



## Principal's Thoughts

Today our Lenten journey begins! Liturgically we leave Ordinary Time and enter into the Season of Lent. This period of 40 days allows us time to contemplate our sinfulness, focus on Jesus' true sacrifice for us and prepare to become more spiritually healthy in order to fully celebrate the Resurrection. We become stronger by fasting, abstaining, praying and giving alms. Here are the "rules" for Catholics 14-59 years of age:

- Ash Wednesday and Good Friday are days of fasting and abstinence.
  - Fasting requires a person 14 years or older to reduce their food intake: One full meal is permitted, as well as two smaller meals (that together do not equal a full meal.)
- All Fridays during Lent are days of abstinence.
  - Abstinence refers to not eating meat or poultry.

The reason for these practices is to experience that when we deprive ourselves from items that we consume on a regular basis, we tend to crave or miss them. When we have these feelings and stop to reflect that we are making this sacrifice for God, we strengthen our self-control, deepen our spirituality and focus more on him. The Gospel reading for today reminds us however to be humble during this time:

**"When you fast,  
do not look gloomy like the hypocrites.  
They neglect their appearance,  
so that they may appear to others to be fasting.  
Amen, I say to you, they have received their reward.  
But when you fast,  
anoint your head and wash your face,  
so that you may not appear to be fasting,  
except to your Father who is hidden.  
And your Father who sees what is hidden will repay you."**

In addition to giving up something, we can also choose to add something to our routine. For those of you who are new to St. Agnes and have not already done so, I highly recommend signing up for The Best Lent Ever by Matthew Kelly: <https://www.dynamiccatholic.com/lent.html>. These short, daily videos/reflections offer different topics to reflect upon and are a great way to start the day in a prayerful way! Lent is not about what you give up but what you can do to bring yourself closer to God.

### St. Agnes School Mission Statement

**St. Agnes School, in partnership with the Catholic Schools in the Diocese of Oakland educate children in the Catholic faith and nurture their minds, bodies, and souls, inspiring them to live the Gospel of Jesus Christ, achieve their highest academic and creative potential, and actively serve and enrich the community.**

## Newsletter-2/22/23



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- **Scrip and Volunteer Statements are Ready!**
  - Please review these statements carefully so you know where you stand.
  - The deadline to reach both goals is April 30<sup>th</sup>!
- **Congratulations 8<sup>th</sup> Grade!**
  - The Boys American Basketball team are the Diablo East Champions! Well done!
- **CYO Track and Field Has Begun!**
  - Do you have a 2<sup>nd</sup>-8<sup>th</sup> grade student interested in running? It's not too late to sign up for Track and Field.
  - Practice takes place at St. Agnes on Tuesdays from 3:30-5:00 and Concord High on Thursdays 4:00-5:30.
  - Contact Ann Schultz if you are interested in signing your child up to join the team!
- **De La Salle Camps are back and better than ever for the summer of 2023!**
  - De La Salle offers a wide range of athletic options from Football Camp to Wrestling Camp to All Sports Camp.
  - Camps are offered to students in grades K-12 (depending on the camp) and are open to boys and girls.
  - These camps are designed for kids to have fun, meet new friends, meet the coaches, and improve their skills.
  - This year there are new offerings of a science camp and junior basketball camp! For more information visit: [www.dlshs.org/athletics/camps-clinics](http://www.dlshs.org/athletics/camps-clinics).
- **NEW COVID Grid**
  - Contra Costa County Health Services revised the COVID response grid on February 14<sup>th</sup> and it is posted on our website. As you will see, not much has changed for schools.
  - As we inch closer to normalcy, the previous orders have been adjusted mostly in regards to funding and services offered.
  - This is definitely a test in patience! Thank you, we appreciate your support!

### PAGE NEWS

- **March Dine-Out in 7 Days!**
  - Parma Deli is once again offering a wonderful dine out opportunity. Dinners must be pre-ordered by February 27<sup>th</sup> but lunch can be picked up on Wednesday March 1<sup>st</sup>.
  - A flyer with all the details is in your envelope and must be mentioned or brought into the Deli in order for St. Agnes to receive 20% back!
  - Thank you Mary and Sam Totah!

***Weekly Student Learning Expectation: 2.3 A conscientious individual in a diverse society who is able to take responsibility for personal actions.***

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***"Day at the Races"***  
**Saturday March 4, 2023**  
**Garaventa Center - Carondelet High School**



- ***Ticket sales close THIS Friday, February 24!***
  - Don't get left behind, buy your tickets at: [Charityauction.bid/StAgnes2023](https://Charityauction.bid/StAgnes2023)
- ***To Do List:***
  - If you purchased a ticket, please make sure an email address is registered on Auctria.
  - To expedite check-in, please vault and/or update your credit card.
    - You will not be allowed to bid without a credit card on file.
  - All donations must be submitted no later February 28<sup>th</sup>.
  - Don't forget your hat!
- ***Auction FAQs***
  - Please read this very important information in your envelope today for all the intel!
- ***Become a Host!***
  - A flyer describing how to host a gathering and some creative ideas to this can be found in your family envelope.
- ***Last Chance, Don't Get Left Out!***
  - A flyer with all the details has been included in your envelope.
  - The Golden Giveaway is about to happen! See how you can win 6 months free tuition by entering in the Tuition Raffle!



- ***Gentle Reminder***
  - Every family signed an agreement to fulfill 30 hours of service to the school.
    - Four hours need to be completed at either the Bocce Tournament or the Auction because these events cannot take place without parent help.
    - Four hours are to be served at a Saturday Work Party.
    - Twenty-two hours are your choice (chaperone, classroom helper, PACE events etc.)
  - Regardless of how many hours you might have accumulated this year, the chairs (especially Auction co-chairs) are counting on you and a fine of \$50/hour will be incurred if those hours are not fulfilled.
- ***Kids Club Fees***
  - If your child attends Kids Club, fees have been posted to your FACTS accounts and payment is due March 1<sup>st</sup>.

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### Lenten Offerings

- **Family Rice Bowl Activity**
  - Today, each child is receiving a Rice Bowl provided by Catholic Relief Services.
  - The goal is to fill the bowl by doing good deeds, chores or having a simple meal. Traditionally we used coins but the banks began to charge to count those, so now you can decide what you will use to fill the bowl (beans, notes etc.)
  - Once the Rice Bowl is filled, you can determine its value and make your donation directly to: <https://crseastbay.org/donation/>. Please be sure to type in St. Agnes School on the form.
  - Thank you for supporting this very worthwhile tradition!
- **40 Cans for Lent**
  - The Knights have invited us to partner with them in this wonderful Lenten tradition.
  - Please send in a can of food a day to support feeding those in need.
- **Just Faith Thursday Soup Meal**
  - Each Thursday during Lent hearty soup, bread and beverages will be offered followed by a special guest speaker(s). All you need to do is bring a bowl and spoon!
  - A flyer with additional information and the topics for the presentations has been included in your family envelope.
- **Friday Stations of the Cross**
  - Students in grades 3-7 will take turns as a class, presenting a portion of the Stations of the Cross each Friday at 2:15 in the church. You are welcome to join us!
  - The 8<sup>th</sup> grade class will re-enact the Stations on Good Friday at 12:00 in the church.
- **Fish Fry Dinners**
  - The St. Agnes Knights of Columbus Council will offer fish fry dinners beginning this Friday and each Friday during March, followed by Stations of the Cross.
  - A flyer can be found in your envelope with additional details.



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	<b>IMPORTANT DATES AND EVENTS</b>
2/22	<ul style="list-style-type: none"><li>• Ash Wednesday Mass 7pm - St. Agnes Church</li></ul>
2/23	<ul style="list-style-type: none"><li>• School Board Meeting 6:30 – 8<sup>th</sup> Gr. Classroom</li></ul>
2/24	<ul style="list-style-type: none"><li>• Coffee Social 7:45 – Ministry Center Patio</li><li>• Last Day to Buy Auction Tickets</li><li>• Stations of the Cross 2:15 (formal)</li><li>• Fish Fry Dinner 5:30 – Church Hall</li></ul>
2/25	<ul style="list-style-type: none"><li>• Work Party 9-1</li></ul>
2/26	<ul style="list-style-type: none"><li>• 1<sup>st</sup> Sunday of Lent (Mt. 4:1-11)</li></ul>
2/27	<ul style="list-style-type: none"><li>• STAR Testing Continues</li><li>• PARMA pre-order due!</li></ul>
2/28	<ul style="list-style-type: none"><li>• Spirit T-Shirt Tuesday</li><li>• 2<sup>nd</sup> Trimester Ends!</li></ul>
3/1	<ul style="list-style-type: none"><li>• Minimum Day-12:00 Dismissal</li><li>• DINE-OUT- Parma Deli</li></ul>
3/2	<ul style="list-style-type: none"><li>• Soup Dinner/Welcoming the Stranger 6:00pm</li></ul>
3/3	<ul style="list-style-type: none"><li>• Knights' Fish Fry Dinner 5:30 – Church Hall</li></ul>
3/4	<ul style="list-style-type: none"><li>• AUCTION!!! 5:00pm – Carondelet Garaventa Center</li></ul>