

## Lumen News

**September 8th, 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 10:** Archangel Attic Open (one volunteer needed)
- September 12-16:** All School Spirit Week (Homecoming Week)(details below)
- September 12-21:** Food Drive for St. Benedict's Outreach Pantry (details TBD)
- September 14:** **Principal-Parent Forum at 7pm @ school (DATE CHANGE)**
- September 15:** Parent Meeting Close Up, 7pm (details below)
- September 16:** All School Mass (Grandparents invited!), 7:45am
- September 16:** Homecoming Bonfire, 7-10pm (HS only)
- September 17:** Archangel Attic Open
- September 17:** Homecoming Dance (5:30-7pm JH, 8-10pm HS)
- September 20:** School Board Meeting, 6pm
- September 20:** **SOCCER SENIOR NIGHT**, 6pm vs Su-Valley @ Kincaid
- September 22-23:** High School Retreat @ St. Therese's (overnight)
- September 22-23:** Junior High Retreat @ Lumen (no overnight)
- September 24:** Archangel Attic Open
- September 29:** Feast of St. Michael the Archangel Mass, 7:45am
- October 1:** Archangel Attic Open
- October 6:** School Board Fall Speaker Series Event at 7pm (see below)
- October 8:** Archangel Attic Open (one parent volunteers needed)
- October 15 (Saturday):** PSAT Testing, Grades 9-11
- 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

Greetings from windy and blustery Healy, Alaska, where our high school soccer team is participating in the annual Tri-Valley Tournament through Saturday. Fall colors are in full bloom and there is a definite chill in the air. Please keep our Archangel players, drivers, chaperones, and parents in your prayers as our athletes take on teams from Su-Valley, Nenana, Delta Junction, Cook Inlet Academy, Birchwood, Holy Rosary Academy, and all points in between!

Our Servant Leadership retreat with our Class of 2023 and Class of 2024 was a smashing success! Based on the heartfelt reflections that I have reviewed so far, I believe our seniors and juniors are further encouraged to be servant leaders in our school throughout the school year.

We turn now towards Homecoming Week next week (see daily themes and schedule below) and the high school and junior high retreats on Sept 22-23. We will be sending retreat permission slips home early next week, so please review, sign, and return to the school. **We are also looking for parent volunteers to serve as chaperones, assistant cooks, and other tasks, so this is a great way to earn your Share Hours!** Here are the initial details for each retreat:

- High school: Students will come to school on Thursday, Sept 22nd at 7:30am as normal. High school students will then be bussed to St. Therese's camp where they will participate in retreat sessions, Mass, Adoration, Reconciliation, and other activities. Students will stay overnight in the cabins. On Friday, Sept 23rd, we will celebrate Mass, clean up the camp, complete closing activities, and return to school by bus for 1pm dismissal.
- Junior High: Students will come to school on Thursday, Sept 22nd at 7:30am as normal. Junior high students will remain at the school completing faith in action and team building activities, attending Mass, eating pizza lunch, and then walking down to Jewel Lake Bowl for afternoon fun. On Thursday, junior high students can be picked up at 2pm or ride the Lumen buses as normal. On Friday, Sept 23rd, junior high students will come to school at 7:30am and be transported out into the community to do faith in action activities. Following community service, students and chaperones will go to the Alaska Zoo, eat lunch, and return to the school for a 1pm dismissal (together with all high school students returning from St. Therese's).

Finally, all grandparents are invited to our school Mass next Friday, Sept 16th! Grandparents Day is on Sunday this weekend, so it's appropriate that we celebrate Mass in honor of our elders. We hope this will become another honored Lumen tradition.

Blessings,

Brian

## Virtue of the Week



## Archangel Attic

**SHOUT OUT!!**

To parents who have signed up for Archangel Attic shifts!  
**THANK YOU!!**

Nearly all shifts are covered for the next few months with the exception of:

1. September 10th (1 volunteer needed)
2. October 8th (2 vols needed)
3. October 29th (2 vols needed)
4. November 19 (1 vol needed)

*Can you help?!*

Working at the Attic is easy, fun, helps the school AND chips away at your required Share Hours. Click here to sign up! <https://signup.com/go/MjHfAVB>



## Archangel Sports

### **Soccer Games**

Tuesday, Sept 13th  
vs OLV @ Kincaid  
4pm JR High  
6pm High School

Thursday, Sept 15th  
vs Birchwood @ Kincaid  
4pm JR High  
6pm High School

Monday, Sept 19th  
vs CIA @ CIA  
TBD High School

Tuesday, Sept 20th  
vs Su-Valley @ Kincaid  
4pm JR High  
6pm High School (SENIOR NIGHT!!!!)

Monday, Sept 26th  
@ HRA @ Kincaid  
4pm JR High  
6pm High School

Tuesday, Sept 27th  
@ OLV @ Palmer  
4pm JR High  
6pm High School

### **HS Volleyball**

Official practice has begun!  
Please contact Mrs. Guzman and/or Coach Warren  
if you have any questions regarding volleyball.

First Volleyball Game  
(V Only)

October 6th-9th  
at Unalaka



## Front Office News

**Homecoming Week (Sept 12-17)**

Our Student Leadership Board has planned an all school Spirit Week for Homecoming Week. Dress up days are:

Mon.	Tues.	Wed.	Thurs.	Fri.
Mathletes vs Athletes	Younger you day	“Babies/Toddlers” --grades 7-9  “Old People” --grades 10-12	“Neon Colors”	Mass Uniform (Grandparents Mass)  Bonfire behind school, 7-10pm (HS only)

**Sat.**

Homecoming Dance  
  
 Theme:  
**Glow Party**

### Homecoming Dance

Homecoming will be on Saturday, September 17th.

5:30-7pm (Jr High)  
&  
8-10pm (HS)

See Mrs. Guzman for guest permission slips.  
Due Tuesday, Sept. 13th.

### Senior Photo Deadline Reminder

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

### 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!

## Fall School Pictures

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

Go to: [Search \(fotomerchanthv.com\)](https://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](mailto:Alicia@fitzgeraldphotos.com)

### Missed picture day?

Please contact Alicia ([Alicia@fitzgeraldphotos.com](mailto:Alicia@fitzgeraldphotos.com)) to schedule a makeup picture day.

## JR High Retreat

We will be needing chaperones for the junior high retreat on Friday, September 23rd for community wide service work followed by the museum. Please look for an email from the junior high teachers soon with a breakdown of events for the retreat on September 22/23rd.

## Parent Meeting: Close Up - Washington DC

Parents of Close Up students, please join us on Thursday September 15th at 6:00 p.m. for a Q & A meeting. *Our fantastic Close Up representatives will be here in person to answer any questions you have about the trip, fundraising opportunities and to go over our schedule.* We will be meeting in the Library.

Please email [mspillers@lumenchristiak.com](mailto:mspillers@lumenchristiak.com) with any questions you have in advance.

Thank you!

## 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:**

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!



Archdiocese of Anchorage-Juneau

## Come and See: Priesthood Discernment Retreats

Supported by



**COME & SEE 2022  
PRIESTHOOD  
DISCERNMENT  
RETREATS**

**AT SAINT THERESE'S CAMP**  
Under 18 years old: Sept. 23-24  
18 years and older: Dec. 9-10

Cost: \$20  
all included while  
supplies last

**VISIT  
WWW.STCAK.COM TO  
REGISTER AND FOR  
INFO**

Archdiocese  
Anchorage-Juneau

## 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](mailto: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](http://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

## **Esto Vir**

Esto Vir men, the next Esto Vir is coming!

Faithfully Catholic, unapologetically masculine, Food and fellowship, challenge and conversion.

### **St. Benedict men's ministry event:**

**Date: Thursday, Sept. 8th**

**Time: 6-8 PM**

**Location: In the upper room above the gym**

**Topic: To be announced...**

**Speaker: Deacon Don Remer**

The schedule...

**6:00pm-** Appetizers and fun in the upper room— billiards, foosball, ping pong, and more...

**6:30pm** Dinner and presentation (Pulled pork, cowboy fries, baked beans and more...)

**7:30pm** Q&A with dessert

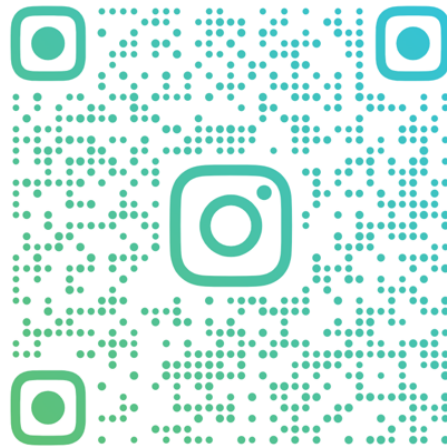
8:00pm Fellowship in upper room

Please RSVP to Bob McMorrow so we can know how much food to prepare

Email [rmcmorrow@stbenedictsak.com](mailto:rmcmorrow@stbenedictsak.com)

Suggested donation: 15 dollars

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[https://www.instagram.com/lchs\\_student/](https://www.instagram.com/lchs_student/)

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**Volunteer/Parent Share Hours Opportunities**

**High School Retreat-**

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

**Homecoming Dance-**

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

**Archangel Attic -**

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