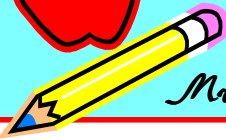




St. John the Baptist Catholic School

4B News

Mr. Nguyen's Classroom Newsletter



St. John the Baptist Catholic School

1021 Baker Street
Costa Mesa, CA 92626

February 7, 2010

Day by Day Through Lent: Fasting From Our Clutter

by Susan K. Rowland

Lent is here. Ready or not, the Big Question is always: How we are going to “do” Lent this year? May I suggest going on a fast that makes sense in this culture? Let us fast from the various types of clutter in our lives, beginning with the “outer regions” of life—our personal habits and the clutter in our homes. Then we will move to mental and spiritual clutter as the weeks progress toward Easter. We can fast from the confusion and busyness that characterize our culture. If we use this period to open our hearts, we will be well prepared to celebrate Easter. I offer the following ways to do that.

ASH WEDNESDAY

GETTING READY TO CLEAR MY CLUTTER

Jl 2:12-18; 2 Cor 5:20—6:2; Mt 6:1-6, 16-18

Today's readings give me basic instructions for the next 40 days. As a first step to clearing my heart and mind of clutter, I arrange a quiet prayer corner in which to talk to God. I find a suitable place in my home and stock it with a Bible, a notebook, pens (and this *Update!*). Today, and every day this Lent, I will spend time with God, reading over the Scriptures for the day, listening to what God is saying to me, and writing down what I hear.

THURSDAY: WHAT AM I GAINING—AND LOSING?

Dt 30:15-20; Lk 9:22-25 This culture urges me to do so much. In what ways is the rush and busyness of my life not truly necessary, but an effort to win the approval of others—in other words, to “gain the whole world”?

FRIDAY: REACH OUT TO OTHERS

Is 58:1-9a; Mt 9:14-15 Before I can reach out to those in need, I must be able to reach out. I talk to God today about areas of life where I neglect

SAINTS FUN FACTS

by mario d. macari

SAINST ITA, A NUN WHO WAS BORN DURING THE END OF THE FIFTH CENTURY, WAS ONCE ASKED WHICH THREE OF THE INFINITE NUMBER OF HUMAN FOIBLES GOD MOST DETESTED. SHE REPLIED:



myself and compromise my health. Am I eating the wrong foods? Not getting enough sleep? Constantly stressed? Any of these habits will make me less able to serve God and God's people.

SATURDAY: BE KIND TO MYSELF

Is 58:9b-14; Lk 5:27-32 The tax collector Levi's change of heart came about because Jesus showed him kindness and friendship. I talk to God about any changes I should make in my self care in order to do as Jesus did. I ask for God's help in making these changes in order to be able to do God's will.

The Origins of St. Valentine's Day

A quick quiz: St. Valentine was:

- a) a priest in the Roman Empire who helped persecuted Christians during the reign of Claudius II, was thrown in jail and later beheaded on Feb. 14.
- b) a Catholic bishop of Terni who was beheaded, also during the reign of Claudius II.
- c) someone who secretly married couples when marriage was forbidden, or suffered in Africa, or wrote letters to his jailer's daughter, and was probably beheaded.
- d) all, some, or possibly none of the above.

If you guessed d), give yourself a box of chocolates. Although the mid-February holiday celebrating love and lovers remains wildly popular, the confusion over its origins led the Catholic Church, in 1969, to drop St. Valentine's Day from the Roman calendar of official, worldwide Catholic feasts. (Those highly sought-after days are reserved for saints with more clear historical record. After all, the saints are real individuals for us to imitate.) Some parishes, however, observe the feast of St. Valentine.



The roots of St. Valentine's Day lie in the ancient Roman festival of Lupercalia, which was celebrated on Feb. 15. For 800 years the Romans had dedicated this day to the god Lupercus. On Lupercalia, a young man would

draw the name of a young woman in a lottery and would then keep the woman as a ... companion for the year.

Pope Gelasius I was, understandably, less than thrilled with this custom. So he changed the lottery to have both young men and women draw the names of saints whom they would then emulate for the year (a change that no doubt disappointed a few young men). Instead of Lupercus, the patron of the feast became Valentine. For Roman men, the day continued to be an occasion to seek the affections of women, and it became a tradition to give out handwritten messages of admiration that included Valentine's name.

There was also a conventional belief in Europe during the Middle Ages that birds chose their partners in the middle of February. Thus the day was dedicated to love, and people observed it by writing love letters and sending small gifts to their beloved. Legend has it that Charles, duke of Orleans, sent the first real Valentine card to his wife in 1415, when he was imprisoned in the Tower of London. (He, however, was not beheaded, and died a half-century later of old age.)

Congratulations!

... to the following students who earned an A+ on the following tests.

<i>Friendly Letter</i>			
Jeremy	Trinity	Julia	
<i>Math Ch. 5, Section A</i>			
Josh	Kelsey	Alex	Charlie
Zachary	Bill	Andrew	Emily
<i>Vocabulary - Patty Reed C+D</i>			
Josh	Kelsey	Kyler	Hope
Marissa G	Alex	Nathan	Trinity
Andrew	Emily	Lia	Kayla
<i>Spelling 20</i>			
John	Kelsey	Katherine	Jeremy
Marissa G	Danny	Zachary	Trinity
Andrew	Lia		

<i>Upcoming Tests</i>		
<i>Religion</i>	<i>Ch. 20</i>	<i>Wed. 2/17</i>
<i>Reading</i>	<i>Mrs. Frisby & Crow</i>	<i>Wed. 2/10</i>
<i>Spelling/Vocab</i>	<i>(handout)</i>	<i>Friday 2/12</i>
<i>Math</i>	<i>Ch. 5, Section B</i>	<i>Thu. 2/11</i>
<i>Language</i>		<i>TBA</i>
<i>Science</i>	<i>Unit B, Ch. 1</i>	<i>Tue. 2/9</i>
<i>Social Studies</i>		<i>Check Planner</i>
<i>Spanish, Music, Computer</i>		<i>Check Planner</i>

<i>Upcoming Events</i>
Wed. 2/10: Mandatory parent meeting 7PM
Fri. 2/12: Valentine Sweatshirts & Jeans day
Mon. 2/15: Presidents' Day NO SCHOOL
Tue. 2/16: Fat Tuesday pancake breakfast
Wed. 2/17: Ash Wednesday Mass 10AM
Mon. 2/22: Lunch Orders for March due
Mon. 3/1: Spirit Attire Monday
Fri. 3/5: Noon dismissal
Tue. 3/9 to Thu. 3/11: Catholic Book fair
Mon. 3/15: Spirit Attire Monday + Confession
Mon. 3/22: Lunch orders for April due