

St. John Chrysostom on
"What is True Fasting?"

St. John Chrysostom

Do you fast? Give me proof of it by your works.

- If you see a poor man, be moved to pity for him.
- If you see an enemy, be reconciled to him.
- If you see a friend being honored, do not envy him.

Do not let only your mouth fast, but also the eye and the ear and the feet and the hands and all the members of your bodies.

- Let the hands fast, by being free of avarice and greed.
- Let the feet fast, by ceasing to run after sin.
- Let the eyes fast, by disciplining them not to glare at that which is sinful.
- Let the ear fast, by not listening to evil talk and gossip.
- Let the mouth fast from foul words and unjust criticism (slander, slander, detraction).

For what good is it if we abstain from food, but bite and devour our brothers and sisters?



+ Dear St. Cecilia Families,

March 6, 2023

As I looked for a reflection, I found this passage from St. John Chrysostom. He died in 407 A.D. I didn't read a lot of his biography, but what I did read showed that he was not afraid to tell priests and bishops of his day to practice what they preach. Today, he might tell us that our actions speak louder than our words.

I was intrigued by St. John Chrysostom because someone shared a quote from him on Saturday. St. John said, "When we teach our children to be good, to be gentle, to be forgiving, to be generous, to love their fellow men (and women), to regard the present age as nothing, we will instill virtue in their souls, and reveal the image of God within them. This, then, is our task: to educate both ourselves and our children in godliness; otherwise, what answer will we have before Christ's judgment seat?"




Perhaps St. John's words, written over 1600 years ago, can give us a direction on how to teach our children to truly fast and thus become good, gentle, forgiving, generous, and loving. We need to teach and model godliness to our children and to each other. What is godliness? Some synonyms are goodness and holiness. Those words are probably easier to understand. We need to teach our children that it is good to be holy and it is good to be and do good!

We know that "God created us in his image; in the image of God, he created them; male and female he created them.... God looked at everything he had made and found it very good." Let us remind our children of this every day before they come to school, before they go out with friends, and before they go to bed at night. Perhaps, then they will grow in godliness, in holiness, and goodness. Perhaps, then they will transform our schools, our neighborhoods, our families, and our world! I think we can do this when we all do it together!

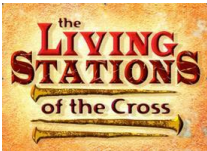
Have a great week!
God bless you,
Sister Catherine Irene, IHM



Looking Ahead:

March 6	Terra Nova NEXT Testing -READING	
March 7	Terra Nova NEXT Testing – LANGUAGE	
March 8	Terra Nova NEXT Testing – MATH	
March 10	FAMILY BINGO	
	2ND TRIMESTER ENDS – MARCH 10	
March 13	MAMA Meeting; 6:30 p.m.	
March 14	Grade 6 Trip	
	Stations of the Cross, Grades 1 to 4, in Church; 1:00 p.m.	
March 15	District Principals’ Meeting	
	School Liturgy at 10:00 a.m.	
March 16	Grade 5 Class	
March 17	St. Patrick’s Day	
	Pre-K Musicopia Performance	
	<i>REPORT CARDS WILL BE POSTED BY THE END OF THE DAY</i>	
March 18	IHM ED CAMP	
March 22	Stations of the Cross, Grades 5 to 7, in Church; 1:00 p.m.	
March 23	Universal High School Visitation Day: Grade 7 only – Email was sent to Grade 7 families	
March 25	Catechetical Convocation	
March 26 – 29	S. Catherine to St. Anthony of Padua School, Wilmington, for Middle States visit	
April 4	Living Stations of the Cross, 1:00 p.m. for entire school	
April 5	Faculty Meeting: No School for Students	
April 6	Holy Thursday: No School	
April 7	Good Friday: Living Stations for the Parish at 7:00 p.m.	
April 9	Easter Sunday	
April 10	Easter Vacation	
April 11	Classes Resume	

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Living Stations of the Cross: On April 4 and Good Friday, students in Grades in 5, 6, and 7 will present the Living Stations to our school (April 4 after lunch) and to our parish in the evening of Good Friday (April 7). Parents in Grades 5, 6, and 7 should have received an email yesterday asking who will be able to participate in one or both of the Living Stations. We ask you to return the form by Wednesday, March 8. While we hope many will be able to participate, we know that some families have made plans to see family and friends over Easter. Thank you for returning the forms quickly so that we can practice and prepare for this inspiring and prayerful experience.

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Reminder Message about Volunteers:

- If you want to volunteer for upcoming events, like field trip, the Fun Day and the Walkathon, please make sure that your clearances are all up-to-date!
- If you want to accompany your children on field trips, you will need your clearances as well.
- Go to <https://scsfoxchase.org/safe-environment-program> to see the required clearances. Please see the Clearances Checklist to see the complete list of requirements.
- If you have any questions, please email Lisa Hnat at lisa.hnat@stceciliafc.org

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Congratulations to our Good Writers’ Club for February:

Room 31 – Alaina Geiger	Room 41 – Isaiah Jean	Room 51 – Sahara Jamba
Room 32 – Alivia Weny	Room 42 – Fiona King	Room 52 – Connor Whalen
Room 33 – Christina Nguyen	Room 43 – Finley McHugh	Room 53 – Caitlin Kilpatrick

Thank you, Sister Bernadette and our Homeroom Teachers, for leading this project!

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Holy Ghost/Nazareth Math Competition:



Holy Ghost/Nazareth Math Competition: On Saturday, March 4, our 6th and 7th Graders participated in the Holy Ghost/Nazareth Academy Math Competition. James McCusker, Grade 7, finished in FIRST PLACE! Congratulations, James! The 7th Grade Team finished in Second Place. We are proud of both teams! We thank Mrs. Mary Cihak, our Honors Math Teacher, for teaching and coaching our Math Teams!

Grade 7 Team: James McCusker, Abigail White, Leighton Whalen, and Lorena Marrow

Grade 6 Team: Lily Viscott, Lillian Knox, Amelia Palestini, and Katelyn O'Donnell

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Lenten Confessions

Tues, Mar 14	Room 32	Mon, Apr 3	Room 43
	Room 81		Room 63
	Room 51		Room 71
Mon, Mar 20	Room 33	Tues, Apr 4	Room 72
	Room 82		Room 52
Tues, Mar 21	Room 83		Room 53
Mon, Mar 27	Room 61		Room 73
	Room 62		
Tues, Mar 28	Room 41		
	Room 42		

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Dress Code: Many of our students come to school every day and wear their school uniforms with pride. Their uniforms are neat, shirts or blouses are ironed, and the correct shoes are worn correctly. Many students, however, need to do a much better job in wearing their uniforms correctly and following the dress code. As we close the second trimester and move into the final trimester, I ask you to review the Uniform Policy and Dress Code with your children. You

can find it at <https://scsfoxchase.org/student-dress-code>

We are going to begin something new for the third trimester. We are going to start rewarding the students who are wearing their uniforms correctly. We are going to give the reward that everyone values: a DRESS DOWN PASS. The third trimester begins on Monday, March 13. It will give everyone two weeks to get their uniforms (including haircuts, correct **knee** socks for girls and gym socks for all, and belts/ties for the boys) in order. If you need clothes, please contact our Uniform Exchange volunteers, for GIRLS UNIFORMS – Donna Kilpatrick – 215-620-1836 and for BOYS UNIFORMS – Nicole Whalen – 215-307-9200

Please note: we need a volunteer for Boys' Uniforms. Nicole's son is graduating this year. If you are interested, please contact Nicole or Donna to learn more about the Uniform Exchange.

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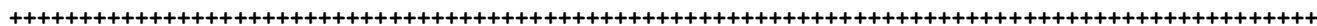


Thank you to the **Parish Events Planners Committee and Volunteers**
for a wonderful Celtic Night!
The sold-out event was a lot of fun, and it was a truly enjoyable night!

We are proud of our students (current and former)
who shared their Irish dancing with all of us.
(They looked a lot better than the pictures show...
hard to take good pictures while they were dancing 😊)

**We are so grateful for the money that was raised for scholarships for our
St. Cecilia School students.**

Thank you!



The Legacy Run

Under the leadership of Mrs. Kristin Weiler and Ms. Colleen Trahey,
graduates of St. Cecilia School,
our first Legacy Run will take place on Saturday, April 29.
The proceeds of the run will raise money for scholarships for our families.
The forms are posted on the website, but you can also use the QR Code below!
Join our Faculty and Staff on the Course!
If you can't walk, perhaps you could sponsor one of our teachers!!



The SCS Legacy Run and events will provide scholarship opportunities to students at Saint Cecilia School who have a parent who is an alum of the school.

SCAN HERE TO REGISTER →

