



Lumen News

September 23rd, 2022

Our Mission:

As a ministry of St. Benedict Parish,
Lumen Christi High School provides a rigorous Catholic education in a Christ-like environment!

Our Core Values:

Living Faith, Celebrating Family, and Achieving Excellence

Important Upcoming Dates

- September 29:** Feast of St. Michael the Archangel Mass, 7:45am
- September 30-Oct. 1:** Soccer Regions Tournament
- October 1:** Archangel Attic Open
- October 6:** School Board Fall Speaker Series Event at 7pm (see below)
- October 8:** Archangel Attic Open (two parent volunteer needed)
- October 6-9:** Volleyball (V) to Unalaska
- October 15 (Saturday):** PSAT Testing, Grades 9-11
- October 13-15:** Spiketacular
- October 15:** Archangel Attic Open
- October 21:** Inservice Day (**No School**)
- October 22:** Archangel Attic Open
- October 27:** Parent Teacher Conferences at 2:30-7pm
- October 28:** Inservice Day (**No School**)
- October 29:** Archangel Attic Open (two parent volunteers needed)

Principal's Update

Mr. Ross is out in retreat with the high school students.
All retreats will be over by 1pm today.
Let's keep them in our prayers for a safe return.

If you have any questions, feel free to call or email.
Have a great weekend!

Virtue of the Week



TIPS ON HOW TO PRAY

Prayer isn't just another good thing to do; it's absolutely necessary if we want to know God's will in our lives and draw closer to him. The trouble is finding the time and willpower to pray.

In this video, Fr. Mike Schmitz suggests being a bit more intentional in our prayer lives, asking these four simple questions:

1. When are you going to pray? Set a specific time.
2. Where are you going to pray? Hint: Not in bed.
3. What are you going to do when you pray?
Pick something to focus on and for a certain time period.
4. Why are you going to pray? Build your relationship with God

<https://www.youtube.com/watch?v=yk8ln-6KUGc>



Archangel Sports

Soccer Games

Monday, Sept 26th

@ HRA @ Kincaid
4pm JR High
6pm High School

Tuesday, Sept 27th

@ OLV @ Palmer
4pm JR High
6pm High School



HS Volleyball

October 6th-9th
at Unalaka (Away)

October 13th-15th
Spiketacular (Home)

October 21st
at CIA (Away)

Front Office News

School Board Fall Speaker Series Thursday, Oct 6th

Lumen Christi Catholic High School invites all parents and caring adults to our Fall 2022 School Board Speaker Series on Thursday, October 6, 2022 from 7-8:30pm in the Lumen gym. This event is free and open to the public. Mr. Chris McKenna, a nationally recognized speaker from Protect Young Eyes, will be presenting "The Digital Culture of Kids: Building a Framework of Trust." After 7+ years, over 1,500 presentations, testifying in front of Congress, and countless conversations with parents, students, educators, and officers, Protect Young Eyes has discovered that parental controls alone don't work and instead, **there are 5 traits that often determine digital success in many families.** Chris calls these 5 traits the Digital Trust Framework. What is Digital Trust? Do you have it? How does it apply to conversations about social media? Pornography? YouTube? TikTok? This fast-paced talk will use stories, simple examples, and quick tips that will give your family immediate actions. The Lumen Christi School Board will host a reception following the formal presentation. You can find out more here:

<https://protectyouneyes.com/event/lumen-christi-the-digital-culture-of-kids-with-pye/>. We look forward to seeing you!



Join us for the
Lumen Christi
Speaker Series:

THE DIGITAL CULTURE OF KIDS

Building a Framework of Trust



**OCTOBER 6TH
7PM
LUMEN CHRISTI
HIGH SCHOOL**

Chris McKenna, a nationally recognized speaker from Protect Young Eyes, will be presenting "The Digital Culture of Kids: Building a Framework of Trust." This fast-paced talk will use stories, simple examples, and quick tips that will give your family immediate actions to safely navigate the digital world.

This event is free and open to the public. Register here:



Chris McKenna

College, Career, and Vocation Information

Please click on the link for the most current information:

[College, Career, and Vocation Information](#)

Thank you!

Fall School Pictures

Lumen Christi High School pictures are ready to view and purchase!

Go to: [Search \(fotomerchanthv.com\)](https://www.fotomerchanthv.com)

Your password will be the first letter of your child's first name, entire last name and then grade,
So 7th grader Sally Johnson would have the password sjohnson7

Ordering for the first two weeks will have the option of free shipping to the school. All orders after that will require the \$5 shipping fee to home.

If you have any questions, please email Alicia@fitzgeraldphotos.com

Missed picture day?

Please contact Alicia (Alicia@fitzgeraldphotos.com) to schedule a makeup picture day.

Senior Photo Deadline Reminder

Please submit your senior pictures by **October 5th** for inclusion in the Yearbook! Please send them to Yearbook@lumenchristiak.com. If you have any questions, please feel free to send them to us at the same address.

GALA: We need Glass Bottles

Please donate your glass bottles! The Gala team will be collecting short glass bottles (no taller than 8") now until December 1st. Example picture below.! Please drop off glass bottles with Ms. Gore or Mrs. Guzman. Thank you!



JFK Profiles in Courage Essay Contest

Here is the new JFK profiles in courage essay competition information. It is open to all high school students. More information can be found on the link.

<https://www.jfklibrary.org/learn/education/profile-in-courage-essay-contest/getting-started>

Past Is Prologue Essay Contest

Here is another opportunity for students:

<https://www.abmf.org/past-is-prologue-essay-contest/>

Community Opportunity/News:

SEAS Trivia Night

Join our sister school (Saint Elizabeth Ann Seton) for some Trivia!



The Alaska Veterans Museum

The Alaska Veterans Museum will be hosting an event on Alaska Highway Day, 25 OCT at 6:30 pm. It will be a reader's theatre featuring the stories of the men who built the Alaska Highway.




All are welcome to attend, it's a free event, donations are welcome.

<https://www.alaskasnewssource.com/2021/10/26/telling-alaskas-story-honoring-african-american-soldiers-who-helped-build-alaska-highway/?outputType=amp>

Priesthood Discernment Retreats

Exciting update on Come and See!
A generous benefactor has subsidized the cost of the retreat;
for a limited time, register for \$20!

While supplies last-register soon!

 <p>Archdiocese of Anchorage-Juneau</p> <hr/> <p>Come and See: Priesthood Discernment Retreats</p> <p>Supported by</p> 	 <p>COME & SEE 2022 PRIESTHOOD DISCERNMENT RETREATS</p> <p>AT SAINT THERESE'S CAMP Under 18 years old: Sept. 23-24 18 years and older: Dec. 9-10</p> <p>Cost: \$20 all included while supplies last</p> <p>VISIT WWW.STCAK.COM TO REGISTER AND FOR INFO</p>
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COME AND SEE

This two-day, one night retreat will include talks from local priests addressing their calls, living the priesthood, discernment, delicious food, the sacraments and fellowship. Any man interested in learning more about the priesthood is encouraged to attend.

Cost: \$20 while supplies last.

Covers 5:30PM Friday night through lunch Saturday afternoon.

When: September 23-24 for men under 18 years old

December 9-10 for men over 18 years old

For more information contact Fr. Arthur Roraff, (907) 694-2170 or frarthur@roraff.com

Scholarships available. Call or text Rudy at (907) 232-2066

Click below to register, and see you at camp!

<https://sainttheresescamp.regfox.com/come-and-see-priestly-vocation-retreat-2022>

40 Days for Life Alaska

Hello, friends of 40 Days for Life Alaska!

First, the updates:

- The vigil web site is live and ready for sign ups! The vigil runs September 28 to November 6 from 7am to 7pm. You can look at the vigil details and sign up for hours at www.40daysforlife.com/en/anchorage. You will need to make an account to sign up for hours. For help signing up, especially if you don't want to create your own account, please contact Kay at 907-301-6869.
- Our opening prayer service is Saturday, October 1 at 330pm at St. Elizabeth's Catholic Church, 2901 E. Huffman Road. It is coming together! Two women who have had abortions, regretted them and journeyed toward healing with Project Rachel, are going to speak. We will pray, and we will sing! Let us praise God and beg His assistance together. Please mark October 1 at 330pm on your calendars – opening prayer service.
- A local group has committed to filling our vigil on Tuesdays from 1 to 7pm, with four people in each hour. Wow!! Can you gather a group to fill a chunk of hours? Please pray about it and let me know.

And requests for help:

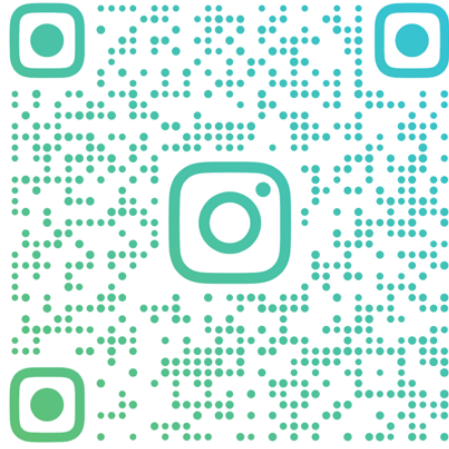
- Do you know of any business near Planned Parenthood that might allow us to park in their parking lot? Please let me know if so.
- Do you know of any business near Planned Parenthood that might allow us to store signs during hours that our vigil does not fill? (as well as overnight, 7pm to 7am, if possible) Golden Donuts has done this for us in the past, but unfortunately, they are not going to do that this year.
- I need help contacting area churches to share the vigil with as many people as possible; planning the prayer service (worship handout, gear table, decorations); speaking at area churches; putting signs together; and more. Contact me if you can help!

Please pray for God's grace to pour out us as we prepare for our vigil. Let's beg Him to open the hearts of all who live here to end abortion in our city.

In Christ, for the unborn and their parents –

Mary Kemper

Follow us:



LCHS_STUDENT

https://www.instagram.com/lchs_student/

@LCHS_STUDENT

Volunteer/Parent Share Hours Opportunities

Archangel Attic -

<https://signup.com/go/MjHfAVB>