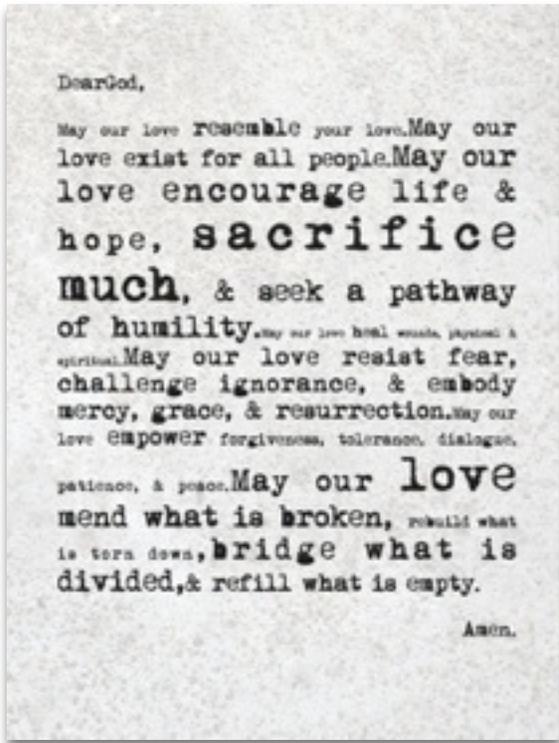
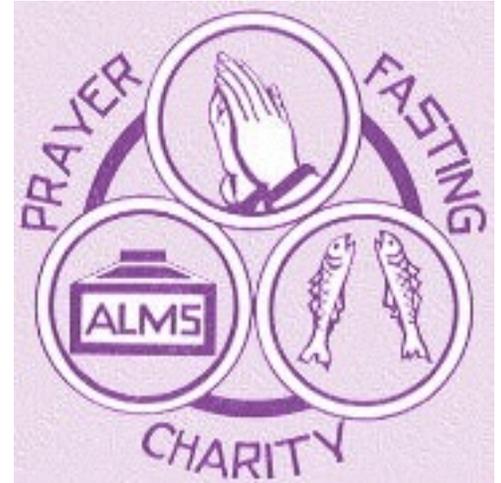


NEWSLETTER



Lent is a time of self-examination, sacrifice, fasting, charity, and prayer. It is a time for us to realign our priorities and to make use of more reflective time each day. It is a time to fast and abstain from those things that hinder our relationship with the Lord and to consider being more generous to the poor. Lent is a time to ready ourselves for God's grace to work in us.



Lent offers us all a very special opportunity to grow in our relationship with God and to deepen our commitment to a way of life, rooted in our baptism. In our busy world, Lent provides us with an opportunity to reflect upon our patterns, to pray more deeply, experience sorrow for what we've done and failed to do, and to be generous to those in need.

As we prepare our hearts for Easter, let us practice being selfless, generous, and giving. In these ways we can focus our attention on others during this Lenten season to bring love, peace, and forgiveness into our lives and to look for all that is good in others.

Mr. Yaptinchay

P A S S T H E T O R C H

Our annual Pass the Torch Raffle sales will begin this month. The raffle is a significant component of the Pass The Torch fundraising event. Just like last year, we are sending home a book of 6 raffle tickets with each student. The cost of the raffle tickets are \$5.00 per ticket. Each student is asked to sell a minimum of 6 tickets. Tickets can only be sold to adults 19+.

Please return the tickets (sold and unsold) and money by Tuesday, April 18, 2017.

To encourage the children to sell the tickets, we are having a school-wide contest. If the students reach the goal of 1400 tickets sold, the entire school will get a non-uniform day. More tickets are available at the school office if your son or daughter would like more to sell. Thank you for your help and best of luck in the raffle.

A N N O U N C E M E N T S

**PARENT PUB NIGHT
THANK YOU!**

Thank you to all the parents who came out to support our first Parent Pub Night on February 24.

Approximately \$1,700 in cash was raised and another \$1,100 in pledged household items were collected for the refugee family sponsored by St. Augustine Parish. A grand total of \$2,800 is a huge success! Thank you to our Parish Refugee Committee coordinators and volunteers

for hosting such a wonderful event!

BASKETBALL

Congratulations to all our basketball teams, coaches, and sponsor teachers this season! St. Augustine School was proud to field 6 school representative basketball teams this year. Congratulations to all our teams and particularly our Grade 7 boys and girls who qualified for the playoffs. A special thanks goes out to our grade level coaches and sponsor teachers: Mrs. Kozak, Ms. Siy, Mrs.

Patzer, Ms. O’Hara, and Mr. Yaptinchay. Our school would also like to recognize the contributions of our parent volunteer coach, Mr. Blesch (Maddie) and all our staff who helped with scorekeeping and refereeing. Thank you all so much for all you do for the school!

BADMINTON

After a hiatus of several years, we will be fielding a Grade 6 and 7 badminton team this year. Stay tuned for details!

BAND CONCERT

Our Junior and Senior Bands will be holding a concert at 1:00pm Wednesday, March 8. Everyone is welcome to attend.

SPRING BREAK

Spring Break is from March 11 to March 26.

**STUDENT-LED
CONFERENCES**

Second Term Report Cards will be given out at Student-led Conferences on Friday, March 30.

AN ILLUSTRATED GUIDE TO
**LENTEEN FASTING
& ABSTINENCE**
PRESENTED BY JONATHAN TEIXEIRA FOR THE FOCUS BLOG

**WHAT
ABSTINENCE**



NO MEAT
Meatballs or Fish



FISH IS OK
For Lent, Abstinence and Fasting

FASTING



1 REGULAR MEAL AND **2 SMALLER MEALS**
that together do not equal the regular meal in size



NO SNACKS

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PLEASE NOTE



These guidelines are the minimum requirements for Lenten sacrifices. All are encouraged to impose some sort of personal penance or act of charity or piety in top of these minimums.

You could increase the number of days you practice fasting and/or abstinence, or abstain from a favorite food or activity for all of Lent. You could add things, such as committing to read the Bible for 20 minutes a day.



As in all things, Lenten penance and mortification calls for prudence.

It is wise to consult your spiritual director before undertaking additional Lenten practices.

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**WHEN
FASTING
AND
ABSTINENCE**



ABSTINENCE

WHO



**CATHOLICS
14+**
ARE OBLIGED TO
PRACTICE ABSTINENCE



**CATHOLICS
18-59**
ARE OBLIGED
TO FAST



THOSE OUTSIDE THE AGE LIMITS
and those whose state in life (e.g. pregnant women, manual laborers, those who are ill) may be excused from the requirements of fasting and abstinence, but are encouraged to take up some other form of penance or acts of charity or piety.

As we near the halfway point of the season of Lent, I would like to share with you a different take on fasting, which can take many forms. Traditionally and biblically, fasting is defined as abstaining from food or drink to focus on a period of spiritual growth. Specifically, we humbly deny something of the flesh to glorify God, enhance our spirit, and go deeper in our prayer life. In modern times, our Lenten fasts have a tendency to be oriented or even limited towards things like giving up coffee, chocolate, TV, Facebook, etc. These are all wonderful ways to show our commitment to sacrifice during Lent, but I would like to share a list of other ways to make your Lenten fast even more meaningful:

- ✠ Fast from anger and hatred. Give your family and friends that extra dose of love. "Love one another as I have loved you."
- ✠ Fast from division. Strive to be in unity with everyone.
- ✠ Fast from judging others. Before making any judgments, remember how Jesus overlooks our faults.
- ✠ Fast from low self-esteem, pessimism, and negativity. Be positive in your outlook in life.
- ✠ Fast from discouragement. Let's have hope in all that we do. "See I will not forget you...I have carved you in the palm of my hand." (Isaiah 49:15)
- ✠ Fast from personal anxiety, fear, and worry. Jesus is watching over our lives. Put your trust in Him. "For I know the plans I have for you, says the Lord. They are plans for good and not for disaster, to give you a future and a hope." (Jeremiah 29:11)
- ✠ Fast from lethargy. Have enthusiasm for life. Remember God loves you so.
- ✠ Fast from the problems that overwhelm your life and wear you down. Pray and ask Jesus for help. He said, "Ask and you shall receive. Seek and you shall find."
- ✠ Fast from complaining. When you're about to complain, count and appreciate all your blessings. "Praise you, Lord, for all that you have given me."
- ✠ Fast from too much self-concern. Put yourself in the shoes of other people.
- ✠ Fast from any resentments or bitterness. Forgive those who have hurt you.
- ✠ Fast from conversations that are negative or filled with gossip. Encourage one another instead.
- ✠ Fast from spending too much money. Reduce your spending and have your family give the savings to the poor.
- ✠ Fast from too much of the world. In Lent, find extra time for Jesus. Go to a quiet place and pray, pray, pray – for your friends, for your family, for all families, and for peace in the world.

Lent