encourage you to look at your student's uniform with a critical eye - there are already a number of girls with skorts, skirts, and

jumpers which are too short.

We will attend Mass on Wednesday, November 1st for All Saints Day (as opposed to our usual Friday Mass).

Retakes of yearbook pictures will be on November 2nd - watch for more information on that.



Did you create your own Holy Moment this week? Did you set aside your social media and/or electronic device for at least a day? I think it is sometimes very easy to keep looking past our own lives and graces that we have been given when we are constantly viewing the lives of others and maybe pining for things that aren't really what they are portrayed to be. Being truly present with those who are integral in our day-to-day moments is a gift to others but to ourselves, as well.

As mentioned, each Thursday this note will contain the Matthew Kelly, Holy Moments videos that he recorded during Lent of 2023. These relate to the Holy Moments book.



Holy Spirit School

Spirit Week

Monday 23rd-Thursday 26th

Monday- DECADES DAY!

PreK-2nd = 1960's

3rd-5th = 1970's

6th-8th = 1980's

Tuesday- BOOSTERTHON Spirit Run!

PE Uniform and CRAZY accessories

Wednesday- WACKY WEDNESDAY!

WACKY clothing, hairstyles, and accessories

Thursday- CIRCUS DAY!

Dress as your favorite part of the circus
(e.g., a ringmaster, clown, animal, etc.)

Friday -TRUNK-OR-TREAT

(no school for students)



♥ Ton of Love 2023 ♥

It's time for the annual St. Lucy's Ton of Love Food Drive! Please consider donating to the St. Lucy Project to help those in need. The blue bags to carry the food will go home on Friday, October 13th, along with the food list.

All donations are appreciated, though below we included a list for you to know which items are most needed. All donations must be made by October 24th.

Pre-Kindergarten- Mac & Cheese
Kindergarten-Mac & Cheese
First Grade-Mac & Cheese
Second Grade-Cereal
Third Grade-Cereal
Fourth Grade-Jelly/ Jam (No glass jars)
Fifth Grade-Jelly/Jam (No glass jars)
Sixth Grade-Canned Pasta
Seventh Grade-Canned Corn/Green Beans
Eighth Grade-Canned Meat

The NJHS honors the active, retired and deceased members of our Armed Forces in advance of Veterans Day.

See the complete document and instructions via the "button below" to see how your family can help with our Wall of Heroes.

MY HERO IS:

WHO served the United States of America
in: _____

Place a picture here. Please not an original but a copy.

CALLING ALL HEROES:

1. People who have served our country as a member of the Armed Forces. This includes active, retired or deceased members of the Armed Forces.
2. People who have served our country as first responders. This includes active, retired or deceased.
3. We will accept pictures now and all the way through **November**.

PLEASE SEND A PICTURE OF YOUR HERO SO THAT OUR SCHOOL COMMUNITY CAN PAY TRIBUTE TO THEIR SERVICE AND SACRIFICE.

Please write a short biography of your hero.

Name: _____ Grade: _____

Wall of Heroes information



The Art Room is in need of cardboard tubes.

Donations can be sent directly to the Art Room.

Thank you!

Thoughtful Moments

St. John XXIII
Angelo Giuseppe Roncalli was born to a poor farming family in Bergamo, Italy. His ordination as a priest in 1908 began a lifetime serving the Church as the bishop's secretary, a military chaplain, cardinal patriarch of Venice, and finally, as "Good Pope John." He often visited the poor, the sick and prisoners. He worked to uphold their dignity and improved relations with the Eastern Church. He is remembered for opening the Second Vatican Council. He died in 1963.

The Guardian Angels
Guardian angels are "angels assigned to protect and intercede for each person" (Catechism of the Catholic Church, #336). The intervention of the angels on our behalf is one way God takes care of us. Pray the Guardian Angel prayer with children often.

"Jesus reveals the nature of God as that of a father who never gives up until he has forgiven the wrong and overcome rejection with compassion and mercy." Pope Francis

Fall saints for a good school year

The saints in heaven help us on Earth with their prayers. We can also follow their examples to heaven. Through the autumn months, these saints can be heroes of light for children:

St. Thomas Aquinas is the patron of students. Brilliant but humble, he became one of the greatest minds of the Church, studying, teaching, and defending the faith. He began study with a prayer: "Point out the beginning, direct the progress, and help in completion. Through Christ our Lord. Amen."

St. Sebastian, named patron of athletes, bravely endured suffering for the Faith. Young athletes can ask him to inspire their strength, good sportsmanship, and self-discipline in

their faith and on the field.

St. John Paul II, patron of World Youth Day and Catholic Sports, was born Karol Wojtyła in Poland. He lost his mother, father, and older brother before his 21st birthday.

His promising academic career was cut short by the outbreak of World War II. After enrolling in a secret seminary in Krakow, he was ordained a priest in 1946 and eventually became one of the longest serving popes in Church history.

St. Philip Neri is patron of holy friendships. A valuable part of our school experience is learning to make friends. Call on the intercession of St. Philip Neri when navigating friendship challenges and to find holy friends.

Why Do Catholics Do That?

Traditionally attributed to the Dominican Order, the Rosary is a set of prayers that focuses on the mysterious events in the lives of Jesus and Mary. Sacred Marian apparitions and countless saints and popes have

Why do Catholics pray the Rosary?

recommended the Rosary as the "powerhouse" of devotion. Many mistake it as Marian devotion, but the prayer is actually a meditation on Jesus' life through Mary's eyes. Meditating on the prayers and mysteries of our faith opens us to graces that make us more Christ-like.

-Maureen Ashby

Principal

Holy Spirit School PTO



Upcoming PTO Events

Monday, October 16th – Tuesday, October 24th
Boosterthon

Tuesday, October 17th
PTO Meeting 6:30pm – 8:30pm (2-4 PSSC points for attending)
See Volunteer Opportunities below for more information.

Friday, October 27th
Trunk or Treat 6:30 – 8:30pm in the Upper Parking Lot
See flier below for more details.

Volunteer Opportunities

Spring Fundraiser Chair and Co Chair (40 PSSC points each)

Do you love Spring and organizing fun events? Would you like to plan and execute our Spring fundraising activities during this year's Talent Show? This Chair/Co Chair role includes coordinating with classroom parents to develop class baskets and identification of fun "perks", and raffle ideas. It requires at least 3 months of support to ensure a smooth but exciting series of activities to raise money for the school and new ideas are always welcome!

Questions? Contact Lauren Schmidt PTOVPMembership@holyspiritflames.org

or Toni O'Neill PTOVDevelopment@holyspiritflames.org

October PTO Meeting (2-4 PSSC points for attending)

Join us in person in the school on October 17th and hear from your PTO president, Mrs. Ploschke, your principal, Mrs. Ashby, and various committees about what is going on at Holy Spirit School this year. Have an idea to share? Want to provide feedback on events? This is a great opportunity for new, as well as returning families, to share your thoughts, stay up to date and connect with other parents and the PTO board. Can't make it in person? Join us via [Zoom](#) so you don't miss anything! Be sure to sign up in [Connect1](#) for meeting details and to earn PSSC points for attending.

Questions? Contact Kristyn Poreba PTOSecretary@holyspiritflames.org

Reminders

Connect1

If you haven't set up your account, please register [here](#) and follow the instructions in the flier below.

Questions? Contact Tom Fields ptopssc@holyspiritflames.org

In order to volunteer with any youth in the Arlington Diocese, you must be [Child Protection Compliant](#).

[Recess Duty](#) volunteers are still needed for the remainder of the school year. Families who have completed their required commitment of one day are eligible for 4 PSSC points for each additional day served.



Don't Miss Out! Register for our Holy Spirit School Fun Run!

Holy Spirit School families!

We're only ONE week away from our Holy Spirit School Fun Run and our students and staff are so excited! We're looking forward to having fun and building community together.

Log into [Log into MYBOOSTER.COM](#) today to get started! today to get started!

Register & share today to help our school reach our goal of \$40,000 for students & staff.

We are looking for 95% student (not family) registration in order to "score" an extra dressdown day!

Thank you for supporting our school - we are grateful for our amazing school community!



Booster Overview - Register and Give Today!

GET READY!!!

TRUNK OR TREAT
Decorate your booth and fill it with candy!

Admission:
Bag of Halloween
candy



FRIDAY, OCTOBER 27
6:30 - 8:30 PM
On the School Grounds

Limited spaces available. For info and to reserve a spot, check out
Connect!! Questions? Email
PTOtrunkortreat@holyspiritflames.org
(More than one family can share a spot.)

PTO Board 2023 - 2024

President - Christine Ploschke - PTOPresident@holyspiritflames.org


Vice President - Robert Wu - PTOVp@holyspiritflames.org

Treasurer - Karin Floyd - PTOTreasurer@holyspiritflames.org

Volunteering

Please remember that you must be fully compliant with the Child Protection policies of the Diocese in order to perform recess duty and to volunteer for activities where students are present.

Parish Happenings!



YOUTH
MINISTRY
MIDDLE SCHOOL
YOUTH MINISTRY

We're back and ready to have some faith-filled fun! Join youth in 6th-8th grades as they come to spend time together in shared faith and prayer - then a game of Manhunt followed by pizza for all... and what middle schooler doesn't like pizza!

Kickoff Meeting
Friday, October 13
7 PM - 9 PM

Pizza!
Manhunt!
Register Today!

www.holyspiritchurch.us/youth
(703) 425-8778
youthministry@holyspiritchurch.us



YOUTH
MINISTRY
CYO
BASKETBALL

REGISTER ONLINE

Teams are forming now

Register online at
www.holyspiritchurch.us/youth

Holy Spirit CYO Basketball is a winter sport, and is open to boys and girls in grades 3 through 8 registered in Holy Spirit School or in Holy Spirit's Religious Education Program. Basketball practice begins October 1.

For more information contact
youthministry@holyspiritchurch.us



SOCCER CHALLENGE

Combined Council & District #14 Competition



When: Saturday,
October 14, 2023
Anytime between
9 a.m. - 2 p.m.

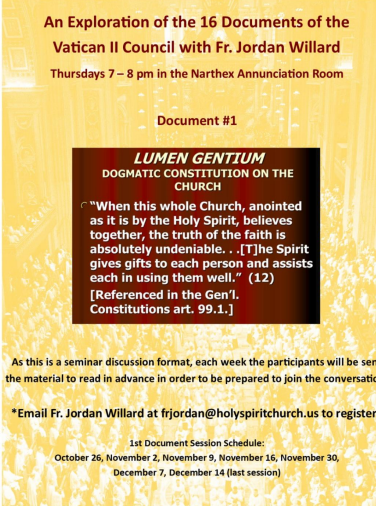
Where:
Field behind
Holy Spirit School

Who:
Individual Boys & Girls
9 - 14 years old

How:
Individuals kick soccer
penalty kicks (12 yards)
with scores for shot
location in goal. 3 warm-
up kicks, 25 kicks for
record.

More rule info at:
<https://www.kofc.org/en/resources/faith-in-action/programs/community/soccer-challenge/6576-soccer-challenge-playbook.pdf>

Questions?
Contact Mike Pousmade
703-425-8769 or email
pousmade@prodigy.net



**An Exploration of the 16 Documents of the
Vatican II Council with Fr. Jordan Willard**

Thursdays 7 - 8 pm in the Narthex Annunciation Room

Document #1

LUMEN GENTIUM
DOGMAIC CONSTITUTION ON THE
CHURCH

"When this whole Church, anointed
as it is by the Holy Spirit, believes
together, the truth of the faith is
absolutely undeniable. . . [T]he Spirit
gives gifts to each person and assists
each in using them well." (12)
[Referenced in the Gen'l.
Constitutions art. 99.1.]

As this is a seminar discussion format, each week the participants will be sent
the material to read in advance in order to be prepared to join the conversation.

Email Fr. Jordan Willard at frjordan@holyspiritchurch.us to register

1st Document Session Schedule:
October 26, November 2, November 9, November 16, November 30,
December 7, December 14 (last session)



Choose Life

October is Respect Life Month!
Celebrate the gift of life today and every day.

1. **DONATE** to help moms and unborn children in need.
2. **REMEMBER** our veterans and military personnel.
3. **SUPPORT** those who are disabled.
4. **CARE** for those who are sick, needy, and older than you.
5. **LEARN** more about Catholic moral and social teaching in the Catechism of the Catholic Church.



Jesus said, "I came that they may have life, and have it abundantly. I am the good shepherd. The good shepherd lays down his life for the sheep."
— JOHN 10:10-11

For more information, contact the Respect Life group:
respectlife@holyspiritchurch.us



Sunday, October 15th, 3:00—5:00 on the Main Lawn
(rain date Saturday October 21st)

"The Hot Lanes" led by Bobby Jasinki

Returning from their first Jazz festival down in Duck, North Carolina earlier in October, Church of Nativity parishioner Bobby Jasinski leads 16-piece orchestra, THE HOT LANES. Influenced by Wynton Marsalis and the Jazz at Lincoln Center Orchestra, Bobby's focus is to promote jazz in the D.C. metropolitan area.

50/50 Cash Raffle to Benefit Special Olympics, Virginia

Bring your own blanket, chairs, picnic meal, and enjoy a wonderful afternoon listening to the big sound of jazz classics!

Hosted by the Holy Spirit Parish, the Knights of Columbus Council 11922 & the Holy Spirit Men's Club



The Holy Spirit Women's Council is pleased to host Deacon Mark Arbeen on October 14 after the 9am Mass in the Quinn Room. All women and men of the parish are invited to here Deacon Mark talk about his Spiritual Journey.

Before entering college, Deacon Mark spent 8 years in the U.S. Navy on active duty, where he was a Lay Chaplain for the Episcopal Church, and then 12 years in the Naval Reserve. He then attended the University of Illinois and earned a degree in economics. In 2002 Deacon Mark began attending Saturday Mass while still attending his Episcopal parish on Sundays. In 2009 Pope Benedict offered Angelicans a way to enter the Catholic Church while keeping much of their liturgy and customs. For years Deacon Mark served at Our Lady of Hope Catholic Church using the new Divine Worship Missal and the Anglican Patrimony as approved by Rome.

In 2018 he was ordained a Permanent Deacon in the Roman Catholic Church with an active ministry in law enforcement. He serves as the Chief Chaplain for the U.S. Secret Service to provide pastoral support to Agents, Officers, employees and their families. In 2021 deacon Mark was elected Chaplain of American Legion Post 176 in Springfield, and in 2022 he was elected as Chaplain of Veterans of Foreign Wars Post 7327 in Springfield.

All parishioners are invited to hear more about Deacon Mark's Spiritual Journey on October 14 after the 9am Mass in the Quinn Room. A light breakfast will be served.

HOLY SPIRIT WOMEN'S COUNCIL PRESENTS THE

2023 WHITE HOUSE CHRISTMAS ORNAMENT



Honoring President Gerald Ford's Handcrafted Christmas ornaments
Price \$21.00



To Pre-Order

Contact Candie Poumaded
703-425-8769
cpoumaded@prodigy.net
Delivery dates: Oct. 28 -29, Nov.4-5 and 11-12
Outside all church entrances

Community Happenings!

2023 BISHOP IRETON CHEER CLINIC



Spand an unforgettable day learning cheerleading and performing with the 2016-2023 Christian Cheerleaders of America National Grand Champion **BISHOP IRETON CHEERLEADERS!**

WHO: Girls 7-8th Grade (No experience necessary!)
WHEN: Saturday, October 14th 8:00a-9:00a - 1:30p (Game starts at 1:00)
The Clinic concludes with a halftime performance during the Varsity Football Game
WHERE: Bishop Ireton High School Gym, 201 Cambridge Road, Alexandria, VA 22314
COST: \$60 - Cost includes t-shirt, hair bow, lunch & performance at halftime with the Varsity Cheerleaders! Bring your friends and your camera!! Don't miss out on this amazing experience!!
REGISTER: Register and pay online at <https://bit.ly/38t0p0n> or call 703-425-8769 or fill out the form below & mail to:

Bishop Ireton Cheer Clinic
201 Cambridge Rd., Alexandria VA 22314
ATTN: CHEERLEADING
Questions? Please email: bicheerclinic@hotmail.com

COME JOIN US FOR THE FUN!

Name _____

School & Grade _____

Phone # _____ Parent email _____

Emergency Contact _____ Phone # _____

Insurance Company & ID# _____

Please list any food allergies _____

T-shirt Size: YS AS AM Referring Cheerleader: Sam Guilaran

If you wish to pay by check, please make payable to Bishop Ireton High School and write "Cheer Clinic" in the memo line.
Spots are limited - so don't delay and sign up today!



BISHOP IRETON HIGH SCHOOL OPEN HOUSE

We invite you to visit our campus at any point from 1-3 pm to explore our school and hear from teachers, coaches, administrators and current students. Student led tours will be available.

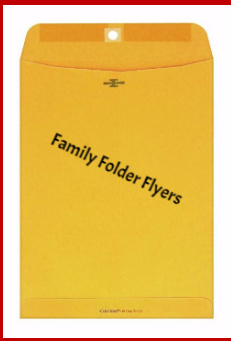


SUNDAY,
OCTOBER 15, 2023
1-3 PM

201 CAMBRIDGE RD.
ALEXANDRIA, VA 22314

To RSVP or for more information, visit bishopireton.org/openhouse or scan the QR code below.





FAMILY FOLDER

The following flyers may be found in the folder labeled "October 12, 2023" on the website. For your convenience, some flyers are repeated.

Family Folder

School Flyers:

1. Spirit Week flyer
2. Ton of Love food drive flyer
3. Wall of Heroes information
4. Partners in Faith (September) newsletter

PTO Flyers:

1. Trunk or Treat flyer

Parish Flyers:

1. Middle School Youth Ministry Kick Off flyer
2. CYO Basketball Registration flyer
3. K of C Youth Soccer Challenge
4. Vatican II Documents discovery with Father Willard
5. Respect Life flyer
6. Jazz on the Lawn
7. Meet Deacon Arbeen flyer
8. Christmas White House ornaments presale

Community Flyers:

1. Cheerleading Clinic at Bishop Ireton
2. Bishop Ireton Open House

Holy Spirit School | 8802 Braddock Rd., Annandale, VA 22003

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