

## Our Lady of Grace Catholic School

Expanding Minds•Growing Faith•Inspiring Service



# **Religious Education**

### Second Chances

Have you ever thought of Lent as a yearly second chance? Each year the Church gives us six weeks to take a long, loving look at our lives to see if our values and priorities are in line with God's desires for us. Since most of us find that we've wandered from God's path, Lent becomes that second chance, or do-over, to "return to God with our whole heart."

What are your Lenten practices? I think it is important to make the season of Lent a meaningful time of prayer, fasting, and almsgiving for you, for your loved ones, and for your communities. Invite family members to share their thoughts, hopes, and desires for Lent. Decide to support one another in whatever you choose to do. As you journey through this annual second chance, remember that each step brings you closer to the welcoming arms of our loving God.

#### Favorite Lenten Practice Ideas

#### Around the breakfast table

One of my best Lenten practices was begun years ago when my children were in elementary school and I worked a full time job as a teacher. It seemed as though we were always struggling to find time to eat dinner as a family and this was greatly disturbing me. I decided that if we were unable to hold the dinner hour sacred due to work schedules and after school activities, we would instead hold the breakfast hour sacred. I made sure to get up each morning during Lent just a little earlier so that I could help make breakfast for my family and actually sit together, pray our meal prayer and begin each day on a happy note. It began in Lent but didn't end until my children went off to college many years later. I learned that Lenten habits could carry far off into the future with my family. The impact was dramatic in that each day was started with a prayer and positive attitudes. Breakfast became and remains one of our favorite rituals – even when the kids come home for the holidays. *Journaling* 

I take 10 minutes a day during Lent to journal. I call the time my "God Time." I wanted to make each day of Lent special by taking time to reflect on God and my relationship to God.

## My Lenten jar

I always have nice things that I'd like to do, but never seem to make time to get to: write a letter to a friend, visit a lonely person, call a distant friend. At the beginning of Lent, I write down 40 plus tasks, one per little slip of paper, and toss them in a jar. Then, each morning of Lent, I pull one out and do the task written there. It teaches me that I like surprise and variety in my Lenten practices. For me, this is a simple way to concentrate on the disciplines of giving alms and doing good for others.

## Dialing into God

Instead of listening to music or dialing in talk radio in my car, I decided to take that time for prayer and to listen to God. At first, it was a difficult transition; the silence was deafening. But soon, I began to enjoy the quiet time. I prayed for people who I knew needed my prayers. I prayed for my family and myself. I also thanked God for my many blessings. I found that I became much more calm and peaceful during this time. This reflective time grounded and centered me to do my best.

## Notes of Thankfulness

During Lent, usually during my 10 minute prayer, a name surfaces of a person who has had an impact on my life in some way. I remind myself in my journal to write an email or note to that person. I have been amazed at the people that have surfaced: from a former teacher; to a cousin; to a priest; to a high school student who had written me a note after a presentation I gave at her school. I send the notes without the expectation of a response. Yet, I have received several emails and notes stating how much it meant to the person. Life is too short —we see that with Jesus—but, we have the opportunity to share our thoughts with those who have made an impact (some don't even know it, until they receive the note). This embodies the idea of Lent: prayer praying for a specific person each day; fasting—fasting from negative thoughts; and almsgiving—sending a note with affirmations is a great gift to give.

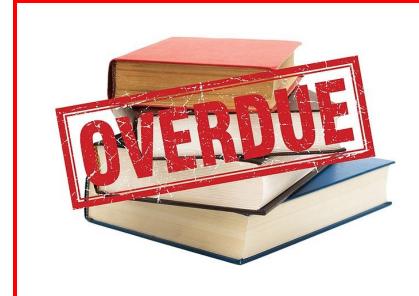
#### **Reflection questions:**

How do you live out in your own life the Lenten practices of prayer, fasting, and almsgiving? What have you learned about yourself, your faith, and God through your own Lenten practices? **Mark Friedman, CRE** 



Ash Wednesday is next week on Wednesday, March 6th. We will need to flip-flop entrees for two days of next week to accommodate the holy day. No other menu changes will be needed for Lent as all other Friday meal entrees are meatless.

Tuesday, March 5th: Teriyaki Asian Chicken with Rice, Peas & Carrots Wednesday, March 6th: Waffles with Egg Patties, Emoji Fries



The school library has over \$1000 worth of books overdue or reported as lost. All books must be returned and fines paid in order to receive your report card next week. Fine notices for lost books were distributed to all homeroom teachers and passed out to kids this week.

Please check with your child regarding their books or any notices they may have received. If you have questions or concerns please contact Debbie Mattingly at dmattingly@olgcs.org. Thanks!



## Awake

WhenSat, March 2, 4:30pm – 9:30pm

Where Roger Bacon High School, 4320 Vine St, Cincinnati, OH 45217, USA (map)

**Description** These Jr. High gatherings, in partnership with NET Ministries, will accompany youth as we seek the face of Christ in the holy sacrifice of the Mass. The events will be open to all 6-8th graders.



## Our Lady of Grace Athletic Association



## Registration for the 2018 Track and Field Season is now open!

Track is offered for boys and girls in ALL GRADES K-8

Practices will be Monday and Wednesday evenings at Mt. Healthy High School (times TBD)

Follow the link below to register!

## DEADLINE IS FRIDAY March 1<sup>st</sup>!!!!

https://leagues.bluesombrero.com/Default.aspx?tabid=759168

Questions please contact Kate Romanello-Jones at olgtrackandfield@gmail.com



## ATTENTION!!!!

WHAT: Girl Scout Cookie Sale WHO: Brownie Troop 43424 WHERE: Finneytown Kroger WHEN: March  $8^{TH}$  from 4-6 WHY: To support your fellow classmates and order delicious cookies **GOT BREAKFAST?** 

MILK







School breakfast will be offered every school day.

7:30am – 7:50am

\* Serve line closes promptly at 7:50am. If your student wants breakfast, they must arrive in time.

• Hot and cold breakfast entrees offered daily along with fresh fruit, cut fruit, 100% juice and milk.

• Free and Reduced Price (\$0.30) Breakfast for those who qualify. Benefits from lunch extend to breakfast.

• Full price breakfast only \$1.50!

• Payments can be made with funds on student's electronic account or with cash at the register.

USDA is an equal opportunity provider.



Fr. Tony Stephens is currently Vice-Rector, Director of Formation, for our Seminary of St. St. Mary's of the West. He will be coming to St. Therese Little Flower to give a Day of Recollection on Saturday, March 2, 2019.

More details will follow soon but please mark your calendars for this wonderful day of renewal and reflection which will begin at 10 am and continue until 4:30 mass begins most likely.

Don't miss out on this wonderful opportunity to begin the Lenten season with a more focused, spiritually enlivened outlook!





# St. Ann Fat Tuesday Celebration Tuesday, March 5<sup>th</sup> ~ Gym 5:30 p.m. – 7:30 p.m.

## Pancake & Sausage Supper



**Face Painting** 





Balloon Animals



St. Ann invites OLG parents and their children to join us next Tuesday in the gym for this evening of food, fun, and fellowship. We hope to see you there!

Hello, OLG Parents!

Does your child get excited about anything and everything that has to do with science?!

Dynamic Dinosaurs Measurement Madness Water Works Science of the Sea



These popular **Crystal Clear Science** classes are being offered at Our Lady of Grace School for the next session:

Dates March 7, 14, 21, April 4 Classes meet right after school on Thursdays 3:00 - 4:00. Grades 1-5 Mrs. Mary Jo Fischer is eager to inspire your child to love science. :)

For your convenience, register and pay online from your computer or phone. Please use link below to secure a spot for your child: https://www.crystalclearscience.com/our-lady-of-grace-science-club

Please note your child's spot is not confirmed until you follow the link to submit payment. Once registered, **watch your email** for confirmation of your payment and more details about the class.

Best Regards, Michelle White 513.828.9944 crystalclearscience.com



Questions about the class or registration? Contact: Mary Jo Fischer <u>mifischer@fuse.net</u>