



# Our Lady of Grace Catholic School

*Expanding Minds • Growing Faith • Inspiring Service*

## Calendar Links



[CLICK HERE for the 2021-22 school calendar.](#)



[CLICK HERE for the LUNCH CALENDAR](#)



November 3 Picture Retake

[EVENTS CALENDAR](#)



Weekly Bulletin

October 29, 2021

**If ANYONE in your house is being tested for COVID, YOUR CHILD CANNOT COME TO SCHOOL UNTIL THE PERSON BEING TESTED RECEIVES A NEGATIVE TEST RESULT.**



## OLG'S ANNUAL CANNED FOOD DRIVE



**FEED THE HUNGRY**

### When?

November 1-November 16

### Why?

To help people in need!  
All items donated to our  
four covenant parishes:  
St. Ann's, Assumption,  
Little Flower & St. Margaret Mary

### Goals & Incentives?

School Goal: 2,500 Items  
If Achieved = School Wide  
Out-of-Uniform-Day  
on Friday, November 19th!!



### To Groan or not to Groan

This past Tuesday at the OLGCS weekly Mass, I was caught up by Saint Paul's use of the word "groaning" in the first reading from Romans: *"For creation awaits with eager expectation the revelation of the children of God. We know that all creation is groaning in labor pains even until now - and not only that, we also groan within ourselves as we wait for the redemption of our bodies. For in hope, we were saved."* And reading further, Paul says: *"The Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through groans that cannot be expressed in words."* The Spirit groans? What Paul is telling us is that it's not only the Holy Spirit groaning on our behalf – but both we ourselves and the whole of creation also groans.

Webster's Dictionary defines a groan as "a deep inarticulate sound made in pain or despair." The word connotes a deep and full experience of longing for engagement with and for something. In the Romans letter, it seems to express something further and even deeper. I'm know that many times in my life I groaned – especially when dealing with issues like an unexpected tax bill, or employment concerns, or worries over choices my kids made. However difficult to understand, St. Paul convinces us of how important it is to discover God interacting with us.

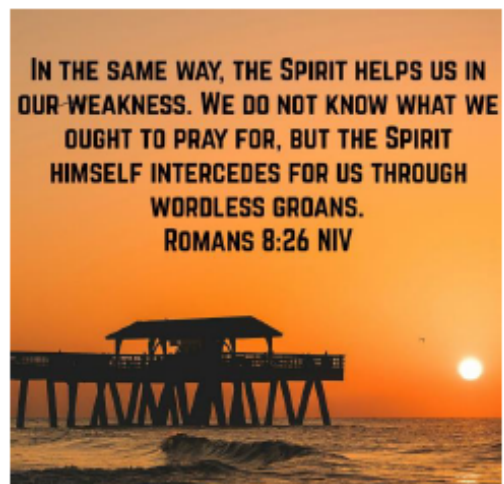
Back when I was working on my Master's Degree in Ministry, I was required to do 150 hours in supervised ministry. I was working at Mercy Hospital in Anderson as a chaplain, and I recall an incident that seems to shed some light on what Paul is getting at with the reference to groaning. I was praying with the family of a man who, in his last days, had not communicated verbally in days. Standing at his bed side and somewhere in the midst of the prayers we were saying, the man began to sob - and then suddenly he uttered a low, long, and deep groan. It felt to me that it was coming at the depth of his soul. It was astonishing to hear. My sense was that the Holy Spirit was touching him at an incredibly profound level in his last hours. Clearly it was his experience, but it communicated itself to me on a deep level as well. I considered how privileged I was to be there as that dying man experienced God's love.

Whether I am right in that interpretation, I do not know - maybe or maybe not. But being right or wrong seems not the real question here. All I can say is that the Lord touched me profoundly at that moment, and I was drawn to gratitude by it. God's graciousness and healing was displayed to me by the man's experience. However that came to him, I believe that the Holy Spirit helped him in his weakness.

When we are weighed down by life's heavy burdens – and in the case of the man in the hospital - with his own dying - there are times when we don't even know what to say or how to pray. Yet in those moments, *"the Holy Spirit prays for us with groanings that cannot be expressed in words."* In the mystery of God's great love for us, the very Spirit of God prays for us and with us - and these prayers include wordless groanings. Here is wonderful news for us. When we don't know how to pray, the Spirit of God is there to help. When we run out of words, God understands our wordless sighs. When all you have to bring before God are your tears, God can read the meaning of each one. Moreover, as amazing as it sounds, God is praying *with you, through you, and even for you.* God enters into the brokenness of our world and our lives - sharing even in our groaning.

Blessings,

**Mark Friedman, CRE**



## CLEARING UP MYTHS AND MISCONCEPTIONS ABOUT ADHD:

Attention deficit hyperactivity disorder (ADHD) is a mental health disorder that can manifest in above-normal levels of hyperactive and also impulsive behaviors. ADHD can occur in both children and adults. People with ADHD may also have trouble focusing their attention or staying still for long periods of time. Because of the prevalence of ADHD and its common symptoms, there exist many myths and misconceptions.

### MYTH: ADHD doesn't exist.

ADHD is not a character flaw, but a disorder recognized by the [Centers for Disease Control and Prevention](#), the [National Institutes of Health \(NIH\)](#), the [U.S. Department of Education](#), and the [American Psychiatric Association \(APA\)](#). Physicians were reporting ADHD symptoms in children as early as the 1700s, though it wasn't formally known as a diagnosis until the late 1960s when it was recognized by the American Psychiatric Association.

### MYTH: All children with ADHD are hyperactive.

There are [different types of ADHD](#), including:

- Predominately hyperactive-impulsive
- [Predominately inattentive](#)
- [Combined](#)

It's important to know that children do not have to have the hyperactivity piece. A child with inattentive symptoms may appear daydreamy and easily distracted. They may be disorganized, forgetful, or careless.

### MYTH: If he/she/they can focus on a video game, it can't be ADHD. They can control it!

The struggle isn't so much as a focus issue, but dysregulation of focus for tasks that require prolonged attentiveness and are perceived as mundane. ADHD diagnosis can have a component of "hyperfocus", by which kids can spend excessive amounts of time on an activity to the neglect of other obligations. This can occur when environments or activities are highly stimulated.

### MYTH: Kids with ADHD just need to try harder.

This myth seems to be one of the toughest on children, as the assumption is that children are purposefully trying to irritate others and are sometimes described as "lazy" and "troublemakers". Many times, parents may feel judged, due to misconceptions that parents need to provide more discipline. The fact is that children with ADHD are trying their best to focus and engage in socially appropriate ways, though it is beyond their capacity. Such failings can lead to feelings of frustration and irritability.

### MYTH: Medication is dangerous! I don't want my child will be a zombie.

The American Pediatric Association recommends medication and behavioral health therapy as a first-line defense in the treatment of ADHD. While it is true that medications can have side effects, it is important to consult with your physician about concerns and the best treatment strategy.

Here are some things you can do to alleviate concerns when considering medication:

- Write a list of questions
- Talk to the doctor about concerns
- Attending a consultation with a physician doesn't mean you are committed to the decision
- Be curious
- Inquire about side effects

Living with ADHD can cause some frustrations in your family for both you and your child. However, understanding the disorder, and clearing up any myths and misconceptions you may have can you help your child succeed.



## High School Information

Junior High Parents-This section of the Weekly Bulletin will be used to offer various information about the Catholic high schools in our area. Click on the link to get to the high schools' websites for further information and contact them directly with any questions you have.



<https://www.mndhs.org/admissions/>



<https://www.badinhs.org/admissionshome.html>



<https://www.mercymcauley.org/admissions>



<https://www.rogerbacon.org/future-spartans/application-process>



<https://www.ursulineacademy.org/admissions>



<https://www.purcellmarian.org/admissions/>



<https://www.depaulcristorey.org/admissions>



<https://www.lasallehs.net/admissions/class-of-2026-checklist/incoming-class-checklist/>



<https://www.stxavier.org/admissions/classof2025>