



# St. Margaret Catholic School

## Viking Vine



**"Be Who God Meant You to Be And You Will Set The World On Fire."**

**August 17, 2018**

### Principal's Corner

Dear Parents,

Of recent times, there has been much talk about aging population and the fact that we are living longer. Professor Robyn Richmond conducted a study of 190 centenarians, the oldest was 112, and from her interviews with them found that personality traits and attitudes had a greater influence on their longevity than genetics. Low neuroticism - fear, worry, guilt — low depression, high social connectedness, high openness, high conscientiousness; these seemed to be the key to a ripe old age. Levels of anxiety and depression amongst the group were well below average.

"Get on with it: you can't dwell on disappointments." "Wherever I am, I'm contented." "They tell me I'm the oldest woman. How did I get here? Just quietly living one day at a time." These were a sample of the comments from our most senior citizens and what wisdom they contain. Collectively, these centenarians seem to have discovered the secret of joyful living by being fully alive in one present moment followed by the next. Pema Chadron, a Tibetan spiritualist, observed that, "Authentic joy is not a state of feeling or being high. Rather it is a state of appreciation that allows us to participate fully in our own lives."

Denmark seems to be the best country at living joyfully and the main reason is that most people strive to do their very best in their day to day activities. They do their best because they care, they work hard because that fulfils them and they don't worry too much about the "negatives". "Worrying is like sitting in a rocking chair; it will keep you busy but you won't get anywhere." Author unknown.

The French naturalist, Jean Henri Fabre, was fascinated by processional caterpillars that marched in along unbroken line front to back. So, he captured enough of them to encircle the rim of a flower pot. He linked them nose to end and started them walking in a closed circle around the rim of the pot. For days they moved like a perpetual merry-go-round and, although, food was near at hand, the caterpillars starved to death on their endless march to nowhere.

Unfortunately, life is like this for some people. They worry over unfounded fears which really never happen. They wander through life without any meaningful and worthwhile purpose. Similar to caterpillars, they spend their life going in circles which, as they age, become decreasing circles; a tragic way to live.

Joyful living is the result of being totally accepting of our present moment. Whenever we project ourselves away from our present moment and seek happiness in another time or place, we leave joy behind. When all parts of our life fully embrace where we are right now, we can't help but be joyful. When Jesus spoke to his Apostles and said, "These things I have spoken to you that my joy may remain in you and that your joy may be full" John 14:11. he was speaking through them to us.

Again, when Jesus said, "Until now you have asked nothing in my name; ask and you will receive that your joy may be full" John 16:24 he is stating that he wants us to be full of joy. Jesus is inviting us to call on his name to draw on the resources of God for anything we need to help us to live joyfully. Living joyfully is a work in progress throughout our lives. So, "Get on with it; you can't dwell on disappointments."

"Lord, we pray for a personal encounter with your words, 'Well done ... enter into the joy of your Lord'."

Peace and Blessings,

Wendy L. Wicke

Our Holy Face Science Building Dedication is Monday, August 20th at 10:00 a.m. Bishop Provost will preside over this ceremony.

All are WELCOME!

For those of you who cannot attend, we will do a live Facebook broadcast.

### Events

**Monday, August 20th**

10:00 am - Bishop to Bless the New Holy Face Science Building  
3:00 - 4:30 pm - Cheer Practice

**Wednesday, August 22nd**

3:00 - 4:30 pm - Cheer Practice

**Thursday, August 23rd**

Shroud Presentation  
10:30 am—Noon - 5th—8th grade

1:00 - 2:00 pm - K-4th grade

**Friday, August 24th**

8:15 am Mass

### Lunches

**August 20th**

Soft Gr. Beef Tacos, Pinto Beans, Corn & Peach Slices

**August 21st**

Hamburger, Fries, Pear Slices & Cookie

**August 22nd**

Chicken Alfredo, Yam Patty, Salad, Orange Smiles & Wheat Garlic Roll

**August 23rd**

Pork Roast/Rice/Gravy, Sweet Peas, Cauliflower, Spiced Apples, & Wheat Roll

**August 24th**

Beef Finger Steaks, Broccoli, Glazed Carrots, Pineapple Tidbits & Wheat Roll

Choice of Milk Daily

## Things to Remember

### A Great Big Welcome!!

We would like to welcome our new faculty for the 2018-2019 school year.

Mrs. Layni Allemand (PK-3 teacher), Mrs. Tori Craddock (PK-3 Aid), Ms. Nacoby Pitre (5th grade), and Ms. Janie Bailliet (Jr. High ELA).

We are so excited to have these ladies join our SMCS Family!!

### Happy Birthday!

Paul Adams, Jacob Lacassin, Hunter Griepsma, Morgan Reon, Amaya Lawrence & Mrs. Tori Craddock!!