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All Saints CATHOLIC SCHOOL

Weekly Newsletter

PREPARING FOR EASTER: FOUR WAYS TO PRAY DURING LENT

Matthew Houghton, Principal

What do we do when we're facing an upcoming big event or special occasion in our lives? We prepare for it. Holy Week and Easter are "big events" in the liturgical year of the Church and the spiritual life of a Catholic. So, as Catholics, we prepare spiritually, for these through the forty days of Lent, we rededicate ourselves to prayer.

There so many ways to pray, and I wanted to share a few prayer methods that can help you spiritually prepare for Lent:

1. Make your abstinence a prayer-in-action.
As Catholics, we give up something for Lent. Chocolate, coffee, that extra helping of dinner, one less hour of video games or watching DVDs—whatever it is, you can make what you're giving up for Lent a prayer as well: a prayer-in-action. Whenever you encounter the thing you are abstaining from or the time of day that you would typically enjoy the sacrificed item, take a moment to say a prayer in recognition of your wholeness in God even without the thing you have given up. Thank God for the freedom to be yourself and acknowledge the gift of its existence in the world.

2. Renew yourself through personal reflective prayer.
Lent is a time of spiritual renewal. One easy step you can take is to use the many free online resources to jump-start or reinvigorate your prayer life. Many resources may include a guided-meditation or try a prayer reflection offered by our parish. If you're seeking more traditional support for your reflective prayer, consider a book specially designed to nourish you during Lent, such as Praying Lent.

3. Pray the Stations of the Cross.
One of the most common traditions of Lent is to pray the Stations of the Cross. This prayer helps us reflect on the passion and death of Christ in preparation for Good Friday observance and the Easter celebration. Check our parish website and bulletin for listings of when a Stations of the Cross prayer service is being offered, or try one of the many online resources available.

4.Pray with children or as a family.

Being a parent, guardian, or teacher is a holy ministry and a sacred promise. Share your faith with children by letting them see and hear you pray and by praying together. Guided Reflections for Children, and 52 Simple Ways to Talk with Your Kids about Faith, are practical resources to help you make the most of your prayer time with children. And don't forget about family dinners. Dinnertime is an excellent opportunity to start or revitalize a tradition of family prayer during Lent. Enjoy your Lenten prayer. And don't think you have to do all the above. Choose one or two of these prayer methods. Concentrate on the Lenten experience, the pilgrim's journey toward the big event, Easter.

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Congratulations to our Academic Honors Students

An honor student is a student recognized for achieving high grades or high marks in their coursework at school. At All Saints Catholic School, there are two distinct categories of honors: High Honors for those students who achieve all A's and Honors for students who achieve A's and B's.

High Honors

5th Grade

Quinn Bennett
Elizabeth Bergin
April Langley
Stella Lawrence
Andreas Roxas
Mackenzie Stone

6th Grade

Lucas Derosier
Alexandra Hikel
Nathan Lewis
Rafael Rentosa
James Ward

7th Grade

Jack Lagasse
Ava Marquis
Addison Norman
Aiden Ouellette
Archana Rajan
Julia Rioux
James Seymour
Meredith Walsh

8th Grade

Julia Burns
Tyler Dorr
Marin Griffin
Katherine Lake
Abby Lewis
Henry Milan
Sophia Ward

Honors

5th Grade

Reed Poulin
Elliott Tankel

6th Grade

Colin Buck
Izzetta Donati
Emily Rowe

7th Grade

Ashley Carreira
Camilla Dixon
Brooklyn Gray
Gavin Labonte
Sofia Merchan Fonseca
Elise Ouellette

8th Grade

Caden Bilotta
Claire Metzger
Sophia Soucy
Aiden Wicklow

ALL SAINTS CATHOLIC SCHOOL

HONORS

SCHOOL ANNOUNCEMENTS

PTO Meeting

The next PTO meeting is March 17, 2021 via Google Meet.

There is still time to participate if you are interested. Parent Ambassador's Program, Catholic Attic thrift store, and additional areas can always use your help. Contact the school for meet information.

Volunteer Tracking Sheets

Please ensure you are submitting your weekly volunteer/fundraising hours records to Danielle Bolster. Danielle has created a weekly tracking spreadsheet. Your cooperation is greatly appreciated.

The Attic is our school's thrift store located at **54 Cumberland Street in Bangor** . When you shop for small appliances, designer handbags, toys, home decorations and sports equipment you are supporting All Saints Catholic School.

HOURS:	Mon.• Wed.• Fri.• Sat. 10 a.m. to 2 p.m *(Closed Tues./Thur./Sun.)*
Address:	54 Cumberland Street, Bangor, ME 04401
Volunteer:	Call (207) 945-5523
DONATIONS:	Accepted 10 am-12 pm Wed. & Sat. ONLY

All Saints Catholic School
Quilt Raffle
Sponsored by the 8th Grade Class of 2021

The Raffle Drawing will take place on Friday, March 26th
$5 per ticket, only 200 will be sold. Get yours today!

cut or copy

$5 per ticket, only 200 will be sold. Get yours today!

Name: _____

Phone: _____ Email: _____

Number of Tickets _____

Amount enclosed: _____

SUBMIT WITH FUNDS