

# St. Ignatius Catholic School

# Faith for Families

October 2023

An outreach of the School Board's Catholic Identity Committee



Happy October! During this month, we celebrate so many beautiful saints and devotions, all of which can call us to reach our own magis. Magis is about realizing our own personal gifts, and using them for the good of Christ, and our own personal holiness.

One of the ways that we can grow in our own spiritual journey is through praying the Rosary. The Rosary is a beautiful meditation on the life of Christ. Sometimes, we get distracted by the repetition, rather than entering into reflection on the mysteries, which put us into union with the life of Christ. Sometimes, it can be difficult to pray the rosary in our families, because it can feel like a waste of time or that the kids get bored, however, if we work to bring the mysteries alive and engage our children in this prayer, it can be the foundation for sainthood! That's not to say it will be easy at first (or ever) but that the foundation of prayer and devotion to the life of Jesus are well worth the investment!

One of the best ways to develop a family devotion to the Rosary is by starting off small. Begin with a decade a day, be sure to include images that focus on the different mysteries, so that we can engage their imagination into this beautiful prayer. Maybe try a podcast while you are driving to school first thing in the morning! There are several resources to engage children and praying the rosary on the back page of this newsletter.

Also, as we remember the lives of the saints who are celebrated this month, leading up to the feast of All Saints, it is easy to see the thread of the Rosary woven through their lives. As we each strive for our own magis, let us imitate the lives of the saints who contemplated the life of Christ through the rosary.

Also, don't miss the **6th grade Saint Museum** after Mass on November 1st from 10:00-11:00 AM

## Rosary resources

- [Catholic Icing](#)
- [ChildrensRosary.org](#)
- [Rosary Pop-it](#)
- [Wooden Rosary Board](#)

## Family Activity of the Month

October is the Month of the Most Holy Rosary.

As a school community, let's commit to praying the Rosary together as a school community

- Learn how to pray the rosary [here](#)
- Start off small! Just a decade a night as you practice the rhythm of the prayer
- [Learn](#) the different mysteries
- Here is a great [podcast](#) that walks you through how to pray the Rosary as a family.

## Saints to Celebrate this month!

Oct 1 - [St. Therese of Lisieux](#)

Oct 2 - [Feast of Guardian Angels](#)

Oct 4 - [St. Francis of Assisi](#)

Oct 5 - [St. Faustina Kowalska](#)

Oct 7 - [Our Lady of the Rosary](#)

Oct 15 - [St. Teresa of Avila](#)

Oct 16 - [St. Margaret Mary Alacoque](#)

Oct 19 - [North American Martyrs](#)

Oct 22 - [Pope St. John Paul II](#)

Nov 1 - [All Saints Day](#)

Nov 2 - [All Souls Day](#)

Nov 3 - [St. Martin de Porres](#)

Nov 13 - [St. Frances Xavier Cabrini](#)

## Saint Profile - St. Dymphna

St. Dymphna was born in seventh-century Ireland to a pagan king and a Christian mother. Her mother died when Dymphna was just 14 years old, and her father was driven mad with his grief.

Her father's advisors suggested that he remarry to assuage his grief, but he only agreed on the condition that his new wife look exactly like Dymphna's mother. When no such woman could be found, it was suggested that he marry his daughter. In his fog of grief, he agreed—although Dymphna was horrified. Dymphna and her confessor, Father Gerebran, fled to Belgium to escape her father's dangerous delusions.

Dymphna and Father Gerebran built a hospital sanctuary for the sick and mentally ill.

Eventually, her father and his cohorts found Dymphna and murdered her and her companions.

Dymphna's burial place in Belgium became a popular pilgrimage site soon after her death because of tales of her miraculously curing the mental, emotional, and neurological afflictions of pilgrims to her grave. Because of these miracles and the story of her martyrdom, she was canonized as a saint in 1247. St. Dymphna is the patron saint of the mentally ill, victims of domestic abuse, and runaways. She inspires us to be resilient against the evils of the world and that God will never forsake us despite any evil we might suffer.

With this new school year, St. Ignatius is blessed to have two new counselors, Mrs. Byrne and Mrs. Seitz, who are hitting the ground running with plans and strategies to help our students address their mental health in a safe, positive way. If you have any questions about how to best support your child's mental health, St. Dymphna and these two counselors are a great resource!

## Accounts to Follow

- [Gotta be Saints](#)
- [Katherine Bogner](#)

## Sites to Check Out

- [Good Catholic - Digital Content for Catholic Faith](#)

## Podcasts to Listen to

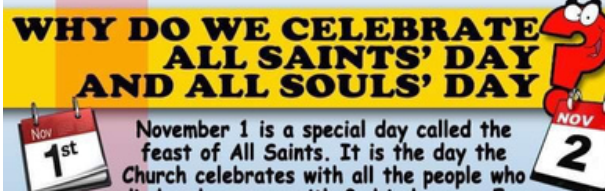
- [Godsplaining](#)



**WHAT IS HALLOWEEN?**

"ALL HALLOWS' EVE is where the name of halloween comes from. A hallowed person is another name for a saint. We call October 31-All Hallow's Eve because it is the eve of All Saints' Day which is November 1. The night before Nov. 1 became known as *Allhallowe'en* which was short for "evening before All Hallow's Day." It was then shortened to what we now know as Halloween.

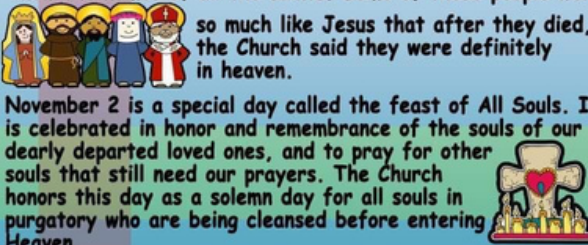
The mass that the Catholic Church celebrated on Nov. 1 was called "*Allhallomas*" This meant mass of all the hallowed (saintly people). It was commonly called "All Hallow's Day."



**WHY DO WE CELEBRATE ALL SAINTS' DAY AND ALL SOULS' DAY**

November 1 is a special day called the feast of All Saints. It is the day the Church celebrates with all the people who have died and are now with God in heaven. Everyone who has lived and died in Jesus' love is a saint. We do not know the names of all the saints. Some of these people were so much like Jesus that after they died, the Church said they were definitely in heaven.

November 2 is a special day called the feast of All Souls. It is celebrated in honor and remembrance of the souls of our dearly departed loved ones, and to pray for other souls that still need our prayers. The Church honors this day as a solemn day for all souls in purgatory who are being cleansed before entering Heaven.



**HOW CAN WE CELEBRATE HALLOWEEN**

- 1. DRESS UP LIKE "LITTLE SAINTS"**  
Let's do our best to remind everyone that this day is the eve of the feast of All Saints. We honor the saints by dressing up like them instead of dressing up as anything that glorifies sin, horror or rebellion from God. By our good example, people will be curious to learn more about "All Hallow's' Eve" and may even study the lives of the saints.
- 2. VISIT THE GRAVES OF OUR DEARLY DEPARTED**  
On Nov.1 and Nov.2 let's go to the cemeteries to pray at the graves of our dear departed. We can also adorn it with flowers and lighted candles.
- 3. GO TO MASS**  
On Nov.1 and Nov.2 the most important thing we can do is to attend the Holy Mass and offer it for all the Holy Saints and our dearly departed loved ones. By doing this, we give honor to them.
- 4. WE SAY A PRAYER**  
While we celebrate Halloween, we pray to and honor our saints and pray for our dearly departed. We can say the rosary or other prayers at home or upon visiting the grave of our departed loved ones.



## Plug into our Parish!

There are lots of great things happening at Holy Apostles Catholic Church!

October events: Oct 16-Nov 13

- **Saturday, October 28:** New Parishioner Welcome Dinner, 6pm (RSVP on the Holy Apostles website)
- **Wednesday, November 1:** All Saints Day — Masses at 8:45am, Noon, 7pm
- **Thursday, November 2:** All Souls Day — Masses at 8:45am, 7pm
- **Sunday, November 12:** Coffee & donut social hour after 9am & 11am Masses

## The Triduum of Hallowtide

Halloween — October 31st

- Halloween gets its name from all hallows eve and it's the Vigil of All Saints Day. The spooky imagery of Halloween reminds us of the evil that is defeated when we gain eternal life in heaven.

All Saints Day — November 1st

- We celebrate the Communion of Saints in heaven who pray for us and look to them for encouragement in our own journey to salvation.

All Souls Day — November 2nd

- We pray for and remember all who have died in the hope of eternal life. All are invited to pray with us for the souls of those in our community who have died.