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JMJ

Our Lady of Sorrows, pray for us!

Tilma News 9/16/23

Virtue of the Month: Hope (Trusting in God's loving plan)

"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future." (Jeremiah 29:11)

Prayer Meetings - Thank you to Mrs. Keith for hosting a prayer group in her home dedicated to praying for the intentions of our school. If you are interested in joining her on Wednesdays at 8:30 am, please reach out to her at 703-400-1002.

Classical Education - Cursive is a game-changer! Students who learn cursive have greater focus and attention to detail, quicker processing, more fluid thoughts, and stronger memories! Besides being beautiful, it is foundational for taking quicker and more complete notes and greater focus on important information!

Masses and Rosary! - Parents, we welcome you for Friday Masses at 2 or even morning rosary between 7:30-8:00am. Both of these are a beautiful way to begin the day and end the week!

Mass Intentions - Your \$20 donation for the Mass intention helps offset the costs of expenses involved in celebrating the Eucharist every week. Thank you!

Lunch - Please remember to send in your menus and money for Thursday lunches from Domino's Pizza IN ADVANCE.

PE - Please see the attached bio on Mrs. Todd, whose lessons are focused on the 5 components of fitness - muscular strength and endurance, cardiovascular endurance, abdominal strength and flexibility/balance. For grades 5-up, activities are on a timed circuit format. For lower grades, the focus is primarily on motor development, balance and coordination. We are SO BLESSED to have her!

PE ATTIRE - 5th and up should bring tennis shoes to change into for PE, but will be expected to change out of after PE! ALL girls should have navy spandex shorts under their skirts!

Uniform pieces - Please remember that we take pride in our beautiful uniforms as they represent something much bigger than ourselves, so we hope you take the time to review the uniform policies regarding ties, socks, and belts, and that you are careful to help your children to honor it. Thank you!

VIOLIN - Lessons have begun but if your child is interested in beginning this year and is in 1st-8th grade, please contact Mrs. Fehder. If there is enough interest to cover the cost of another class for beginners, I will let you know. We need at least 4 students to have a group class. For now, **REMINDER** - ALL PARENTS WILL BE CHARGED WEEKLY, even if your child has forgotten their violin. We have tremendous talent supporting our program, and we ask for your commitment to cover those costs for the year!

RAFFLE UPCOMING! - REMINDER to please be thinking about the people to whom you will offer the chance to win \$2,000 at the end of October!

BENEFACTORS needed - Please remember us in your will and even now! If you are interested in supporting a student, albeit anonymously with some of their tuition or other needs, please contact Mrs. Fehder. ALL DONATIONS are TAX DEDUCTIBLE!

Tilma Fact - Our Lady of Guadalupe is patroness of the Americas and the Unborn because her appearance in 1531 in what is now Mexico City led to the conversion of over 9 million native Aztecs to Christianity within 10 years. The immediate result was that they stopped sacrificing their children to appease their gods.

Latin saying for the Month - *"Spes non confundit."* ("Hope does not disappoint!") ~Romans 5:5)