



Lumen News

September 29th, 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
- October 6-9:** Volleyball (V) to Unalaska
- October 14:** All School Rosary and Mass
- October 15 (Saturday):** PSAT Testing, Grades 9-11 @ SEAS, 8am start
- October 13-15:** Girls VB Spiketacular @ Lumen
- 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

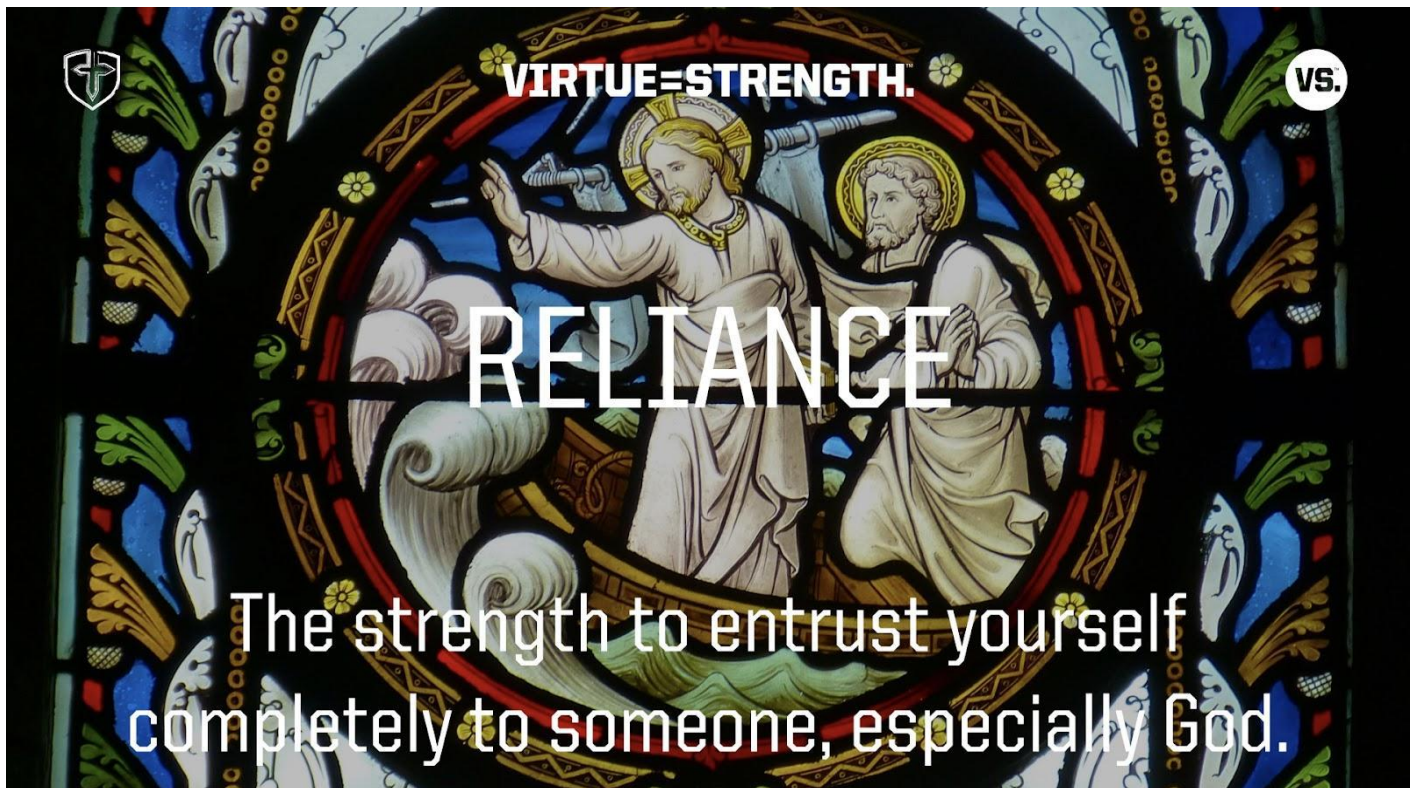
What a busy couple of weeks! I had the pleasure of spending last week with our high school students on retreat up at St. Therese's camp where they spent time in Adoration, celebrating Mass, and building community. They reflected on what it means to be "Unfinished" children of God and were challenged to go "unleashed" into the world to spread the Light of Christ. At the same time, our junior high students put their faith into action by living out the corporal works of mercy, like honoring the dead, by cleaning headstones and raking leaves at the Anchorage Memorial Cemetery and feeding the hungry by making sandwiches for Brother Francis Shelter. Oh, and the junior high were able to eat pizza, go bowling, and tour the Anchorage Museum!

This week, we celebrated the Feast of the Archangels and we prayed for the safety and good sportsmanship of our junior high and high school soccer teams as they compete in the State Championship up in Palmer. We wish them all good luck!

Next week, I encourage all parents and caregivers to make time on Thursday, October 6th at 7pm and attend our fall Speaker Series event. Mr. Chris McKenna, who gave a keynote address at the 2022 National Catholic Educational Association (NCEA) annual conference in New Orleans, will be here in our very own Lumen gym presenting on the "The Digital Culture of Kids: Building a Framework of Trust." For all of us who struggle as parents trying to navigate the never ending cycle of social media apps and online presence of our children, this is a particularly timely presentation! You won't want to miss it! The best thing? It is free! And there is a social hour afterwards where our families can mingle and mix with each other and share in community! I hope to see you next Thursday!

Finally, as our soccer season comes to a close, we turn to junior high girls and boys basketball and high school girls volleyball. Our junior high boys basketball coach will be Mr. Craig Wade, who has coached at Lumen for over a dozen years. We welcome Mr. Brian Connaker, Dad to 8th grader Kaylee, who will join us as junior high girls basketball coach. Mr. Connaker has coached both high school football and basketball, most notably serving as the Service High School girls JV assistant basketball coach and girls C team head coach. We are also happy to have Chris and Kimberly Guzman continuing their coaching responsibilities for the girls high school volleyball team as well as the junior high volleyball team! Good luck coaches!

Virtue of the Week



Jocko Willink takes us through some excellent talking points on how to deal with setbacks, failures, difficulties and disappointments. In one word, Resilience.

[How to Deal with Failure - Jocko Willink](#)

[Archangel Sports](#)

Soccer Games



September 29-Oct. 1
Soccer Regions Tournament

HS Volleyball

October 6th-9th
at Unalaska (Away)

October 13th-15th
Spiketacular (Home)

October 21st
at CIA (Away)

October 22nd
at Ninilchik (Away)



[Front Office News](#)

ARCHANGEL ATTIC Update

Dang - things have been rockin' and rollin' at the Attic with both donations and sales on the rise. This is fantastic news! What this means however is that we're going to ask for a 3rd volunteer to help on Saturdays. Please sign up to help if you can on the following dates: **October 8, 15; November 5 & 19th and December 10th.** (The 3rd volunteer for the other weekends in between now and Christmas will be one of the 'regular' weekly volunteers.)

Are your weekends already jam-packed? Remind your Archangel students that they can be the third set of hands, too! Students are always welcome to help and in fact are encouraged to. Students should check in with Ms. Gore if they're interested and she can get them signed up for a shift.

Saturdays bring in nearly 40% of annual sales so it's imperative we keep this well oiled machine, well oiled! Sign up here for a shift: <https://signup.com/go/MjHfAVB> Thanks in advance!

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!



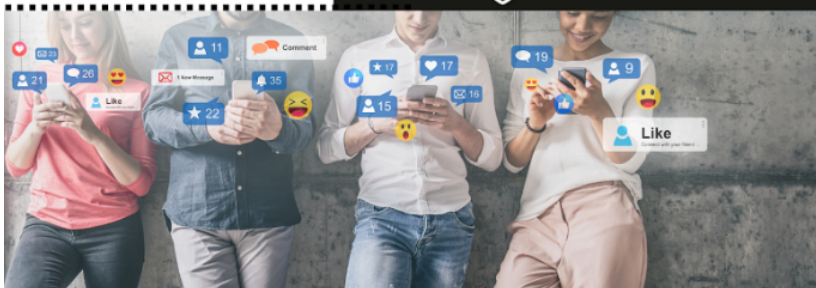
Join us for the
Lumen Christi
Speaker Series:

**THE DIGITAL
CULTURE OF KIDS**
Building a Framework of Trust

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.

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



Senior Photo and Page Deadline Reminder

Please submit your senior pictures by **October 5th** and Senior Page by **Oct 28th** 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.

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 will participate 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 Sonny!

NHS

National honor society is offering a writing workshop every Wednesday during 7th period in Mrs. Craig's room.

Close Up Payments

For the students attending Close Up in April, payments of \$300 are due tomorrow 9/30. Email Mrs. Spillers if you have any questions. mspillers@lumenchristiak.com

GALA!

Speaking of BLUE, jeans that is....we hope you've got February 11th blocked off on your calendar for our annual Gala! "Denim and Diamonds" is the theme and after 2 year of on-line events, it will be so great to be back celebrating in person. As we move through the fall and into winter, there will be lots of information, news and ways to help published here, in Lumen News. Stay tuned!

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.

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. 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 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.alaskasnewsresource.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. 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:

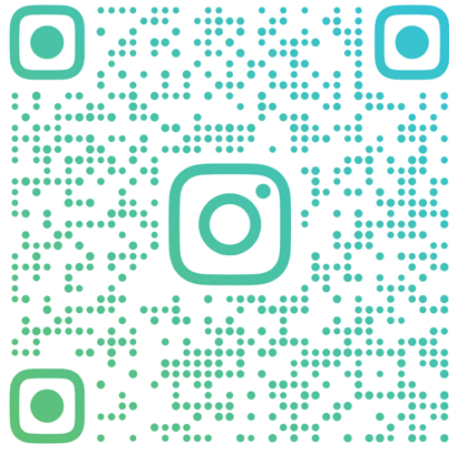
- Do you know of any business near Planned Parenthood that might allow us to park in their parking lot? Please let me know if so.
- Do you know of any business near Planned Parenthood that might allow us to store signs during hours that our vigil does not fill? (as well as overnight, 7pm to 7am, if possible)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

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

@LCHS_STUDENT

Volunteer/Parent Share Hours Opportunities

Archangel Attic -

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