



October 30, 2019

Dear Parents,

Thank you to all who attended our **Evening of Food and Faith** on October 22. It was an enjoyable evening of family, school community, and delicious food. Before the meal, Father Major reminded us all how the family meal is really a part of our faith. Sacred Scripture tells of many family meals, the two most prominent ones being the Passover and the Last Supper.

The practice of the family meal was not meant only for biblical times, however. It is for now, and for all times, and even for all eternity! Once while eating with Jesus, a man cried out “Blessed is the one who will eat at the feast in the kingdom of God.” Jesus agreed! Luke 14:15, Having a family meal as often as you can, is one good way to help prepare your children for Heaven where “The LORD of hosts will prepare a lavish banquet for all peoples . . .” Isaiah 25:6

On a more immediate level, research has shown that the family meal has physical, mental and emotional benefits. Dr. Anne K. Fishel, who was part of a Harvard University research group, lists the following specific benefits of the family meal. <https://thefamilydinnerproject.org/about-us/benefits-of-family-dinner>

- Better academic performance
- Higher self-esteem
- Greater sense of resilience
- Lower risk of substance abuse
- Lower risk of teen pregnancy
- Lower risk of depression
- Lower likelihood of developing eating disorders
- Lower rates of obesity

If you are interested in reading more research on the family meal, the American College of Pediatricians has ample supportive evidence. <https://www.acped.org/.../parenting-issues/the-benefits-of-the-family-table>

Let the family meal help you pray together, eat together, and stay happily and healthily united as loving family together right up into the Heavenly Banquet of eternity!



**Prayer to Saint James** St. James the Greater, patron of our school, enkindle in our hearts the same burning love you had for our Lord. May we answer His call, as you did, to be “fishers of men”. May we possess your zeal for Christ, a love that led you to be the first Apostle to die for the faith. Protect, direct and bless our school family. We ask this through Christ our Lord. Amen.

**All Saints Parade and Mission Carnival** Our first graders will present a short skit about the origins of Halloween and also teach you about their favorite Saints in the St. James All Saints Parade on Thursday, October 31 at 1:15 pm in the Church. Following the Saints Parade, the 5<sup>th</sup> and 6<sup>th</sup> graders will host the traditional Mission Carnival. Come and see their countries’ booths, play some fun games, and help children all around the world.

**No School:** There will be **no school** on All Saints Day, Friday, November 1. This is a Holy Day of Obligation. Mass times are: 8: 15 am and 7:00 pm.

**SCRIP:** SCRIP is a great fundraiser for St. James School and is easy to do on your part. Please consider using SCRIP for all your shopping needs. You purchase gift cards at face value and the school gains a percentage from each of your purchases. We have many vendors in stock from which to choose. We can also order something for you if we don’t have it on hand. Orders can be filled in the school office during school hours.

**St. James Spirit:** Special uniform shirts and sweatshirts with embroidered St. James logos are available for the ordering! Please see the enclosed flier. Although not part of the official uniform and therefore not allowed to be worn in the classroom, St. James T-shirts are a fun way to show school spirit outside of school and the fleece jackets, like any jacket, may be worn to and from school and outside at recess.

**Coming Home Today in the Communication Envelope:**

Scrip Order form  
Tuition Envelope  
St. James School Spirit order form  
Hot Lunch Menu

In the Heart of Christ the King,

Sister Mary Alma, C.K.