

Our Lady of Sorrows Academy

THE CAVALIER

April 2024 Volume 2, Issue 7



Cavaliers

Sinite Parvulos Venire Ad Me
(Let the children come to me)

Spring Is In Full Swing!

Dear Friends and Family,

This week is the holiest of weeks as the Church follows the sacred drama of the Passion of her Bridegroom. The liturgy places directly before our eyes the cross as she unveils it solemnly on Good Friday. Yet, as often as she weeps for the infidelity of her children and the sufferings of Jesus, she never loses sight of the purpose of this agony - the glorification of Christ and our salvation.

Yes, Christ conquers through the cross, *"...and I, if I be lifted up from earth, I will draw all things to myself."* The mystery of victory in defeat, life out of death is our contemplation. Christ will claim His kingship, his prerogative as judge at the very moment he stands being judged by Pilate.

Let us enter into the spirit of the liturgy and profit from it's treasure house of graces. Having done so, we will rise together with and in Christ on Easter, who has conquered sin and death and comes to console his poor lost sheep.

Wishing you all a most blessed Easter and a restful Easter break.

In Christ Risen,

Fr. Christopher Pedersen, Principal



EASTER
He is Risen
+

ABOUT OLOSA

St. Thomas Aquinas Field Day

Field Day began with a low mass in honor of St. Thomas Aquinas, the patron saint of schools. After Mass, all of the students changed into their play clothes, ate breakfast and separated into teams. The Lower Academy students split into their teams with a flag of their team name. The teachers organized various games for the Lower Academy students to play, such as relays, jousting, water balloons and more.



For the Upper Academy students, 11-12 grade organized the games for the day. They split the 7-10 grade boys and girls into 6 teams. The teams competed in 5 rounds of trivia and played various games. Father Fabula hosted trivia and announced door prizes every so often. Trivia consisted of 5 different categories and 2 bonus rounds of history, geography, cars, catholic saints and more. As for the games, the Upper Academy students tried to get an Oreo from their forehead to their mouth without letting it drop, ate a donut off of a string, tried stacked 45 cups into a pyramid and more.

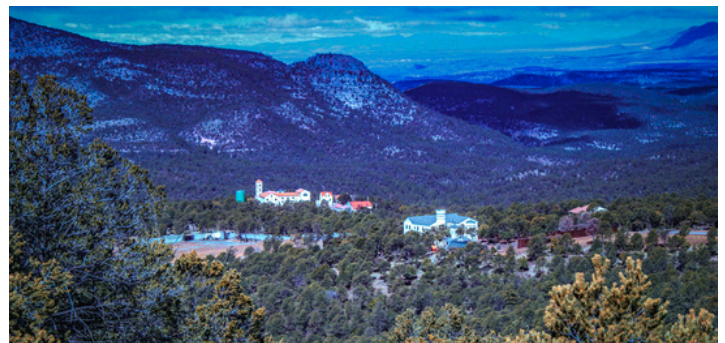


Before the students were dismissed at noon, the teachers passed out ice cream to everyone. Thank you to our principal, Fr. Pedersen, and our staff for coordinating this fun field day.

Girls' Retreat to Silver City!



On the weekend of March 7th, the Consoling Sisters organized a trip for the Upper Academy girls to visit St. Joseph Benedictine's Monastery in Silver City, New Mexico. When the Children of Mary arrived at the convent, the girls met the contemplative Benedictine nuns and learned about their way of life. The group enjoyed a hike in the beautiful New Mexico mountains, which included a bonfire, games, and a picnic lunch. The girls also experienced the richness of the Benedictine Liturgy by attending Mass, rosary and Vespers at the convent. Before driving back to Phoenix, the girls sang hymns for the Benedictines and stopped by the monks' bookstore and coffee shop to shop for souvenirs. This trip was a blessed opportunity for the girls to deepen their knowledge and appreciation of the monastic life - *as well as having fun together!*





OLOSA INTERVIEW

with Mr. Adam Wilkerson, Boys P.E. Teacher

Q: What are the Upper Academy boys learning in P.E.? A: The boys (*ideally!*) are learning mental discipline and toughness through a PE that is structured primarily around calisthenic and isometric exercises, with cardio and weight training mixed in regularly, which allows them to see the different ways to keep themselves fit, whether they have equipment, weights or nothing at all but the floor they stand on! Their favorite activities are games of any sort, on any day of the week; hence the daily petitions at the start of each PE class for a "game day." Their least favorite activities are any workouts that crush their hopes of a "game day," but most notably, a leg workout in which Mr. Pearson has had a hand in designing!

Q: Who is your role model? A: The priests at Our Lady of Sorrows have always made an impression on me. The amount of sacrifices they have made for us here cannot be overstated! Their strength of character is one that our young men should hope to emulate. The selflessness, energy, and perseverance of our priests in providing a positive influence on the school and parish inspires me to strive to help others better themselves with the same patience, gusto and joy in whatever station life finds me. Whether it be preaching or pardoning, praying or playing, our priests are always present, ready to help, serving God by guiding us to Him!

Q: Which athletic activities did you do growing up? A: When I was growing up I played many city league sports including flag football, baseball, soccer and basketball. My family was also very fond of hiking! In high school, I mostly played baseball for our very own Cavaliers, while basketball has always been my favorite sport to play for fun.

Q: What is your all-time favorite dinner and dessert? A: A very large, round, homemade chicken pot pie. *It is probably the meal you are served when you first walk into Heaven.* One might be full after that, but luckily a good pavlova (the materialization of edible clouds) topped with strawberries, kiwis, raspberries and blueberries is light and delicious, making for the perfect dessert.

Inside the Classroom

5th Grade - Miss Bonnie O'Brien

Here is a peek into what Miss O'Brien's fifth grade class is currently learning this semester. **In Math**, they are working hard on calculating probabilities and fractions. **For Reading**, they started a book called *The Bronze Bow*, the story follows Daniel bar Jamin, a young Galilean boy who seeks to destroy Rome's occupation of Israel through any means necessary. **In Writing**, the students are writing letters to the priests whom they have been praying for during this Lenten season. Miss O'Brien's class has also been studying the different trades in medieval times and will learn the beauty of trades in today's world. **In Geography**, they have been learning about the 13 Colonies and the men who helped found the Constitution of the United States and why it was important to have skilled tradesmen during that time. **In History**, the students are learning about Ancient Greece. They just learned about the Trojan War and Odysseus' Journey. The class worked on building their own Trojan horses (*shown below*). The students made booklets on all of the characters and learned who the Protagonists and antagonists were in Odysseus' Journey home.





A picture of the Upper Academy girls rehearsing their play after school.

The Upper Academy girls will perform their play, *A Murder is Announced*, on **May 10th and 11th** in the Performing Arts Center! This exciting murder-mystery play is based off of Agatha Christie's novel about an announcement in the local paper that states the time and place of an imminent murder. When an unknown visitor to Miss Blacklock's Victorian (*Played by Rebecca Henry*) home dies under the prescribed circumstances, Miss Marple (*Played by Alicia Taleck*) turns up to solve the case. Miss Amanda Palmeri is directing our annual spring play, with the help of her sister, Miss Mary Palmeri. The Upper Academy girls are working hard during rehearsals. We hope to see our Academy families at the show in May!



The current game record for the Upper Academy boys baseball team is 6-4. The fans have enjoyed watching our ace pitchers, Vincent de Wit, Blaise Henry, and Dominic Young, strike out the opposing teams each game. The fans also went wild when Bobby Papandrea and Blaise Henry hit home run balls. Coach Violette and his assistant coaches are working hard to train our players. May the Cavaliers team captains, Dominic Young and Bobby Papandrea, lead the Cavaliers to a Championship victory this season! Go and support our Cavaliers! *"Honor, Dedicatio, integritas, et in omnibus Nobilitas!"*



APRIL SCHOOL ANNOUNCEMENTS



Monday, April 8th:

School Resumes After Easter Break

Thursday, April 11th:

Cavaliers Baseball Game - Away

Thursday, April 18th:

Cavaliers Baseball Game - Home

Friday, April 19th:

Cavaliers Baseball Game - Away

Thursday, April 25th:

Academy High Mass for the Feast of St. Mark

Cavaliers Baseball Game- Home

"Teach me, O Lord, to do Thy will, for Thou art my God."

(Indulgence of 500 Days)

SPECIAL FEAST DAYS

Monday, April 8th:

Annunciation of the BVM

Tuesday, April 23rd:

St. George - Patron Saint of Archers

Thursday, April 25th:

St. Mark the Evangelist

Sunday, April 28th:

St. Paul of the Cross

Tuesday, April 30th:

St. Catherine of Siena

