



St. Margaret Catholic School

Viking Vine



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

April 5, 2019

Principal's Corner

Dear Parents,

Of recent times, there has been much talk about our 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 anger and hostility, low impulsivity, 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 am contented." "They tell me I am 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 engaged with their lives and 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". "Worry 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 a long 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 the 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.'" Matthew 25:23.

Peace and Blessings,

Wendy L. Wicke



After School Care

The last day for After School Care is Friday, May 17th!!!!

Events

Monday, April 8th - Friday, April 12th

Testing for 3rd - 6th Grade

Thursday, April 11th

7:30 M - 3:00 - PM - k & 1ST Grades to Alexandria Zoo

10:00 am - 4th & 5th Grade Confessions

Friday, April 12th

8:15 am - Mass

Sunday, April 14th

KC's BBQ Dinners to be sold after each Mass

Monday, April 15th - Thursday, April 18th

Holy Week

Friday, April 19th - Friday, April 26th

Easter Holidays

Lunches

Monday, April 8th

Chicken Nuggets, Yam Patty or Fries, Celery Sticks, Strawberry Cups & Wheat Roll

Tuesday, April 9th

Lasagna, Gr. Beans, Salad, Pineapple Tidbits & Wheat Garlic Roll

Wednesday, April 10th

Salisbury Steak, Creamed Potatoes, Black Eye Peas, Peach Slices & Wheat Roll

Thursday, April 11th

Chicken Stew/Rice, Broccoli, Baby Carrots, Apple Wedges & Wheat Roll

Friday, April 12th

Cheese Baked Potato, Salad, Cucumber Slices, Fruit & Wheat Cinnamon Roll

Choice of Milk Daily

Things to Remember

HALO

Our HALO this week was Mrs. Catherine Ange. We thank Mrs. Ange for the love she shows to her students and the way she shows them how to love the Church and God.

Club Meetings

Tuesday, April 9th

Noon - BETA Club

Wednesday, April 10th

3:00 - 4:00 pm - Art Club

Thursday, April 11th

3:00 - 4:00 pm - Chess Club (Last One)

Friday, April 12th

Noon - Spanish Club

Viking Lagniappe

Unveiling the Virtues

As we continue to work on Habit #7 - Sharpen the Saw, we also continue to work on the Cardinal Virtue of Justice. Justice enables us to give others what is due them, beginning with God. This week we will work on the virtues of Generosity, Gratitude, Kindness, loyalty, and Obedience.

Generosity - is giving of yourself in a willing and cheerful manner for the good of others. It's about sharing and doing things for others out of the kindness of your heart. Examples can be; making your bed, helping with the clothes, doing your homework without being told, helping a friend and playing and working well with each other in and outside of class.

Gratitude - is a thankful disposition of mind and heart. Gratitude can be shown by saying "Thank You" and meaning it. Other examples of Gratitude are; writing Thank you notes, counting blessings, smiling at others who are trying to help you.

Kindness - is expressing genuine concern about the well-being of others and anticipating their needs. You can practice this virtue by talking to someone who seems sad; ask how someone is doing; saying, "Do you need help?" and then helping; responding to kindness by being kind.

Loyalty - is accepting the bond implicit in relationships and defending the virtues upheld by Church, family and country. Loyalty looks and sounds like: Speaking positively about family and friends; making your actions correspond to your words and promises; seeking to do your best to help others; fulfilling your responsibilities; and being faithful to your commitments.

Obedience - is assenting to rightful authority without hesitation or resistance. It means we listen to rightful authority; follow directions; and give a prompt response. When we practice this virtue we LISTEN and follow directions the first time they are given without complaint.



Family Faith Formation

Plan for Holy Week Now!

We are now in the second half of Lent and before we know it we will be entering the holiest week of the year. On Wednesday, April 10, Saint Margaret Church will be hosting a Penance Night from 5:00 - 7:00 p.m. The Sacrament of reconciliation is the best way to prepare for Holy Week. Palm Sunday is April 14 when we celebrate Jesus' triumphant entry into Jerusalem with palm branches. There will even be a solemn procession at the 11:30 a.m. Mass. Holy Week ends with the Sacred Triduum, the three holiest days of the year. Our children will only learn this if these days are spent in the appropriate way. I still have memories of these sacred liturgies from when I was a child. The Mass of the Lord's Supper will be on Holy Thursday at 7:00 p.m. The Liturgy of the Lord's Passion will be at 3:00 p.m. on Good Friday and the biggest Mass of the year will be on Holy Saturday night at 8:00 p.m. Bishop Provost will be celebrating these liturgies at Saint Margaret Church. God became man and died for love of us. Let us join together in church these solemn days for love of Him.

ATTENTION 8th grade parents

Just a friendly reminder: If your student is attending St. Louis Catholic High School for the 2019-2020 school year, their course selection form needs to be signed and turned into Ms. Hebert's mailbox by Thursday, April 11th. If your student is *not* attending St. Louis Catholic High School next school year, you may disregard this reminder.

PTC Board Openings

The PTC Board has open positions for the 2019-2020 school year. Please let a current board member or the school office know if you are willing to accept one of the following positions:

Secretary

Room Parent Coordinator

Treasurer

Please prayerfully consider volunteering your time and talents to continue making SMCS the best kept secret in Lake Charles.

Summer Day Care

Registration is open for Summer Day Care for registered after school care students in PK-3-5th. If you have not requested a registration form and are interested in summer day care, please let Mrs. Blackwell know and she will send one to you. All forms must be turned in by Friday, April 5, 2019. Students who do not attend after school care but are interested in summer day care need to contact Mrs. Blackwell and she will put your name on a waiting list. The students on the waiting list will receive the registration forms on April 8, 2019. This will be on a first-come-first-serve basis until she has reached her limit of students, which is 40.

Mrs. Blackwell can be reached at:

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