**Friday, November 6th, 2020**

Dear Parents of Spartans:

November begins with All Saints Day and is followed by All Souls’ Day. All Saints Day commemorates all those who have achieved eternal life. All saints truly means *all saints*. Canonized Saints have their own feast days in which they are celebrated. All Saints Day celebrates the saints who are known only to God. This is a holy day of obligation in the Roman Catholic Church. It is celebrated on November 1st.

All Souls. Day is November 2nd. This is a day of remembrance. We remember our loved ones who have gone to eternal rest before us. We stop and take time to pray for them. Roman Catholics believe that the prayers from the people on earth will help to cleanse the souls of those who are in purgatory for the lesser sins they committed on earth. Requiem Masses are held. People visit the graves of their loved ones and, sometimes, decorate them. In the Spanish culture, All Soul’s Day is very important. They celebrate their loved ones by creating ofrendas, small altars, decorating tombs, and by eating skull shaped candies and sweet breads. This year at Saint John’s we have created an ofrenda outside of the art/Spanish room. Students were invited to bring in pictures of their loved ones. The ofrenda is a beautiful tribute to the deceased in the Saint John’s community. It is decorated with food and many other items. Attached you will see a picture of our ofrenda. Mrs. Pederson, Mrs. JC and Senora Safi did a wonderful job. Thank you!

I hope that everyone has a wonderful weekend!

Sincerely,

Sarah Fortier

**A Bulletin from Mrs. Blenke:**

Dear Parents,

 We are two weeks away from the end of the first Trimester. Please encourage your students to study, complete assignments and finish strong. We are all in this together!

Enjoy your weekend!

Mrs. Blenke

**Convo with the Counselor:**

I can’t believe it’s already November! It seems like it was only 5 short years ago 2020 began. This year has been such a challenging year for all of us. Perhaps it’s been the most challenging year of your life. Did you know research shows that people who practice gratitude and show appreciation have better physical and mental health, have more (quality) friends, and have higher self-esteem?

This month, I encourage you to cultivate gratitude in your life and within your family. Gratitude helps us focus on the blessings God has poured into our lives. Gratitude helps us praise God for those blessings and not complain so much about our crosses or struggles. Gratitude helps us see the positive in impossible situations. Gratitude helps us see God working in our life. Through all the challenges, ups and downs, and craziness of this year, may we use November to focus and expand our sense of gratitude. Some ideas are below.

* There are a million reasons to be grateful. Can your family come up with 50?
* Include praise and appreciation while praying.
* Make a list of ways you can show thanks to others (not money related). Perhaps volunteering time, or writing a thank you note, or even say “thank you” in a genuine way.
* Sometimes we can be thankful for things we don’t have or things we don’t have to do. I am thankful I don’t have to walk miles in search of clean water.
* Keep a gratitude journal or include gratitude in your journal. Just a simple line or two: “Today I am grateful for (this thing in nature, that makes me laugh, a person, etc.) because…”; “Yesterday was great because….”; Today will be great because…”.
* Read a book about gratitude.

**Youth Ministry Minutes**

Join us for youth group every Wednesday night from 7-8pm in the Youth Room of the parish office. Teens in 6th through 12th grade are welcome!