



Lumen News

January 19th, 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 20:** Inaugural F3 (Fitness, Fellowship, and Faith) Men's Workout, 5:30am (every Friday hereafter)
- January 20:** All School Mass, 7:45am
- January 27:** All School Rosary and Mass, 7:45am
- January 28:** Lumen "Lock In" @ Lumen, 3-9pm (sponsored by Big A/little a)(details below)
- January 29-Feb 4:** Celebrate Catholic Schools Week (CSW)
- January 28-29:** Wear your Lumen uniform to Mass or church service and earn double Faith in Action hours!
- January 30:** Student Awards Assembly, 1pm (gym)(parents are invited!)
- January 31:** CSW Mass at OLG, 10am
- January 31:** 7th Annual State of the School, 7pm (all are invited!)
- February 2:** CSW Vocations Panel, 1pm (gym)
- February 4:** St. Benedict's Father/Daughter Dance (details below)
- February 9:** St. Benedict's Esto Vir Men's Event, 6-8pm (details below)
- 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)(details below)
- 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 23-25: 4x4x48 Extreme Retreat (details below)

March 28: Spring Speaker Series, 7pm

Principal's Update

I thoroughly enjoyed my opportunity to travel to Cordova with the high school boys and girls basketball teams last week. We have such fantastic young men and women here at Lumen Christi. We want to congratulate our girls team for going 3-0 in the tournament (wins against Juneau, Cordova, and Hooper Bay) and earning the tournament championship! Additionally, Class of 2023 Senior Natalie Grubba was named to the Girls All-Tournament team, while Class of 2025 Sophomore Amara Warren was honored with the Girls Tournament MVP! Well done ladies!

This week, we were so pleased to hear that Class of 2024 Junior Kateri Everard received the 2022 Distinguished Alumni of the Year Award from St. Elizabeth Ann Seton School. Congratulations Kateri!

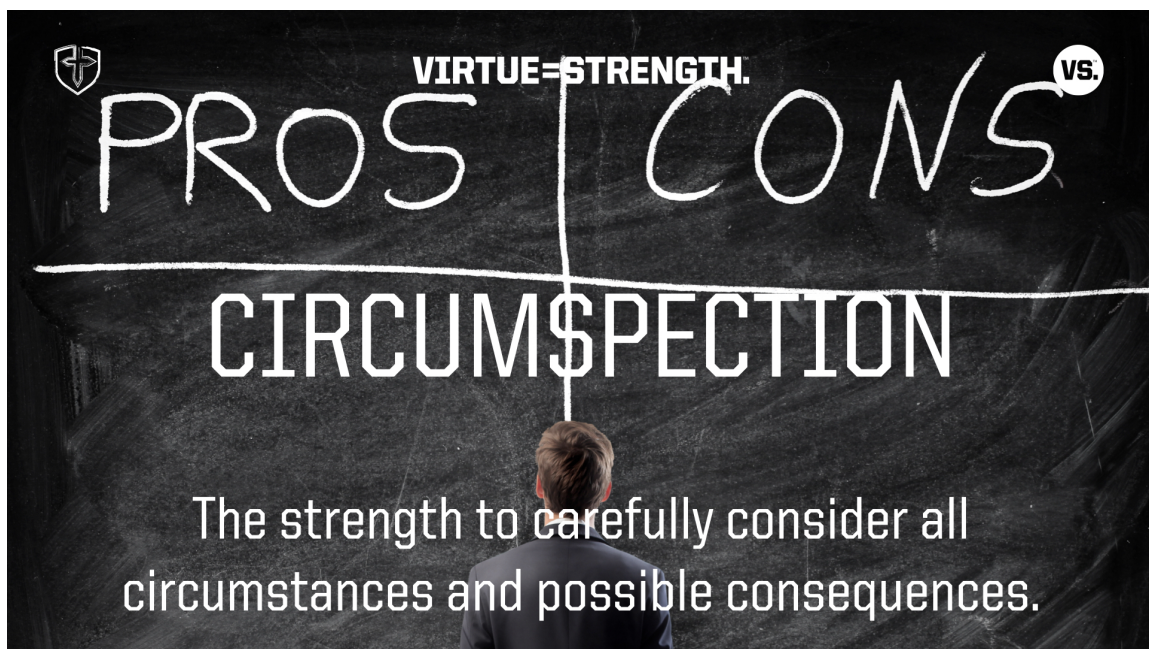
As mentioned, we have a lot of activities and events happening at Lumen over the next few weeks, including basketball games, lock-ins, awards assemblies, State of the School presentations, and the Annual Gala (to name a few). So please make sure to pay attention to your calendar and attend/participate in as many as you can!

And finally, once again, Mr. Berry and I are calling all Lumen Men to join us every Friday morning (starting January 20th—tomorrow) at 5:30am at the school flagpoles for an F3 Nation (Fitness, Fellowship, and Faith) men's workout. We will be done by 6:15am so you can continue your day with determination and pride having braved the elements with other crazy men. Excuses? We've heard them all here: <https://f3nation.com/top-five-eh-excuses/>
Come join the few, the proud, the Frozen Chosen!



Blessings, Brian

Virtue of the Week



Please click here for more information on the virtue of the week:

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

Front Office News

National Honor Society

The National Honor Society induction ceremony will be held on **Wednesday 1/25 at 5:30 pm** in the library. Please RSVP to Mrs. Craig. acraig@lumenchristiak.com



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



Lumen Families and Friends

Save the date: March 1-4,
2023

**Basketball Regionals
Hosted by our school,
Lumen Christi**

We are excited to support our teams and we need many hands to run the tournament. Stay tuned for opportunities to help.

Teams Include:

Birchwood Cook Inlet Academy

Holy Rosary Academy Nanwalek

Lumen Christi

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 started this week. They have their first Jamboree this weekend! We look forward to a great season for our Junior High athletes under the direction of Coach Dooley. Please email athletics@lumenchristiak.com for any questions.



Campus Minister Thoughts

Catholic Schools week is Jan 29th through Feb 3rd. Many celebrations are planned. We will kick off that week encouraging ALL STUDENTS to attend Mass that weekend in uniform. This will encourage the students to celebrate being members of a Catholic School, especially on the weekend where second collections are taking place for Catholic Schools in our Diocese.



CSW will hold a Canned Food Drive (Souper Bowl) with our sister school SEAS. So when you are out shopping, if you can (Pun Fully Intended) grab a couple extras to share.

On Monday January 30th at 1:00pm in the gym we will have an academic awards ceremony, come celebrate with us.

The annual Catholic Schools Mass will be held at 10:00 on Tuesday, January 30th. It will be at Our Lady of Guadalupe church and students from the Catholic Schools will be attending and performing many functions during the celebration. If you're able to attend, you would be most welcome.

On Thursday, February 2, we will have a vocations panel in the gym at 1:00pm. Families are welcome to join. The students will be encouraged to have questions ready for:

Seminarian - Ed Burke

Deacon - Dave Van Tuyt

Catholic Schools Principal - Brian Ross

Married Couple - Bill and Karen Sobelesky



We will be making sandwiches this week. I have not heard back from the local businesses as of yet, so if you can assist with supplies it would be greatly appreciated. We are in need of: **Bread / Sliced Sandwich Meat (Any kind) / Sliced Cheese (Any kind) / Sandwich Bags**

The annual Father Daughter Dance is on February 4th in the upper room. We need volunteers the night before and immediately the event to set up and tear down. This is a GREAT WAY for your student to get Parish Faith In Action Hours. Ask if they have signed up. Having personally attended this dance for a decade, it is truly a joy to see Fathers dancing with Daughters. Did I mention the Daughters get a corsage at the door????



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!

St. Benedict Parish News & Invitations

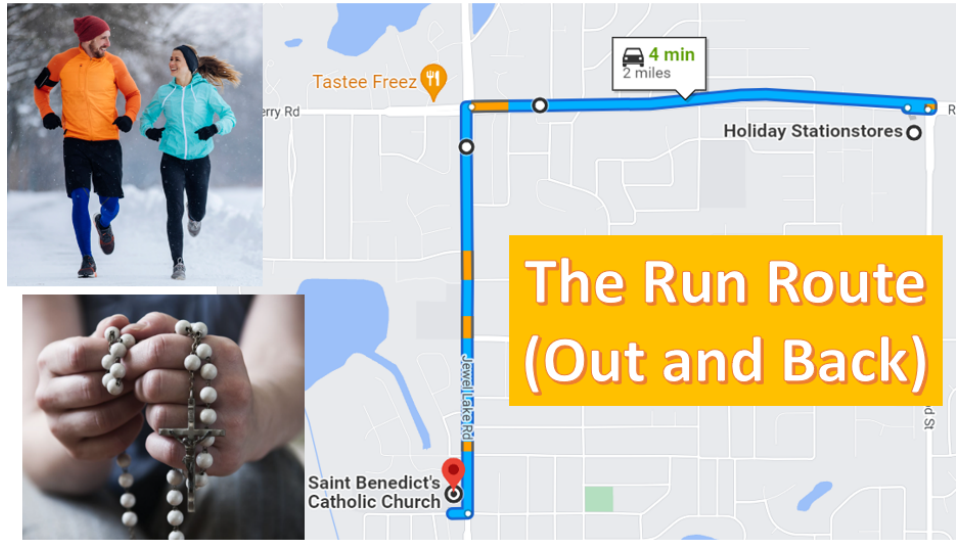
4x4x48 EXTREME RETREAT

3/24-3/26

4Miles 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**)



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... TBD

The Presentation...TBD

Speaker: TBD

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, February 9th

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

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

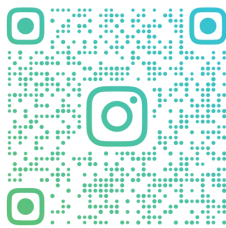
Hot Prizes for the best chili and more!

Free Family Event



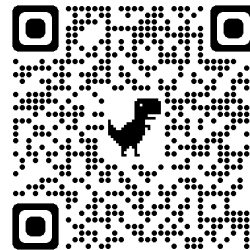
Join in the fun at our sister school and show off your mad cooking skills at the same time! Contact Nicole Branch at nicole@akseas.net or (907) 345-3712 for more information.

Follow Lumen Christi on Instagram and Facebook!



LCHS_STUDENT

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



<https://www.facebook.com/lumenchristiak>

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



<https://stbenedictsak.com>

Share Hour Opportunities

Basketball Games

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

28th Annual Gala

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

Lock-In Parent Chaperones

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