



# Lumen News

February 2nd, 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

- 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, 1pm
- 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, 1pm
- March 23-25:** 4x4x48 Extreme Retreat (details below)
- March 28:** Spring Speaker Series, 7pm (College Planning)
- April 6:** Holy Thursday/Stations of the Cross, 1pm
- April 7:** Good Friday (No School)
- April 9:** EASTER SUNDAY
- April 10:** Easter Monday (No School)

## Principal's Update

What a great week celebrating our Catholic school! Many thanks to all those who could join me in person and on Facebook for our 7th Annual State of the School presentation on Tuesday. If you missed it, we have attached the slide deck to the email. Please do not hesitate to reach out if you have any questions.


As mentioned on Tuesday, the School Board is soliciting your feedback for our new Strategic Plan. You can find the survey here: <https://www.surveymonkey.com/r/LumenStrategicPlanning2023>  
We will keep the survey open for two weeks until Feb 16th. The School Board looks forward to your comments and suggestions!

We have put together our school calendar for the 2023-2024 school year. You will find it attached to this email as well, so that you can continue to fill out your own family calendar going forward!


Good luck to our high school basketball teams as they compete against Port Alsworth (Tanalian) on Friday, to our junior high volleyball team as they compete in a jamboree at Birchwood on Friday, and to our debate team as they compete in a tournament at Service High School Friday and Saturday.

Have a wonderful weekend!

Slide Deck:

 Lumen Christi State of the School 2023.pdf

2023-2024 School Calendar:

 2023-24 Lumen Christi School Calendar (Final).pdf

## Virtue of the Week



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

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

## Front Office News



**THERE ARE A FEW SEATS LEFT FOR NEXT SATURDAY - but BUY NOW if you're planning to attend!**

The caterer has asked for an early meal count so we need those ASAP! Buy your tickets here:

<https://lumenchristiak.ejoinme.org/Gala2023>

Can't attend but still want to help? We could use some extra hands setting up, cleaning up, and even a bit of behind the scenes help on the night of. Check out the signup for ways you can help:

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

And finally, even if you don't attend the Live Auction, you can still bid online in the silent auction from the comfort of your own home! The silent auction website will be available to preview on Monday, with bidding opening on Wednesday. Click here to sign up and join in the fun! <https://lchsak2023.ggo.bid>

And just for fun, attached is the Lumen News Bonus Edition that went out on Tuesday night!

[Extra Lumen News.pdf](#)


### **Free Vision and Hearing Screen for all Students!**

The Anchorage Lion's Club will be onsite conducting **free hearing checks on Feb. 14th and Vision Checks on Feb. 21st**. All students will be offered the opportunity to get screened but of course are under no obligation to do so. As parents you can tell them to opt out and remain in their classroom when it's their turn to go down. Thank you Lu-Mom Cathy Medland, R.N. for organizing this for our community!

## Archangel Sports **HS Basketball**

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

## 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	



## 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/10<sup>th</sup> 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!


Your help will soon be needed!  
We will send out a **sign up link** for Regionals as soon as we solidify the team brackets!

## JR High Volleyball

Please email [athletics@lumenchristiak.com](mailto:athletics@lumenchristiak.com) for any questions.



### Campus Minister Thoughts



**Save The Date**

*Saint Benedicts  
Annual  
Father-Daughter Dance*

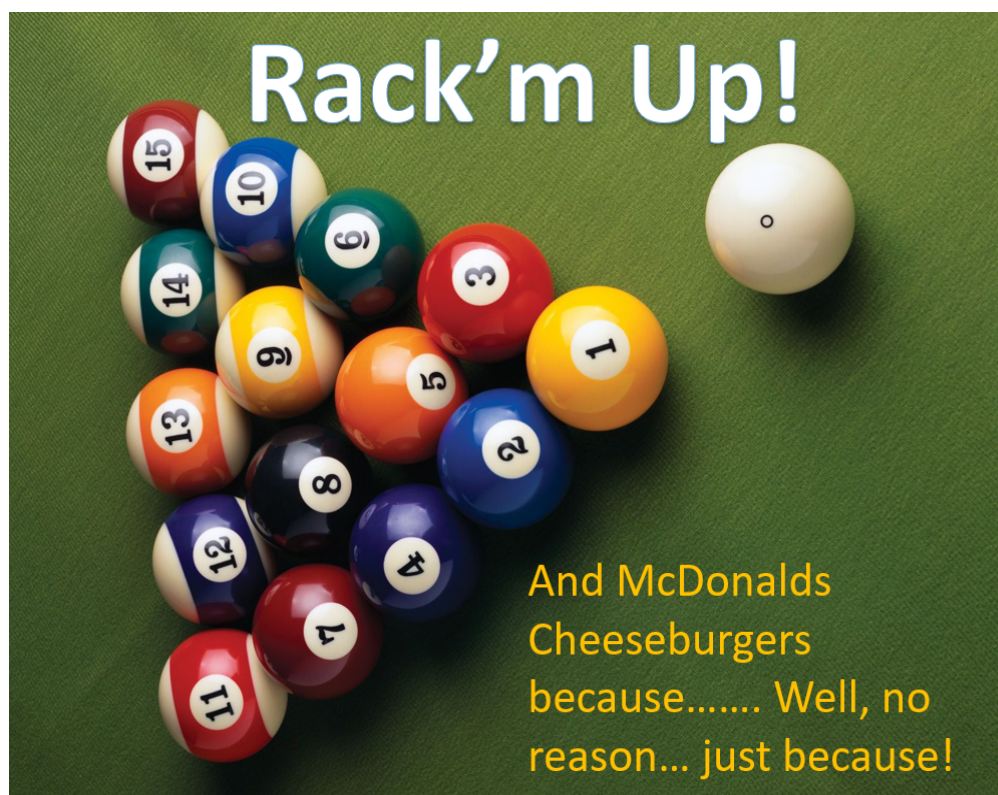
ALL AGES ENCOURAGED!

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????

This dance is a great time for ALL ages. I have seen Dads dancing with infant daughters. I have seen much more daughters bring elderly fathers. Join the joy!

If you know a certain song that you hope is played.... Drop me an email and I will ensure it gets on the play list! [DBerry@LumenChristiak.com](mailto:DBerry@LumenChristiak.com)

We have pool cues again! To celebrate this we are hosting a doubles 8 ball tournament for Jr High Youth night this week! You want to team up with your youth, great! Come join the fun. And yep, McDonald's cheese burgers to start off the night!



Jr High  
Youth  
Night  
2/2/23  
@ 6pm  
in Upper  
Room

**The Winter Retreat is upon us!** This is a great opportunity for ALL High School students to be fed spiritually. It is billed as a 10th Grade / Confirmation retreat, but is open to ALL High School students. Held at the picturesque St Teresa's Camp. It will offer great presentations on the Real Presence in the Eucharist as well as other activities that will allow time for students to grow closer to God as well as each other. Permission slips will be going out next week, to have them back before **2/6/23**, so planning of food has time to take place.

[w retreat winter.docx](#)



*Winter Retreat 2023*

*"And their eyes were opened and they recognized Him"*

February 17-19, 2023  
@St. Therese's Camp  
Presented by the Saint Benedict Youth Ministry Team

We will meet out front of Lumen Christi at 3:30 pm on the 17th. | \$95 Fee for retreat | We will return at 3 pm on the 19th.

For more information please contact Gabe at [golena@stbenedictsak.com](mailto:golena@stbenedictsak.com)

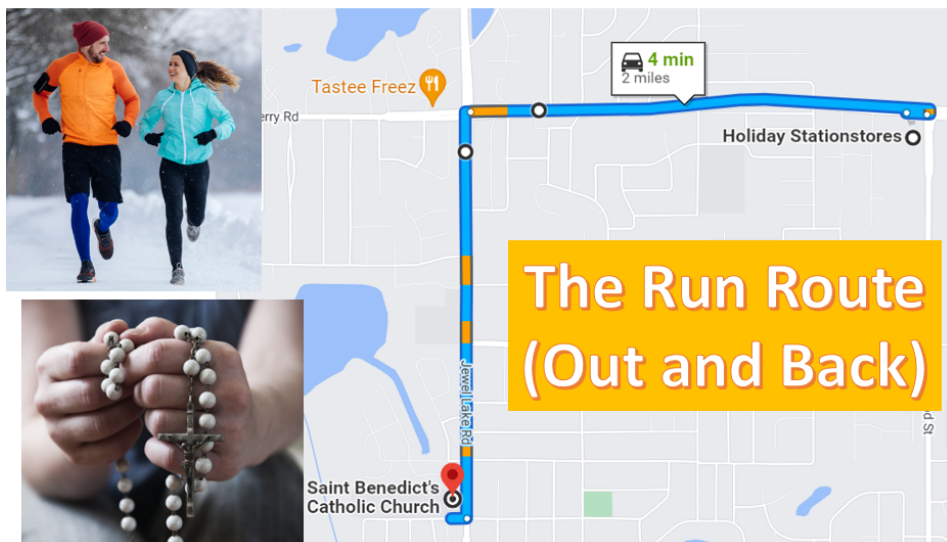


## St. Benedict Parish News & Invitations

# 4x4x48 EXTREME RETREAT

3/24-3/26

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



**The Run Route  
(Out and Back)**

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

Gentlemen,

The next Esto Vir will be on Thursday, **February 9th**.

Lent is approaching. Have you grown in virtue and holiness in the last year?

St. John Paul the Great reminds us not to be satisfied with mediocrity.

Are we?

At Esto Vir, we will explore what keeps us from becoming a Saint. And now for the unique part, after we hear a pre-lent challenge to train in holiness, we will have the opportunity to go to confession.

Please join us for a great night of faith, food, and fellowship. Invite your friends, all men over 18 are invited.

Join us if you can!

The details are below.

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...

steak, deep fried shrimp, onion rings, and more.

### The Presentation...

**Topic: What keeps you from becoming a Saint?**

**Speaker:** Bob McMorrow

### 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, Feb. 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](mailto:golena@stbenedictsak.com)

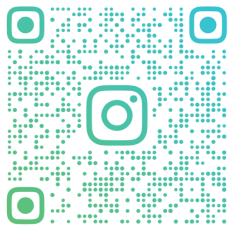
Suggested donation: 15 dollars



### **Lumen Students at Rondy Royalty Coronation!**

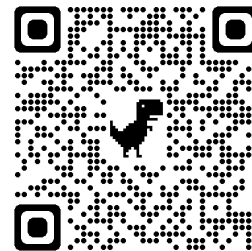
Special shout out to **Kateri Everard** and **Natalie Grubba** for running Fur Rondy Sweetheart this year! Though neither won, they both did very well, especially being the only high schoolers competing!  
Well done ladies!

### **Follow Lumen Christi on Instagram and Facebook!**



LCHS\_STUDENT

[https://www.instagram.com/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>