



Lumen News

January 12th, 2023

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

- January 9:** Spring Semester starts
- January 12:** St. Benedict's Esto Vir men's ministry event, 6-8pm (details below)
- January 13:** All School Mass and Rosary, 7:45am
- January 16:** MLK Holiday (No School)
- January 17:** School Board Meeting, 6pm (virtual)
- January 18:** Lumen Spirit Wear Day to show support for BB teams against HRA
- January 20:** Inaugural F3 (Fitness, Fellowship, and Faith) Men's Workout, 5:30am (see details below)
- January 20:** All School Mass, 7:45am
- January 27:** All School Mass, 7:45am
- January 28:** Lumen "Lock In" @ Lumen, 3-9pm (sponsored by Big A/little a)
- January 29-Feb 4:** Celebrate Catholic Schools Week
- January 29-30:** Wear your Lumen uniform to Mass or church service!
- January 30:** Awards Assembly, 7th period
- January 31:** CSW Mass at OLG, 10am
- January 31:** 7th Annual State of the School, 7pm (all are invited!)
- February 10:** All School Mass and Rosary, 7:45am
- February 11:** **Denim & Diamonds!** Annual Fundraising Gala
- February 16:** P-T Conferences, 2:30-7pm
- February 17:** Inservice Day/No School
- February 17-19:** St. Benedict's Winter Retreat (10th grade and all high school)
- February 20:** No School (President's Day)
- February 21:** School Board Meeting, 6pm
- February 22:** Ash Wednesday (Friday B schedule w/7th period)(Lent Begins)
- February 27:** Stations of the Cross, 7th period

March 1-4: Regions BB Tournament (Lumen)
March 3: All School Mass, 7:45am
March 6: Stations of the Cross, 7th period
March 10: Inservice Day/No School (start of Spring Break)
March 15-18: 1A/2A Alaska State Basketball Championships
March 20: Return from Spring Break/Stations of the Cross, 7th period
March 28: Spring Speaker Series, 7pm

Principal's Update

I want to welcome everyone back from Christmas break. As you can see from the important dates above, we are jumping right back into the mix with a lot of upcoming events and activities. Some points of emphasis include:

- As mentioned in my December Principal-Parent Forum, I am once again soliciting interested parents to participate in our School Board's sub-committee into the Family Partnership state/federal allotment program. If you want to participate, please let me know by email (bross@lumenchristiak.com) this week.
- **CALLING ALL LUMEN MEN!** Our Campus Minister, Mr. Doug Berry, and I are starting a chapter of the F3 Nation (Fitness, Fellowship, and Faith) peer-led men's workout program up here in the Last Frontier. Workouts start 5:30am on Fridays beginning January 20th and will last about 45 minutes. **Yes, you read that right—5:30am!** Rain or shine, snow or cold—we will be out there. We welcome men of all fitness levels and all physical abilities to our workouts. We have no requirement for membership other than you show up on time to the location and follow what the workout leader has planned. We will not leave any man behind! Come be a part of the "Frozen Chosen!" You can learn more here: <https://f3nation.com/>
- At the end of the month, in conjunction with Celebrate Catholic Schools Week, we will be sending out a Strategic Planning Survey seeking your input to update and renew our school Strategic Plan. You can see the current plan/vision here: <https://lumenchristiak.org/about/faithbased-education/>. Please keep an eye out for the survey link and please share your thoughts.
- I would ask you to save two important dates on your spring calendar. The first is the 7th Annual State of the School on Tuesday, January 31st at 7pm. This annual event includes presentations on what our school has done and what we are planning to do in the future to strengthen our academic, physical and spiritual program. You won't want to miss this! Secondly, our Spring Speaker Series is scheduled for Tuesday, March 28th at 7pm. The School Board is still working out the details, but you can expect a panel of distinguished experts discussing and highlighting college preparation planning, including 529 plans, scholarships, testing, applications, and FAFSA, among many others. We look forward to seeing you at these two important and informational events!
- Our high school basketball season is in full swing over the next couple of months. We will need parents to volunteer to man the St. Scholastica Snack Shack and sell concessions as well as man the gate admissions. These two important Share Hour opportunities help us raise thousands of dollars for the school, so we **NEED EVERYONE'S HELP!** <https://signup.com/go/snpjFEv>. We are also hosting the Peninsula Conference regional championships here at Lumen in early March, so will need help in hosting a hospitality room, selling concessions, and manning the admissions gate. All families—those involved in our athletic program and those who aren't—are needed.
- Finally, we are also entering the final stretch to our annual Gala on Saturday, February 11th. Our theme is "Denim and Diamonds". We have not done an in-person event in over two years, so this promises to be a fun, exciting, and memorable event. And, as always, we need your help to make it so. As Anne reaches out to seek parent, family, and student assistance, please answer her call! See below for more information.

Have a wonderful and blessed weekend! Please keep our high school basketball teams in your prayers as we compete in the 40th annual Cordova Tip-Off Tournament and return home by ferry on Sunday!

Blessings, Brian

Virtue of the Week




The virtue of Prudence is the strength that disposes practical reason to discern our true good in every circumstance and to choose the right means of achieving it.

The virtue of Prudence is the strength that disposes practical reason to discern our true good in every circumstance and to choose the right means of achieving it. Here is a link to more resources on the Virtue of the Week for you to use at home:

<https://virtuestrength.org/sites/default/files/newsletter-assets/Prudence%202022-2023%20MINI%20PDF.pdf>

In the video, Jon Gordon shares an idea to help you prudently bring an enhanced focus and vision for your year or your season: Choose one word.

When do most people quit during a marathon? The 20th mile. Why?

 Jon Gordon - One Word that will Change Your Life

Front Office News



BLUE JEANS & BLING! Saturday, Feb. 11th

Our Gala is just around the corner and We. Are. So. Excited. To. Be. Back. In. PERSON! After two years of online events, we've got an amazing night planned and can't wait to celebrate with you.

This event will sell out and we'd hate for our families to not have tickets, so please, buy your tickets (or table) now. You can do that online through our event website at <https://lumenchristiak.ejoinme.org/Gala2023>.

Note that even though we'll be in celebrating in person, silent auction bidding will remain online. If you participated in any of the past two years, you just need to refresh your account. If you're new this year, setting up an account is easy! In both instances, get started: <https://lchsak2023.ggo.bid/>

There's still a need for parent support of the event. Needs range from donating a bottle or two of Prosecco to ironing linens to being a bid spotter during the live auction portion of the evening, and more. See how you can help by clicking here: <https://signup.com/go/NFZLCJq> Thanks to all those parents who have already signed up to help!

(special p.s. for those with questions about attire. Yes! You can wear blue jeans - it is Denim and Diamonds themed after all! On the other end of the spectrum.... Yes! You can wear your fancies and be as glam as you want in your little black dress and diamonds! Be comfortable, be fun, just come and enjoy and celebrate our school!)

Big A/little a Lock-in



Calling all Archangels! Back by popular demand, an all school "Lock In" hosted by Big A/little a.

Join us from 3-9 (doors are locked at 4 so don't be late) for food, fun and fellowship in the Lumen Community! This is not a sleepover at school but it will be full of fun!

Parents - we need your help to pull this off! This event is aligned with the St. Benedict's Italian Dinner - you are encouraged to volunteer for a chaperone shift and then join your spouse for a 7 course Italian dinner that supports the pilgrims heading to Italy! Or, come for the second shift and take your student home with you at the end.

Chaperones please sign up here: <https://signup.com/go/sscrxmE>

Archangel Sports

HS Basketball

Here's the schedule for the remainder of the 2022-23 Season:

Lumen Christi Basketball 2023



January

17 - Unalaska - 6/7:30 pm

18 - Holy Rosary - 6/7:30 pm

23 - at BCS - 5/6:30 pm

27 - CIA -4:30/6/7:30 pm

28 - Northway - 11 am/ 12:30 pm

February

3 - Port Alsworth(Tanalian) - 6/7:30 pm

7 - Sand Point - 6/7:30 pm

8 - King Cove - time TBD

9 - 12 -Lumen Christi Gala - no games/no gym

17 -19 - Winter Retreat - youth group - all basketball players invited/10th grade players will attend.

21 - HRA - 6/7:30

24 - at CIA - 3/4:30/6 pm

March

1 - 4 - Region Tournament at Lumen Christi ****

Pending qualifying for State, there will be practice during Spring Break!

15 - 18 - ASAA State Basketball Tournament - AK Airlines Center @ UAA

****Games listed in blue are games at which we will have gate and concessions. We will need help to cover these so please consider signing up for a slot opposite your players game. This is also a great way to learn the ropes in preparation for the Region 2 tournament which will need help from everyone to be successful. Thank you!**

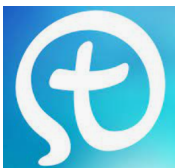
JR High Volleyball

Co-ed Jr. High volleyball will start next Tuesday, January 17 at Lumen. A Remind text went out to all Jr. High parents with details, if you didn't receive it, please let Kim know! lchs@lumenchristiak.com. Our coach this year will be Donna Dooley who has an extensive and very successful coaching career and we couldn't be more thrilled to have her at Lumen Christi! Welcome Donna!

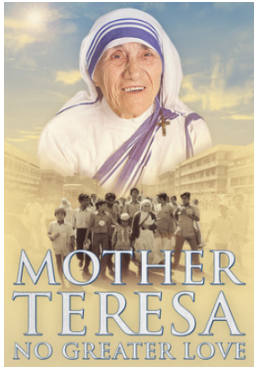


Campus Minister Thoughts

Last week I added a letter to the Parish on events in our school, it is available on the My Parish App in the St. Benedict Parish Bulletin for 1/9/23. The app is also a great way to stay connected to events in the parish.



My Parish App is easy to download from and looks like this!



This Friday (6pm) and Saturday (6:30pm) the Saint Benedicts Knights of Columbus are offering **FREE** viewings of the movie: Mother Teresa - No Greater Love. It is a powerful movie and we encourage you to attend with your kids. The floors will be covered in the gym so you can bring your own comfortable lawn chairs. Snacks will be available, or bring your own (you can't do that at the theater). We also need babysitters for the showings, and that is a GREAT way to get Faith In Action Hours! Signups are posted.

Faith In Action is alive and well in the school. Weekly I will update an hours tracker for each student and have it posted so they know weekly where they stand and where they need to obtain hours. Recently I have covered with each class the requirement governing Faith In Action. I have also a list of possible activities to engage with for hours. Below are those requirements which have been shared with the students. If you have any questions, please do not hesitate to contact me.

Faith In Action Requirements

1. Categories
 - a. School
 - b. Parish
 - c. Community
2. Requirements
 - a. 7th and 8th Grade
 - 20 Hours total for the year distributed over all three categories validated by Campus Minister
 - End of Semester(s) collage created from artifacts gathered. Graded by theology teacher.
 - b. 9th and 10th Grade
 - 30 Hours total for the year distributed over all three categories validated by Campus Minister
 - End of Semester(s) poster/pamphlet created. Graded by theology teacher
 - c. 11th and 12th Grade
 - 40 Hours total for the year distributed over all three categories validated by Campus Minister
 - 11th Grade – End of Semester(s) video submitted on how FIA impacted you. Graded by theology teacher
 - 12th Grade – End of year presentation to School Board / Staff on how FIA impacted you. Graded by theology teacher
3. Time limitations
 - a. Your FIA Form must be filled out no later than 2 weeks from the day of the event.
If it is dated after you will not get credit for the hours annotated.
 1. The STUDENT can bring a generic Event Ticket to have signed by a supervisor the day of the event.
 - a. Event Tickets are **NOT** artifacts.
 - b. Blanks are available from Mr. Berry
 - c. Summer events must be documented by the first 2 weeks of school.

Our Next sandwich making day will be on 1/20 (Friday) in the upper room. I am soliciting weekly donations from surrounding businesses as well as the Parish, but if you can help we need:

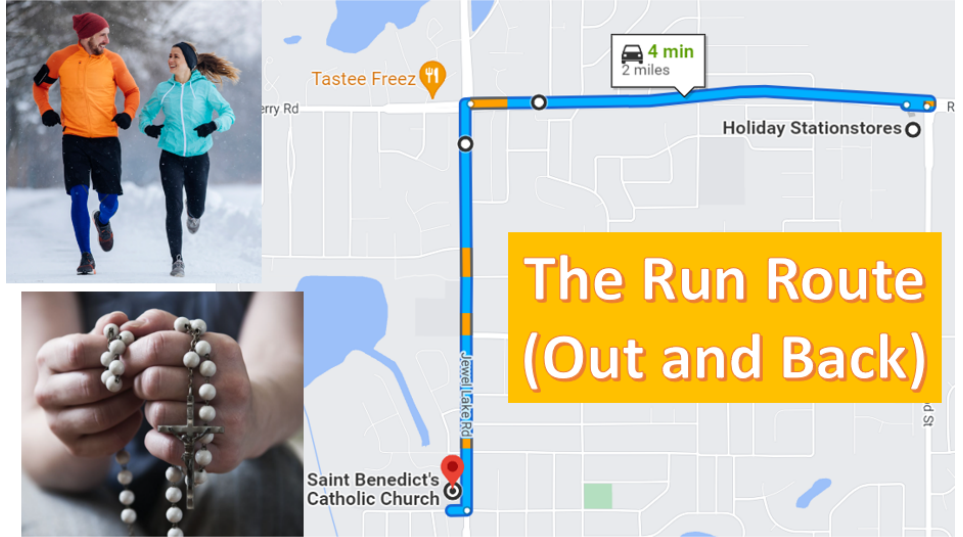
Bread / Sliced Sandwich Meat (Any kind) / Sliced Cheese (Any kind) / Sandwich Bags

St. Benedict Parish News & Invitations

4x4x48 EXTREME RETREAT

3/24-3/26

4 Miles or 4 Rosary's
Every 4 Hours
For 48 Hours



We will start at 8pm on 3/24, then every fourth hour afterwards we will start the next 4 miles or 4 Rosaries (What ever you pick at the start will be your choice for the duration, run or rosary)

We will use the upper room to nap-hydrate-nourish and Rosary Central

The locker room showers will be available if needed between runs.

At 9pm on 3/26 we will have a pizza feast for the finishers!

(At any time during the retreat you can bow out, as it is an **EXTREME** event that **not all will finish**)



Saint Benedicts Annual Father-Daughter Dance

ALL AGES ENCOURAGED!

Saturday February 4th, 2023

6pm In the Upper Room

Corsages! Great Play list!

Great Snacks! Commemorative Photos!

Super Sunday Fun for All Ages!

Contact Gabe O'Lena: golena@stbenedictsak.com for a schedule of events and activities!

Esto Vir Mens Group

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

The Food... Glazed Ham, Parmesan Roasted Potatoes, and Cornbread

The Presentation... Ignatian Spirituality

Speaker: Ed Burke, seminarian for the Archdiocese

The Schedule...

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

6:30 Dinner and presentation

7:30 Q&A with dessert

8:00 Fellowship in upper room

The details...

Date: Thursday, Jan. 12th

Time: 6-8 PM

Location: In the upper room above the gym

Please RSVP to Gabe O'Lena so we can know how much food to prepare

Email golena@stbenedictsak.com

Suggested donation: 15 dollars

St Elizabeth Ann Seton Catholic School

Join in the fun at our sister school and show off your mad cooking skills at the same time! Contact Nicole Branch at nicole@akseas.net or (907) 345-3712 for more information.

ST. ELIZABETH ANN SETON
CHILI
COOK-OFF
Saturday
January
28th
6:30pm

BRING THE HEAT!

We need chili entrants!
Do you have a winning chili recipe?
Email Nicole to enter at nicole@akseas.net
Deadline to enter is January 25th

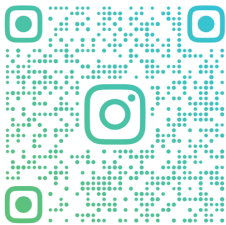
Categories include:
Best Table Decor
Best Overall
Hot AND Tastiest
Most Unique
Vegetarian

Hot Prizes for the best chili and more!

Free Family Event

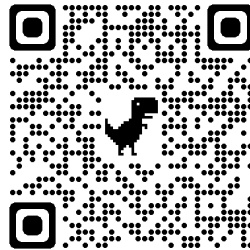


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Stay up to date on things at St. Benedict's Parish!



<https://stbenedictsak.com>