



ST. JOSEPH CATHOLIC SCHOOL

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WEEKLY WATCH

Not Enough Time

I don't have enough time to get everything done!

I doubt I am alone in this sentiment. How often has this been your experience? Daily? Weekly? Hourly?

On Wednesday, I stopped into church for a visit with Jesus during adoration. I could feel the anxiety in my heart as my mind was preoccupied with everything that needed to get done before leaving town for a conference. As I knelt there, I just said, "Jesus, I invite You into my thoughts." I realized that I had been letting anxiety build all morning. My shoulders were tense, I had barely stepped out of the office and everything felt like it was "up to me" to make sure it happened.

So, instead of cutting my visit short and rushing off, I just kept inviting Jesus in. I was reminded of His assurance, "I will be with you to deliver you." How I needed that! Guess what, Sister Mary Angela, it's NOT all up to you. You will get done what you get done and will leave the rest. Most importantly, you don't need to do it alone. Besides, what is more important than the tasks is the relationships surrounding them. I headed off to eat lunch with the Jr. High teachers. It was their day to meet and discuss plans for the week ahead. They, too, were in a "git-er-done" mode. But what I saw was a joy and an ease with sharing the load among each other. I left that meeting more light-hearted and renewed for the afternoon ahead.

This little reflection encapsulated how the Lord often works. When I spend time with Him, invite Him into my "mess" and open myself to His grace, He not only reminds me of His Presence, but also leads me to open myself to others and recognize the bigger picture. I often wish I would catch myself sooner, but the fact that I did so at all is already a grace. So, little by little, like the steady drops of water that smooth a stone, Jesus can do His work. When I remember to let Him be the Savior, life doesn't feel quite so heavy.

I pray He works in your hearts as well, through all the busy-ness that makes up your lives. He really does ask so little – a simple invitation – in order to give so much.

May God bless you!



In the Heart of the King,

Sister Mary Angela, CK

BIST Tip: “I can make good choices, even if I am mad (or have an overwhelming emotion).”

This BIST Goal for Life really gets down to the nitty gritty of involving the will over the emotions. Children, and even some adults, think that what they feel makes their reality. However, it can be very freeing to realize that a difficult emotion like anger or sadness does not need to paralyze me or cause me to react in negative ways. Coupled with this goal is giving the child options and tools for dealing with the strong emotion, such as deep breaths, a quiet place to calm down or simply a couple minutes to process what is going on. By teaching children to work with their emotions and still choose what is right, we are empowering them to regulate their behavior and respond to difficulties in life; something that we all need at times!

Walk for Christ 2026

Walk for Christ is St. Joseph School's annual direct donation fundraiser. The week begins Monday, September 28th with the walk on Friday, October 2nd. Please see the [event page](#) for details including Loved Ones Mass, fundraising goals, donation & petitions, incentives, Spirit Week, and ways to volunteer! A WFC Parent Packet will be sent home with youngest/only students on **Thursday, September 24th**.

A Note from the Nurse

St. Joseph school will no longer be providing cough drops to students. Our updated cough drop policy is that students should send a labeled bag to the nurse's office if they have an active cough. This is due to the fact that cough drops contain menthol and present a choking hazard. We went through far too many cough drops last year and are trying to limit their use for acute illnesses. Thank you for understanding.

Katie Beck, L.P.N.
St. Joseph School Nursing Staff

Picture Orders Due TOMORROW!

Picture Orders are due tomorrow, **Friday, September 18th**. You can order online or return the order envelope that came with your proofs to school. If you have more than 2 students you can use the Family Plan and the first 2 students are full price and the rest are free. It works best to call in to the company to order when using

ST. JOSEPH SCHOOL

WALK FOR CHRIST

Loved Ones
MASS & DONUTS

9/28
8:15 am

The 2026 Walk for Christ “Loved Ones Mass & Donuts” is coming up! Students are encouraged to invite loved ones (grandparents, aunts, uncles, etc.) to join us for this special Mass and stay for a donut and coffee afterward! Students will go directly to Mass with their loved ones - no need to stop by classrooms. Follow the signs to drop off backpacks in the Narthex.

SCREENSHOT & SHARE!
Invite other loved ones to join us!

DONATE TO THE CAUSE!

[BIT.LY/WFC26-DONATE](https://bit.ly/WFC26-DONATE)

Knights of Christ
2026

the Family Plan. Picture Orders will arrive at school and be distributed to students via their classrooms. Teachers will send an email letting you know they are being sent home.

Lunch/Recess Volunteers!

If you are up to date on your Safe Environment training, please consider signing up to volunteer for lunchroom and/or recess duty! Links are provided below, and we appreciate any help!

[Lunchroom: Lunchroom Helpers](#)

[K, 1, and 2 Playground Helpers: K, 1st, & 2nd Grade Playground Helpers](#)

[3rd & 4th Grade Playground Helpers: 3rd & 4th Grade Playground Helpers](#)

[5th & 6th Recess Helpers: 5th & 6th Grade Recess Helpers](#)

[7th & 8th Grade Playground Helpers: 7th & 8th Grade Playground Helpers](#)

School Adoration

We are so blessed to have Eucharistic Adoration every Wednesday (barring funerals) from after Mass until Benediction! Classes sign up to pray on alternate weeks. However, we would love to have some adults help to cover open times in the schedule (15-60 min. slots). If you can possibly commit to a time weekly or every other week, it would help us make sure there is always someone present to adore Jesus in the monstrance. Please email Sister Mary Angela at sr.mary-angela@cdolinc.net if you have questions or would like to sign up for regular times. **All are welcome to join any time or come for 2:55 pm Benediction.**

Dine-Out with Don & Millies!

Join us for a SFA hosted **Dine-Out Night at Don & Millies at 8150 O Street on Thursday, October 15th from 4:00-9:00 pm!** Dine-in and drive thru open. Be sure to mention St. Joseph School when you order! 20% comes back to St. Joseph School.

Mark your calendar for future Dine-Out Nights:

- Thursday, November 12 from 5:00-8:00 at Taco Inn (70th & O)
- Thursday, December 10 from 5:00-8:00 at Jersey Mike's (5001 O St.)

Out for Breakfast? Use SCRIP!

Football is back! When you head out to watch your favorite game make sure to take SCRIP! We sell both Buffalo Wild Wings and Buffalo Wings and Rings \$25. Fill out a form and send it to school with your child. We will fill your order the same day and send it home with your child. Simple! Text Kate with any questions: 402-314-1416. [DOWNLOAD THE ORDER FORM!](#)

Youth Ministry 26-27 Registration Now Open!

Registration is now open for all St. Joseph Youth Ministry groups. Click [HERE](#) to sign up! Even if you've registered in the past, make sure to re-register for the new season so you get the most up-to-date information for your current age group. One event that's quickly approaching is the 6th-8th Grade Wilderness Mini Retreat on October 4th. See the image below for more info and click to register!

On the Feast of St. Francis of Assisi join us for a

6TH-8TH GRADE

ST. JOSEPH & ST. JOHN YOUTH MINISTRY

WILDERNESS *Mini* RETREAT @OAKS FOREST



**@ THE OAKS
13611 PIONEERS**

**OCTOBER 4TH
4PM-8PM
SUNDAY MASS
INCLUDED!**

**WEAR PANTS OR
LONG SOCKS**

**JOIN IN FOR MASS, DINNER,
GAMES, CAMPFIRE,
DISCUSSION, PRAYER, AND
CHALLENGES!**

**PARENTS PLEASE REGISTER
TO VIEW SPECIAL
INSTRUCTIONS!**



Register by 9/21

CONTACT SARA-RACICOT@CDOLINC.NET WITH QUESTIONS!

CK Sisters Outdoor Fall Workday

Saturday, October 17, 1:30-4:30 pm

We will be planting shrubs, cleaning up our vegetable garden and cutting trees. Helpful items to bring include shovels, work gloves, wheelbarrows, pickups and chainsaws. Children are also welcome – and can use this for service hours! Mark your calendars now and contact Sister Mary Angela at sr.mary-angela@cdolinc.net if you would like to come and help. Please also print and complete a [LIABILITY FORM](#) (one per adult; children added to adult form.) Villa Regina Motherhouse, 4100 SW 56th St., about 2 miles west and south of Pioneers Park. Walk-ins are also welcome.

Outdoor Workday

School Sisters of Christ the King

Who: Adults and children who like to work outdoors.
(Great for service hours!)

Where: Villa Regina Motherhouse
4100 SW 56th Street
**West of Pioneers Park on Van Dorn,
turn south on Southwest 56th Street**

When: Saturday, Oct. 17, 2026
Time: 1:30-4:30 p.m.

Projects: Planting shrubs, fall clean-up of vegetable garden and flowerbeds, cutting trees, etc.

***Supplies to bring:** shovels, work gloves, wheelbarrows, pickups and chain saws (*Please make sure all tools are marked with your name.)

RSVP via email if you can.
sr.mary-angela@cdolinc.net
“Walk-ins” are also welcome.



Thank you for your generosity and God bless you!