



SAINT CECILIA CATHEDRAL SCHOOL

"Higher education starts here"

April 2, 2019

Dear Parents and Guardians:

This week puts us in the fourth week of Lent and therefore, it is a great time to review our Lenten promises. As Catholics, Lent is a season of preparation and reflection upon the sacrifices Christ made for us many years ago. It may seem strange to some outside of our faith that we give up something like coffee for 40+ days to remember what Christ gave up for us. Can we really compare His journey in the desert or the walk to the cross or especially His crucifixion with something as arbitrary as coffee? Are those even comparable?

I know that we are not to discuss our Lenten fasting promises with others. We are all familiar with Matthew 6:16-18: "When you fast, do not look gloomy like the hypocrites. They neglect their appearance, so that they may appear to others to be fasting. Amen, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, so that you may not appear to others to be fasting, except to your Father who is hidden. And your Father who sees what is hidden will repay you." However, for this week's THT, I found it appropriate to discuss how my departure from coffee has opened my heart to hearing God's words to me.

We are only about half way through the Lenten season and my lack of morning coffee has sent me through the stages of grief. My body was in shock for the first two days and it let me know with the headaches, constant grogginess, and just overall crabbiness. Next came denial. It was a internal battle in my mind with the headaches and my inner thoughts trying to convince me that it is not that long and it will be a piece of cake. Anger came next. And my anger is usually implosive so I did a lot of "me time" in my room, by myself, working on embroidering a new set of Marvel characters for my kids. The last stages seem be cycling through on different days. Some days I bargain with myself by saying "well since our family keeps with our Lenten promises on Sundays, I have a spare day saved so I could have coffee today if I wanted to and it would not be cheating." Some days I'm depressed watching all of the parents in the drop off lane each morning driving by with their mugs of happiness and smiles on their faces. The testing stage has been me trying to figure out how much tea I can drink without it not being a work around. And then the final stage, acceptance.

So here I sit about halfway through Lent, finding myself fluctuating between those last stages: bargaining, depression, testing, acceptance. On the days I find acceptance (which are few), that is when I find myself understanding what this Lenten fasting thing is all about. Giving up the things that are so rooted in our daily routines allow us to see things in a different light. I recognize that by the end of the day, I'm exhausted and it's ok to start winding down a little earlier than I normally do. There is a sweet spot in some days in which things are moving along in classrooms, the day has begun, and I will walk over to the Cathedral and spend a few minutes in a quiet space to talk to God. So I pray that you each have found yourself strengthening your relationship with Christ throughout this Lenten journey. I hope that your sacrifices have challenged you and brought you to a place where conversations with Christ can be fruitful.

Blessings to you,
Mrs. Pick

*Due to Concert & Cuisine preparation, the students can order a sack lunch from the Westside Lunch program for Thursday, April 4. They can also bring a cold lunch from home if they would like. The cafeteria is closed starting late Wednesday through the rest of the week for set up, as in years past. The option from Westside Lunch that day is turkey and cheese hoagie, baby carrots, vegetable juice box, apple, chips and milk.

*Please join us in congratulating Mrs. Kristi Cornelius in her retirement at the end of the 2018-2029 school year. She has been a pillar of faith and teaching within the St. Cecilia Cathedral school and parish community for the past 32 years. She will be missed dearly and we pray she has a smooth transition into retirement.

*We also have exciting news to announce the birth of Leo David West. Born yesterday 6lbs 10oz and 20 inches long. Both mom and baby are doing very well. Cards can be dropped off at the school office and we'll be sure to get them to Mr. & Mrs. West!