

Our Lady of Sorrows Academy

# THE CAVALIER

February 2024 Volume 2, Issue 5



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

## Onto a New Year, 2024

Dear Parents and Friends,

When Our Lord Jesus Christ was walking this earth, he would periodically withdraw from the crowds in order to rest and pray. Sometimes he would even flee to the wilderness alone. The Son of God did not except himself from this need to recover from work and weariness. He needed that time of silence and prayer to be with His Father.

At Our Lady of Sorrows, we have regular recollections for our Upper Academy students, and retreats for our seniors. On a day of recollection, the students are in silence – a necessary condition to speak with God and reflect upon the more serious realities of life that are sometimes neglected during the busy hustle of school and home. The priests preach two conferences to the students, inviting them to consider some eternal truth. They then have time to pray and read and contemplate. The consultations with the priests that are open to the students are wonderful opportunities to have their questions answered and to discuss topics essential to their spiritual growth.

As the senior girls return from their retreat, we invite all our students to think back to their January recollection, to reconsider their resolutions and to continue to use all the means available to deepen their faith.

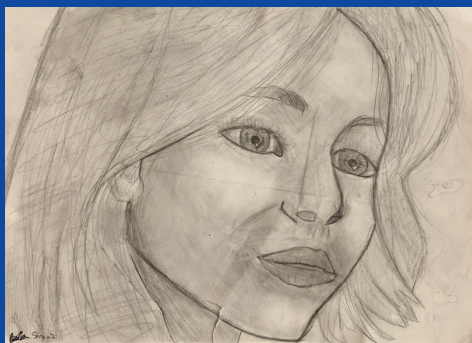
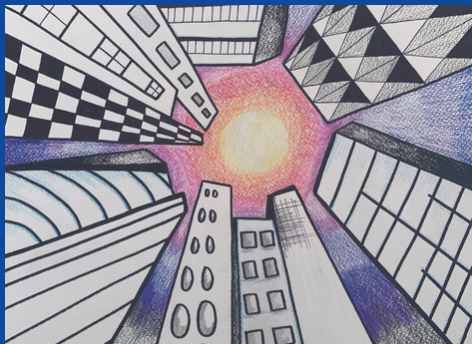
In Christ,

Fr. Christopher Pedersen, Principal



# ABOUT OLOSA

## Art Class



One of the new classes we have added to our curriculum this academic year is Art. Every Monday and Tuesday, the 7th-12th grade students are taught art by Mrs. Heather Weber, who graduated with an Art Bachelor's degree from Illinois State University. With this class, our Upper Academy students have grown to have an appreciation for art and its history, along with improving their overall presentation with class projects. Mrs. Weber describes the importance of this program with, "God created us with a left brain and a right brain; with a balance of both logical and creative sides. Art teaches us to observe the reality around us and find beauty in what we see. Something as simple as setting up a still life and sitting down to draw or paint it, helps us to truly observe what we are seeing before us, but also allows us to express our own, individual creativity. We communicate through expression and art is a way of expressing. Studying art has even been shown to positively affect overall academic performance, behavior and even compassion."

This month, the students will work towards covering all of the Elements and Principles of Art and Design, and will begin to concentrate on color theory and learn how color can evoke emotion. They will make a basic color wheel and apply the other Elements and Principles they have learned thus far toward still life and other projects, but in conjunction with the use of color.

## Senior Girls' Retreat Trip

At the end of January, the senior girls traveled to Kansas to attend their Senior Ignatian retreat, a retreat focused on the Christian's preeminent response to the life of Christ. The meditations, silence, and rules for discernment are important for young people during their time of decision. The daily schedule included morning meditation and Mass at 7:00 AM, conferences and instruction, consultations with the priests, and compline at 8:30. After a week of silence and reflection, the girls had a chance to visit the campus of St. Mary's College where several of them hope to attend next year. Father McFarland led the retreat. The Academy gladly welcomed them back last week.





# OLOSA INTERVIEW

*with Sister Maria Catarina*

## *Inside the Classroom*

### *Mrs. Wantland's Kindergarten Class*

The Kindergarten class is learning a Montessori method of education. **In Math**, they are currently mastering skip counting 2s, 5s, and 10s and studying place value of units, tens, hundreds and thousands. **For Reading**, each child will read from a personalized reader chosen just for them and then we read together as a class. **In Writing**, each child has been writing words with the moveable alphabet for some time now, so they will now begin to write in their journals. **In Art and Music**, they highlight a particular artist/composer each month to study. **In Geography**, they have been "traveling" to different continents. They highlight the climate, geography, plants, animals and customs of each "travel" place. As February marks the month Arizona became a state, they will study the plants and animals of the desert, as well as the symbolism included in the design of our state flag.

**Q: Where were you born and raised?** A: I was born in Carcassonne in the south of France. I grew up in the country and enjoyed the pleasant company of cows, sheep, chickens, rabbits and two donkeys named Cleopatra and Caesar.

**Q: Why did you enter the convent?** A: I always dreamed of going to the missions and of helping others. I loved my sojourn in India so much that upon my return to France, everything seemed different and hard. I didn't like the French food, I missed wearing a sari... In short, I was homesick for India. I had to go back. It was during this second visit that I realized something was missing in my life. I understood that God was calling me to the religious life. It was as if I had been blind but finally my vision had cleared and I discovered a new. So, after my 2nd stay in India had come to an end, I joined the Consoling Sisters in Italy in the May of 2014.

**Q: Describe your daily routine as a sister?** A: 6:00am Rise. 6:30am Morning prayers, Prime, meditation, Mass. 8:25am Breakfast and end of Grand Silence. 8:40am Cleaning, teaching, laundry and other work. 12:15pm Sext followed by lunch. 1:45pm half hour of recreation or teaching. 2:15pm Free time during which we can work, study, sew, prepare for classes, pray, rest, etc. 3:45pm Half-hour of class (music, liturgy, religious life). 4:30pm Half-hour of spiritual reading. 5:00pm Afternoon prayers, Vespers, meditation, rosary followed by dinner. 7:55pm Evening Recreation. 8:25pm Compline and Evening Prayers, Grand Silence starts. 10:30pm Lights out. We try to offer all our day as a continual prayer to Console the Sacred Heart. Each sister also has a day of the week in which she makes an hour of adoration before the Blessed Sacrament.

**Q: Share your advice to a young girl that's thinking about the religious life.** A: To a young girl, I would say "God loves you and knows very well what is best for you. So, follow Him and let yourself be loved by the King of Kings."





It's Here! Our Lady of Sorrows Academy's only fundraising event of the school year, *The Cavaliers' Winter Soirée Dinner, Dance and Auction* is taking place on Saturday, February 10th, 2024. This fundraiser is to help the Academy start their school expansion. A generous donor has covered our operating costs for this event, so all proceeds will go directly to supporting our Academy.

### Marriott Buttes Resort

Hopi Ballroom from 5pm to 9pm  
2000 W Westcourt Way,  
Tempe, AZ 85282

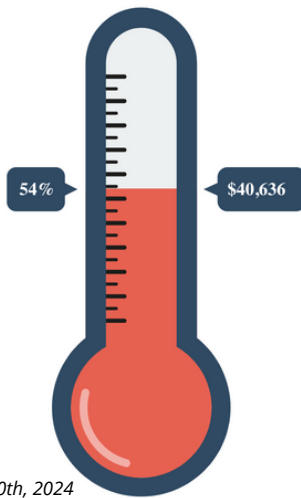
Your ticket to the event will include dinner, drinks and a bid number. There will be live music, a silent auction, raffle baskets and more! Our 11th/12th grade students will be working the event.

*See you there!*

\*Total as of January 30th, 2024

visit [www.cavalierswintersoiree.olsa.org](http://www.cavalierswintersoiree.olsa.org)

**GOAL: \$75,000**



# FEBRUARY SCHOOL ANNOUNCEMENTS



**Friday, February 2nd:**

*High Mass for Purification of Our Lady*

**Monday, February 5th:**

Turn-in your fundraising money envelope

**Wednesday, February 7th:**

CLT10 exam for 9th/10th grades

**Saturday, February 10th:**

*Cavaliers' Winter Soirée* Fundraiser Event at 5pm

**Wednesday, February 14th:**

*High Mass for Ash Wednesday*

National Religion exam for 7th/8th and 11th/12th

**Thursday, February 15th:**

CLT exam for 11th grade

**Monday, February 19th - Tuesday, Feb. 20th:**

Baseball scrimmage games - *Go Cavaliers!*

## STAFF BIRTHDAYS



Mr. Diego Moncada  
Miss Amanda Palmeri  
Miss Grace Salter

## SPECIAL FEAST DAYS

**Friday, February 2nd:**

Purification of the Blessed Virgin Mary

**Sunday, February 11th:**

Our Lady of Lourdes

**Wednesday, February 14th:**

Ash Wednesday / St. Valentine



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