



# Lumen News

October 6th, 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

- October 6:** School Board Fall Speaker Series Event at 7pm (see below)
- October 7:** Faith and Blue Ice Cream Social, 12:30pm (see below)
- October 7:** St. Benedict's Annual Hoedown, 6-8:30pm (see below)
- October 8:** Archangel Attic Open
- October 6-9:** Girls Volleyball (V) to Unalaska
- October 11:** Lubbock Christian Information Visit, 1pm
- October 12:** College and Career Day (wear your favorite college spirit wear or dress up like your desired career)
- October 13:** Lumen Spirit Wear Day (start of Spiketacular Tournament)
- October 13-15:** Girls VB Spiketacular @ Lumen (see sign up below)
- October 14:** All School Rosary and Mass
- October 15 (Saturday):** PSAT Testing, Grades 9-11 @ SEAS, 8am start
- October 15:** Archangel Attic Open
- October 17:** Northern Arizona University Information Visit, 1pm
- October 21:** Inservice Day (**No School**)
- October 22:** Archangel Attic Open
- October 22-25:** St. Benedict's Parish Mission
- October 27:** Parent Teacher Conferences at 2:30-7pm
- October 28:** Inservice Day (**No School**)
- October 29:** Archangel Attic Open (two parent volunteers needed)
- November 1:** All Saints Day Mass @ 7:45am (Friday A schedule w/7th period)
- November 11:** All School Rosary and Mass
- November 11:** Saint Elizabeth Ann Seton Gala
- November 24-25:** Thanksgiving Break (**No School**)
- November 27:** First Sunday of Advent

## Principal's Update

Many thanks to all those in our community who are coming out to hear Mr. Chris McKenna speak about the digital culture of our kids tonight! It promises to be a great and informative presentation!

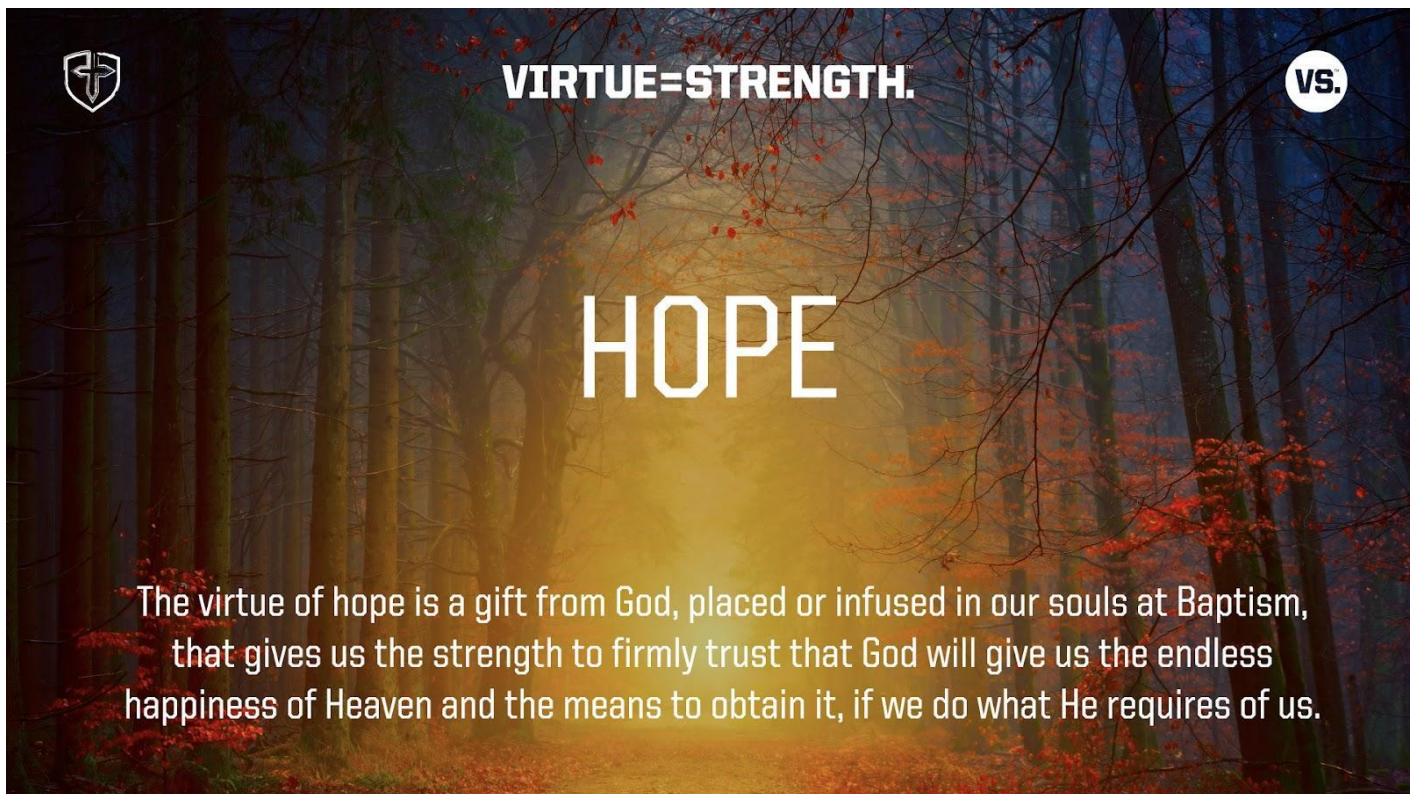
It gives me great pleasure to welcome Mr. Doug Berry as our new Campus Minister! Mr. Berry, and his wife Rebecca, were parishioners at St. Benedict's for over 20 years before a short respite in Idaho to finish up a successful career with UPS.

Doug and Rebecca have returned home to Alaska to stay and we look forward to having him minister to our students, staff, and families. Doug graduated from Kodiak High School and served for four years in the US Army. During his 30 year career with UPS, he rose from driver to Package Division Manager of Idaho and Wyoming supervising over 1400 employees. Doug has extensive experience in faith formation and youth and adult ministry, including presenting at the annual Alaska Catholic Youth Conference (ACYC), serving as small group leader for St. Benedict's high school Youth Program for over a decade, and co-hosting St. Benedict's "Super Sunday" events. In addition to his active presence in parish life, Doug completed 1.5 years in the Archdiocese Diaconate Studies program before his move to Idaho interrupted continued progress towards becoming a Deacon. Doug and Rebecca have two children and two grandchildren. Joshua Berry graduated from Lumen Christi in 2006, and married Shannon (nee Craig), Lumen Christi Class of 2005, so the Berry's are a full-fledged Lumen Alumni family! In addition to his duties as our Campus Minister, Doug will also serve as St. Benedict's junior high youth minister, which will be a mutually beneficial win-win for both the school and the parish!

To allow him and Rebecca time to get settled back into their Alaska routine, Doug will join our school staff full time on Monday, October 31st. But I know he will be in and around the school getting to know our students and families in the interim as he is able.

Please help me to congratulate Doug and Rebecca and welcome them home to the Lumen Christi and St. Benedict's family!

## Virtue of the Week



**VIRTUE=STRENGTH.**

**VS.**

**HOPE**

The virtue of hope is a gift from God, placed or infused in our souls at Baptism, that gives us the strength to firmly trust that God will give us the endless happiness of Heaven and the means to obtain it, if we do what He requires of us.

You can talk about the Virtue of the Week more at home using these resources:  
<https://www.sportsleader.org/sites/default/files/newsletter-assets/Hope%20Keynote%202022%20Mini%20PDF.pdf>

## MONTHLY NOVENA OCTOBER 3-11

Monthly Intention: Let us pray that we may grow in the virtue of hope, the strength to firmly trust that God will give us the endless happiness of Heaven and the means to obtain it, if we do what He requires of us.

### PRAYER TO OUR LADY OF GOOD REMEDY

O Queen of Heaven and Earth, Most Holy Virgin, we venerate thee. Thou art the beloved Daughter of the Most High God, the chosen Mother of the Incarnate Word, the Immaculate Spouse of the Holy Spirit, and the Sacred Vessel of the Most Holy Trinity.

O Mother of the Divine Redeemer, who under the title of Our Lady of Good Remedy, comes to the aid of all who call upon thee, extend thy maternal protection to us. We depend on thee, Dear Mother, as helpless and needy children depend on a tender and caring mother.

(Mention your request).

Glory be to the Father and to the Son and to the Holy Spirit, as it was in the beginning, is now and ever shall be, world without end. Amen.

## Archangel Sports

### **HS Volleyball**



**October 6th-9th**  
at Unalaska (Away)

**October 13th-15th**  
Spiketacular  
(Lumen Gym)

**October 21st**  
at CIA (Away)

**October 22nd**  
at Ninilchik (Away)

### **Jr High Basketball**

Practices held on  
**Mon.-Thurs.**  
3-4pm (Boys)  
4-5pm (Girls)

## Front Office News



**\$1,068!** Dang....that's how much the Archangel Attic brought in last Saturday....nearly a record!

Look at it this way - that's \$10 off your tuition next year. Might not seem like much, but add allllllllll the days together and it's nearly **\$1,000** off everyone's tuition bill next year! So sign up for a shift if you haven't already, this is an easy 3 Share Hours! There are lots of shifts to sign up for, but we're specifically looking for 2 volunteers on October 29 and 1 on November 19

Sign up here: <https://signup.com/go/MjHfAVB>

### School Board Fall Speaker Series - TONIGHT!

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

**PROTECT YOUNG EYES**

**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.



**Chris McKenna**

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



### Faith & Blue Weekend



This event will bring together hundreds of faith-based organizations across the country to organize local activities with their community's law enforcement professionals.  
<https://faithandblue.org/>

Next week we'll participate and show our support by having an ice cream social at the end of the school day on **Friday, Oct 7th**. Several members of the Anchorage Police Department will be here to enjoy ice cream with our students, courtesy of Mr. Sonny Turpin, a Chaplain with the Anchorage Fire and Police Chaplains.  
Thank you Chaplain Turpin!

### **Parent Share Hours Opportunity**

The Spiketacular Tournament is next week, Oct. 13th-15! We are in need of parent volunteers to help with the concession stand and admission gate. Please sign up here to earn some parent share hours:  
<https://signup.com/go/KKSOWwA>

Thank you all for your help and support!

### **Student Faith in Action (FIA) Opportunity**

Do you have a student who loves books? Friends of the Library is hosting its semi-annual book sale the first weekend in November. Set up help is needed on Friday, Nov. 4 from 1-3 p.m. at the Loussac Library. Additional volunteers are needed throughout the weekend during sale hours: (6-8 p.m. Friday, Nov 4; 10 a.m.-4 p.m. Saturday, Nov. 5; and 12-4 p.m. Sunday, Nov. 6.)

Friends of the Library is a non-profit volunteer group. All proceeds from the book sales go to buy more books, programs, and materials! Please contact Lumen Alumni parent (and current Culinary Arts Intensive Instructor) Carol Sturgulewski at [csturgulewski@gmail.com](mailto:csturgulewski@gmail.com) or 907-764-1604 if your student can help. This is a great opportunity for students to earn their "Community" FIA hours (vs. Parish and School FAI hours.)

### **Senior Photo and Page Deadline Reminder**


Please submit your Senior Page by **Oct 28th** 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.

### **NHS**

National Honor Society is offering a writing workshop every Wednesday during 7th period in Mrs. Craig's room. Encourage your students who may need a bit of help with this portion of their language arts classes to come and join!

## **College, Career, and Vocation Information**

Please click on the link for the most current information from our Dean of Academics and Senior Advisor, Mrs. Brewer. This is great information not just for our current seniors and their families, but juniors and their families too - it's never too early to start planning for your time after high school!

 College, Career, and Vocation Information

## **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/>

## **SEAS Auction**

Come support our sister school! Their annual auction is November 11th!

YOU'RE INVITED

*Saint Elizabeth Ann Seton  
School Auction*

FRIDAY **11** NOVEMBER  
2022

**Auction Schedule**

**Silent Auction Item Viewing 4:30pm - 5:30pm**

Items will be displayed throughout school.  
No charge to view silent auction items.

**Auction Attendees**

Doors open at 5:30pm

Dinner is at 7:00pm

Live Auction starts at 7:30pm

Consider registering for the auction  
prior to visiting. Follow the link or use the QR codes  
to register. All proceeds benefit the school.  
<https://seas.schoolauction.net/2022/signup>

Auction Site to Register Facebook Event Page



**Theater Opportunity:**

Calling all actors! Lumen Christi students are eligible and welcome to join Dimond High School Theater's "Broadway Boot Camp" which runs October 26th - 29th. See the flyer below for details.

Dimond High School Theatre Presents  
Broadway Boot Camp 2022

# THE HEROES AND VILLIANS OF BROADWAY

Special times for  
ASD Parent Conference  
days!

Dimond High School

October 26 - 29, 2022

\$50.00 Per Student

Oct. 26: 3pm - 8pm

Oct. 27: 12 - 8pm

Oct. 28: 8am - 5pm

Oct. 29: 8am - 8pm

Open to ALL Anchorage School District, Private  
and Homeschool students Grades 8 -12

**4 Day intensive workshop includes:**

Workshops in vocalization, choreography, acting, dialects and leadership.

Workshops in set design, costuming and stage makeup.

Solo Opportunities Available!

Daily snacks and a catered dinner on Saturday before a

Showcase Performance of songs from these Broadway shows:

***Newsies, Catch Me If You Can, Matilda and  
A Gentleman's Guide to Love and Murder.***

***(Bonus set from Mama Mia!)***

Register online:

ASD Students can pay through  
ParentConnect

Outside of ASD, please contact  
Mrs. Smith to make payment  
arrangements.

Carrie Smith, Theatre Director  
smith\_carrie@asdk12.org  
907-742-7026 \* 907-244-2227

Welcome Back!

**J.W. Anderson**

*Guest Artist/Director*

American Academy of Dramatic Arts-NY  
graduate. Accomplished musician, actor,  
vocal coach, choreographer and producer.

Motivational speaker for  
*Int'l Arts and Leadership Alliance Project.*  
Two-time BBC guest artist/director!

## **GALA: We need Glass Bottles**

YES - We still need glass bottles! The Gala Decorations Team is still looking for glass bottles (no taller than 8") and will be accepting them up until December 1st. Please drop off glass bottles with Ms. Gore or Mrs. Guzman. Thank you!



## **Community Opportunity/News:**





PRAYER, FOOD, FELLOWSHIP

# ANNUAL HOEDOWN

Friday, October 7th

ALL ARE WELCOME TO THIS FAMILY FRIENDLY EVENT

**6:00 - 6:30 PM** ADORATION AND PRAISE & WORSHIP  
IN SANCTUARY

**6:30 - 8:30 PM** POTLUCK AND FELLOWSHIP  
IN LUMEN CHRISTI GYM

MUSIC - DANCING - ARTS & CRAFTS - HAY RIDES

ST. BENEDICT PARISH

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## CATHOLIC BOOK CLUB

Oct. 5th @ 7:00PM We will discuss  
"Mere Christianity" by C.S. Lewis Pg.  
115 to the end

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1ST WEEK OF THE  
MONTH  
7PM  
IN THE SCHOOL

For more information, contact Lynn  
Stuhr at [lstuhr18@gmail.com](mailto:lstuhr18@gmail.com) or  
907-830-1627

**SUPER SUNDAYS**  
**FAITH-FAMILY-FUN**

**BEGINS  
 SEPTEMBER 25  
 ENDS  
 APRIL 30**

**CHILDREN,  
 YOUTH,  
 AND ADULT  
 FAITH  
 FORMATION**

12:00 - 1:30 FREE TIME IN GYM  
 1:30 - 2:00 PRESENTATION FOR THE ENTIRE FAMILY  
 2:00 - 3:00 CLASS TIME FOR PRE-K -8TH AND ADULTS  
 4:00 - 5:45 CLASS TIME FOR 9TH, 10TH AND CONFIRMATION

GAMES | PRIZES | FELLOWSHIP

**SEAS Trivia Night**

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

**Saint Elizabeth Ann Seton**  
 Doors open at 6pm  
 4-6 people per team - \$150 team registration  
 call to register 907-644-9714

Bring Cash for night of games!

**TRIVIA  
 NIGHT**

Trivia Competition Dates  
 October 1st, December 10th  
 January 21st & March 4th

**GRAND  
 PRIZE  
 \$500**

## 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 theater featuring the stories of the men who built the Alaska Highway.

The sponsors are looking for four students to help set up chairs, hand out programs, etc. This would be a great Faith in Action activity for your Archangel - help out and learn Alaska history while they're at it! Encourage your student to talk to their Advisor for more information.

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

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

## 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:

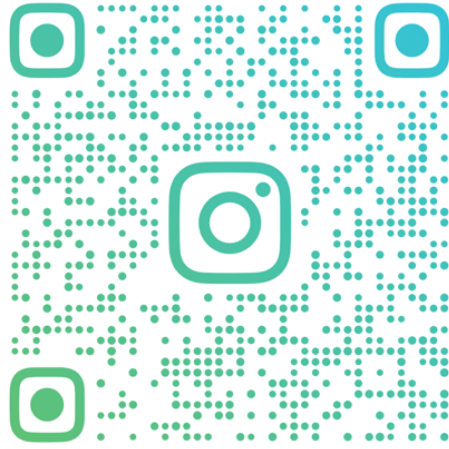
- Do you know of any business near Planned Parenthood that might allow us to park in their parking lot? Please let me know if so.
- Do you know of any business near Planned Parenthood that might allow us to store signs during hours that our vigil does not fill? (as well as overnight, 7pm to 7am, if possible) 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

Follow us:



**LCHS\_STUDENT**

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

@LCHS\_STUDENT

**Volunteer/Parent Share Hours Opportunities**

**Spiketacular SignUp-**

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

**Archangel Attic -**

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