

December Virtue - Prayerfulness #3

1 message

SFC School <mail@flocknote.com>

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Virtues



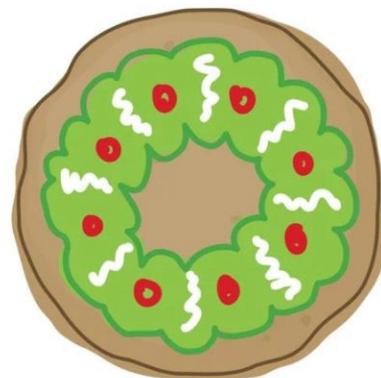
Saint Frances Cabrini School

*"At Saint Frances Cabrini School, our Mission is to **Serve** as Christ served, and be **formed** by the exceptional academic curriculum and the **Catholic Faith**."*

December 12, 2022

This Week

Christmas Cookie Giving



If you haven't had the chance yet, please be sure to send in your completed Cookie Giving form, complete with your family's signature for the card. (You can download a copy below.)

Due Dates:

Cookies are due to school by 3pm on Tuesday, Dec 20.

Forms are due back this week, on Friday, Dec 16.

Elves Needed:

Are you able to help with boxing up and wrapping the cookies? We need parents and middle school elves to help us after school on Wednesday, Dec 21 starting at 4pm.

Questions? Download the information flyer/form below. Or contact Sara Katz (sara.katz@att.net).

Looking Ahead:

We are looking for a family that would like to become more involved with helping to organize this wonderful tradition, with an eye to taking over the coordination in two years when the Katz kids have graduated. Contact Sara Katz if you're interested or have questions.



Christmas-Cookie-Giving-2022.pdf

Clean Shoes for Gym

A reminder to have clean shoes for gym. On these days without snow, the kids sometimes wear their shoes instead of boots for recess, and come in with dirty shoes. It's important to have clean shoes to wear in school, and especially in the gym.



Cabrini Advent Challenge

Home	School						Home
Sunday, 11-27 Light the first violet candle today for HOPE and sing 'O Come, O Come, Emmanuel.'	Monday, 11-28 Blessing of the school's Advent wreaths	Tuesday, 11-29 SERVE: What is something nice you could do for one of your teachers today?	Wednesday, 11-30 APPRECIATE: Thank God for those you love, and those who love you!	Thursday, 12-1 World AIDS Day. Pray for those who suffer from this disease, their caregivers, and healthcare workers.	Friday, 12-2 PRAY: Say a prayer for people who are serving in the military, and won't be home for Christmas.	Saturday, 12-3 GIVE: Pick out a toy or book you no longer use, and donate it to the Casa Guadalupe holiday drive at UWMWC.	
Sunday, 12-4 Light two violet candles today, one for HOPE and one for PEACE, and ask God for the strength to be like John the Baptist, preparing the way of the Lord.	Monday, 12-5 REFLECT: Think of three things you can do during Advent to help prepare for the birth of Jesus.	Tuesday, 12-6 SERVE: What is something nice you could do for someone in your family today?	Wednesday, 12-7 APPRECIATE: Thank God for the upcoming birth of Jesus by singing a Christmas carol!	Thursday, 12-8 The Solemnity of the Immaculate Conception, a holy day of obligation. Pray a decade of the Rosary for peace and justice.	Friday, 12-9 PRAY: Memorial of St. Juan Diego. Ask for his intercession for migrants and those suffering from human trafficking.	Saturday, 12-10 GIVE: Help your mom or dad buy diapers or baby formula to donate to Seed of Hope.	
Sunday, 12-11 Light three candles today, two violet and one rose, one for HOPE, one for PEACE, and one for Joy. And be joyful, for the Lord is near!	Monday, 12-12 REFLECT: Think about three people you're grateful for and why.	Tuesday, 12-13 SERVE: What is something nice you could do for a friend today?	Wednesday, 12-14 APPRECIATE: God made you as you are. What are ways you can thank God for the things that make you you?	Thursday, 12-15 In gratitude for the gift of God's mercy, receive the Sacrament of Reconciliation today.	Friday, 12-16 PRAY: Mary and Joseph needed shelter for baby Jesus. Pray for migrants seeking shelter around the world.	Saturday, 12-17 GIVE: Help your mom or dad buy food to donate to the food pantry collection at your grocery store.	
Sunday, 12-18 Light four candles today, for HOPE, PEACE, JOY and LOVE. Pray the light of Christ will enter your heart, and share the warmth of God's love with everyone you meet.	Monday, 12-19 REFLECT: Think about three blessings the Lord has bestowed on you.	Tuesday, 12-20 SERVE: What is something nice you could do for a classmate today?	Wednesday, 12-21 APPRECIATE: It's the shortest day of the year. Enjoy the long darkness, and the sun rising earlier tomorrow.	Thursday, 12-22 As a birthday gift to Jesus, do an act of kindness for someone at school today.	Friday, 12-23 PRAY: Say a prayer for all who are lonely or sick during Advent and Christmas.	Saturday, 12-24 GIVE: Make a gift for one of your loved ones.	
Merry Christmas! 'And the Word became flesh and made his dwelling among us.' - John 1:14 Give thanks to God for the gift of his son!	Based on Advent calendars created Kim Latus & Lisa Johnson of St. Leonard's parish and the United States Conference of Catholic Bishops						

This month's family challenge is in the form of an Advent Calendar. This is designed to be used by teachers during the week, and by families at home. It's a little way, every day, to remind ourselves of the true purpose of Advent, to prepare ourselves for the coming of the Messiah.

HEART Update



This week's winner of the Knight Helmet award was the K3 class. Congratulations kiddos! You did a great job!

As we wait in anticipation and prepare for the birth of Jesus, Mr. Waech challenged the students to try to be quieter during our school day. This includes passing time in Middle School, and even during recess for our little ones. You can help! Please encourage quieting of hearts and minds at home this advent season. Take time to pray together as a family in preparation for the birth of Jesus.



This week, the students earned fewer GPS slips than usual this year. So they're close, but they still haven't earned quite enough for the Pajama Day and Pancake Breakfast. To help with motivation in this last week of the challenge, Mr. Waech added an extra incentive. If the students earn 80 GPS slips this week, which is a lot, they'll have more than enough for the Pajama Day and Pancake Breakfast AND we'll have a Christmas Dress-up Day, so the kids can come to school in their funny Christmas sweaters, reindeer hats, light up accessories, etc. Good luck kids. We know you can do it!

December Virtue - Prayerfulness

This month, the children will be learning about the virtue of Prayerfulness, also known as Mindfulness. Please feel free to talk with your child, and reinforce the lessons of prayerfulness at home.

Remember from Last Week

DEFINITION OF PRAYERFULNESS: Being still, listening, and being willing to talk to God as a friend.

The opposite is entertaining distractions during prayers and Mass.

PRAYERFULNESS LOOKS LIKE:

- Folding my hands when I pray
- Focusing on Jesus in the Blessed Sacrament

PRAYERFULNESS SOUNDS LIKE:

- I love you Jesus.
- Silence

- Looking at the priest during Mass
- Kneeling in the pew
- Closing your song book quietly
- Maintaining a stillness of body, heart, and mind while praying

New This Week

SCRIPTURE PERTAINING TO IT: Luke 22:41

Then he withdrew from them about a stone's throw, knelt down, and prayed,.

Previous Scriptures:

Psalm 46:10-11

Mark 6:31

SAINT WHO LIVED IT: **Saint Elizabeth of the Trinity**

St. Elizabeth started out as a strong-willed, stubborn child, but she had a great desire to enter the Carmelite monastery in Dijon, France. When she was 21, she became a Carmelite, and she found great joy in praying before Jesus in the tabernacle and thinking about the Blessed Trinity. She said that her name in heaven would be *Laudem Gloriam* (Praise of Glory) for she desired to praise God's glory eternally in whatever way He desired.

As we go through the week pray that Saint Elizabeth pray for us as we try to learn prayerfulness.



Previous Saints:

St. Catherine of Siena

St. Dominic

PRAYER:

Dear Jesus,

I desire to have You as my best friend. Give me a desire to spend time with You each day, as I do with my friends. Help me always to put You first in my life, even when I am busy. Hear my prayer today as I lift up my heart to you. Amen

Saint Frances Cabrini School (K3 - 8th Grade)

Principal - Will Waech - wwaech@wbparishes.org

School Office - Andrea Rahlf - arahlf@wbparishes.org

Communications - Kristin Bayer - kbayer@wbparishes.org

529 Hawthorn Dr.

West Bend, WI 53095

262-334-7142

www.saintfrancescabrini.com

Little Saints Early Learning Center (0-3 years)

Director - Andrea Morris amorris@wbparishes.org

615 Hawthorn Drive

West Bend, WI 53095

262-384-3210



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