



Look for these Friday Notes on the school web site as well. -- www.aquinas-catholic.com

The Virtue of Self-Control

Each day I am blessed to see the teachers helping our students to grow in virtue. One of the greatest virtues is that of self-control. It is always difficult for children to NOT do and say exactly what they want to in a moment. As with other virtues, it is only through practice and training that we can grow in our ability to control our words, thoughts, and actions. The teachers do such a great job of kindly and patiently helping students to learn to control their minds and bodies to achieve all that God has in store for them. I have seen it in the classrooms as students learn to control their handwriting, in music as they learn to count beats (see pic

below), and even in Preschool as they listen to another student's story without interrupting. Sometimes we take these steps for granted, but the growth only occurs because of the parent's and teacher's patient perseverance. The result of our diligent efforts will be children who can keep themselves from harm by making wise decisions and who can work to train their minds in school or work by being able to do those tasks they may not want to do. We all have to--from time to time, and by the grace of God--this virtue helps us through it.

— Mrs. Zook

Thank you!

...to **St. Mary's Families** for your whole-hearted participation in our Spirit shirt FUNdraiser. It helps our school tremendously.

...to **Fr. Homes** for an interesting and enlightening presentation on Fatima! (pic below)

...to **Courtney Hein and Spirit Club** for the Mary flashlights. The kids LOVED them. (pic below)

...to **Spirit Club** for the yummy root beer floats for 2nd and Kindergarteners for Boxtops.

Prayers

For the loss of Ken Pohl +, to his family including niece, Mrs. Alison Fozzard (5th Grade).

Please feel free to let us know of other prayer needs to share with school families (email or call).

Birthdays? Christmas? School Spirit?

Great New Monarch shirts available for order through Spirit Club (see order form below). Ordering once a month until Dec. **Next order Sept. 29**

Blackboard Web Sites—Teachers have their class info sites up with useful information you will want to be familiar with. The **login information has been sent to your email** and your classroom teacher can give it to you if needed. ~

Sept. 21 is the first Bank of the Valley Deposit Day! Gather up spare change and get signed up on or before that day to participate. See the office for more detail.

Looking for
your thoughts...
Please take the [online school survey](#) before **Sept. 22**. Only takes a minute or two and it is anonymous.

Help out Hurricane Victims - Coin War Sept. 18-22!!

Students can bring in spare change to their classrooms and we will send it on to Catholic Relief Services for help victims in Texas in Florida. - *Prize to the winning class.*

First Baptism Mass and Spirit Day, Fri., Sept. 22, 8 AM Mass to celebrate students who were baptized this month (Aug./Sept.). The list is attached. Summer baptisms will be celebrated on their half year. It is a fun baptism renewal Mass, please join us if you are able. Students may wear jeans or sweats and a St. Mary's, Aquinas, or religious shirt.
No leggings, please.

Catholic Facebook page Peanut Butter and Grace. This is a short simple prayer to pray over our kids as we send them off to school. Submitted by Cortney Hein, Spiritual Coordinator, St. Mary's Parent Spirit Club

"Lord, bless these kids at school today; send your angels to keep them safe, and give them the grace to do their best in their work and being a witness to your love for all people. Amen."

Baptism Mass List for September 22, 2017, 8 AM

Josue	Chavez	1	A	6-Aug	Leah	Adair	K	B	3-Sep
Emmett	Kadavy	2	A	9-Aug	Elizabeth	Moravec	K	A	4-Sep
John	Meysenburg	2	B	9-Aug	Nathaniel	Hain	4	A	16-Sep
Clarice	Andel	4	A	12-Aug	Eli	Janak	2	B	20-Sep
Kurtis	Baer	5	B	13-Aug	Emily	Lyons	2	B	20-Sep
Esther	Meysenburg	K	A	14-Aug	Miriam	Frasher	5	A	23-Sep
Maddy	Hein	3	A	15-Aug	Camden	DeWispelare	1	A	26-Sep
Jozlynn	Weldon	2	B	17-Aug	Reese	Woolsey	5	A	30-Sep
Natalie	Coffin	4	B	17-Aug	Mackenzie	Ratkovec	K	B	30-Sep
Lucy	Podolak	K	A	21-Aug					
Juan	Sanchez	4	A	22-Aug					
Brookelynn	Banholzer	3	B	24-Aug					
Lizzie	Roh	5	B	27-Aug					
Carter	Banholzer	K	B	28-Aug					
Danica	Romshek	1	A	29-Aug					

A few photos from the past week...



Fr. Homes telling the history of Fatima to the students (K-5).
...AND quizzing them... and they did quite well!



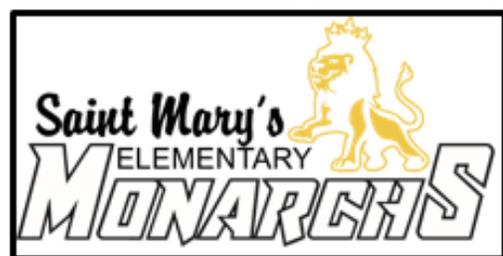
Students test out their Mary (apparition) flashlights after the presentation. I wish this picture had sound because they had so much fun with them!!



Kindergarteners learning to tap to the beat. What you can't hear is that as soon as Mrs. Mimick tapped the tambourine, they ALL immediately followed steps.

St. Mary's Spirit Wear Order Form

Step: 1 Choose your Design



A



B



C

Step: 2 Choose a Clothing Option

1. SHORTSLEEVE GILDAN T-shirt \$13.00 - (YS, YM, YL, YXL, AS, AM, AL, XL, 2XL, 3XL)
2. LONGSLEEVE CANVAS \$16.00- (YS, YM, YL, AXS, AS, AM, AL, XL, 2XL)
3. SWEATSHIRT NO HOOD GILDAN \$18.00- (YS, YM, YL, YXL, AS, AM, AL, XL, 2XL, 3XL)
4. HOODED SWEATSHIRT GILDAN \$23.00- (YS, YM, YL, YXL, AS, AM, AL, XL, 2XL, 3XL)
5. BADGER DRY FIT SHORTSLEEVE \$20.00- (YS, YM, YL, AS, AM, AL, XL, 2XL, 3XL)
6. YOUTH SPORT TEK FULL ZIP JACKET \$35.00- (YXS,YS, YM, YL, YXL)
- 6A. LADIES SPORT TEK FULL ZIP JACKET \$35.00- (AXS, AS, AM, AL, XL, 2XL, 3XL)
- 6B. MENS SPORT TEK FULL ZIP JACKET \$35.00- (AXS, AS, AM, AL, XL, 2XL, 3XL)
7. BASEBALL SHIRT \$20.00 - (AXS, AS, AM, AL, XL, 2XL)
- 8A. MENS BLACK POLO WITH EMBROIDERY- \$ 30.00(AXS, AS, AM, AL, XL, 2XL, 3XL)- LION & SCHOOL Name Only- NO Design Option
- 8B. LADIES BLACK POLO WITH EMBROIDERY- \$30.00 (AXS, AS, AM, AL, XL, 2XL, 3XL)-LION & SCHOOL Name Only- NO Design Option

Clothing Option Number	BLACK SHIRT	DARK GRAY	DESIGN LETTER	SCREEN PRINT MATT Gold	SCREEN PRINT GLITTER Gold PRINT add \$2	Size	2XL add \$2	3XL add \$2	PERSONAILED NAME add \$3	TOTAL DUE
*Sample -6A	X		C		X	AM				\$37.00

Grand Total: _____

Name: _____ Phone: _____

Can we send home with your child _____ If yes- Child's name: _____

ALL PROCEEDS WILL GO TO THE SPIRIT CLUB TO HELP SUPPORT EVENTS THROUGHOUT THE YEAR.

***Samples and sizes will be at the school office ***

Orders will be placed on **September 29th, October 27th and November 17th** -Any questions please contact Cecilia Banholzer 402-367-2006 or Kelli Augustin 402-527-5669

This might be a nice devotion to try with your family on this special feast day. You can buy a special rosary, but we will be testing it out by counting by 7's on our regular one.

--Peace of Christ, Mrs. Zook

The Rosary (Chaplet) of the Seven Sorrows (Feast on Sept. 15)

This devotion goes back to the Middle Ages but has gained new popularity following the Church-approved Marian apparitions in Kibeho, Rwanda in the 1980s. In her apparitions, Our Lady of Kibeho recommended that people pray the Chaplet (or Rosary) of the Seven Sorrows to obtain the favor of repentance. The Chaplet reminds us that Mary plays a key role in our Redemption and that she suffered along with her Son Jesus to save us. (<http://www.marian.org/mary/prayers/sorrows.php>)

In the Name of the Father, and of the Son, and of the Holy Spirit. Amen.

Act of Contrition

O my God, I am heartily sorry for having offended Thee, and I detest all my sins because of Thy just punishments, but most of all because they offend Thee, my God, Who art all-good and deserving of all my love. I firmly resolve, with the help of Thy grace, to [sin](#) no more and to avoid the near occasions of sin.

Pray **three Hail Mary's** in honor of the tears of Our Sorrowful Mother.

For Each Sorrow of
the Rosary

Announce the Sorrow

Our Father...

7 Hail Mary's...

Holy Mother hear my prayers, and renew in my heart each wound of Jesus my Savior.

The First Sorrow: The Prophecy of Simeon
(Reading: Luke 2:25-35.)

When Mary and Joseph present the infant Jesus in the temple, Simeon predicts that a "sword" (of sorrow) will pierce Mary's soul.

The Second Sorrow: The flight into Egypt
(Reading: Matthew 2:13-15.)

When King Herod orders the death of all male children age two or younger, Mary and Joseph flee to Egypt with the infant Jesus.

The Third Sorrow: The Child Jesus Lost in the Temple
(Reading: Luke 2: 41-50.)

Mary and Joseph search for the child Jesus for three days, finding Him at last — after agonizing sorrow — in the temple.

The Fourth Sorrow: Mary meets Jesus carrying the cross

(Reading: Luke 23: 27-29.)

As Jesus makes His way to Calvary, condemned to crucifixion, He meets His mother, Mary. He is bruised, derided, cursed and defiled and her sorrow is absolute as Jesus drags His own cross up the hill of His crucifixion.

The Fifth Sorrow: Mary at the foot of the cross

(Reading: John 19: 25-30.)

Mary stands near her dying Son unable to minister to him as He cries "I thirst." She hears Him promise heaven to a thief and forgive His enemies. His last words, "Behold your mother," charge us to look on Mary as our mother.

The Sixth Sorrow: Mary receives the body of Jesus

(Reading: Psalm 130.)

Jesus is taken down from the cross and His body is placed in Mary's arms. The passion and death are over, but for His mother, grief continues. She holds His body in her arms.

The Seventh Sorrow: Mary witnesses the burial of Jesus

(Reading: Luke 23: 50-56.)

The body of Jesus is laid in the tomb. The most tragic day in history ends, Mary alone in sorrow, awaiting the Resurrection

After the 7 Sorrows:

Closing Prayer

O Mary, you truly became the Queen of all martyrs as these seven bitter swords of sorrow pierced your Immaculate Heart! By the merits of your tearful distress obtain for us and for all sinners the graces of perfect contrition and conversion. Help us always, dear Mother, to imitate you by taking up our crosses and following Jesus with limitless love and generosity.

Amen.

Mary, who was conceived without sin and who suffered for us, pray for us. *(Say three times)*

In the name of the Father, and of the Son, and of the Holy Spirit, Amen.