

January 2010

Dear SLUH Moms,

Happy New Year! It is hard to believe that the 2nd semester of school is already underway. Included in this mailing is information on some upcoming events:

- **Family Mass** on Sunday February 7 at 9:30 in the SLUH Chapel
- **Lent Adoration** (see enclosed flyer)
- **Father/Son Rec Night** Monday February 15
- **Parent Network** upcoming events
- **Welcome Aboard Cashbah** information

Cashbah is quickly approaching. Look for information in this mailing about how you can still help. Invitations to this year's **WELCOME ABOARD CASHBAH** will be mailed shortly. Please join us on Saturday March 20th!

There has been a lot going on since our last mailing. Mothers' club would like to extend our sincere appreciation....

- To Patsy Goessling for helping organize the SLUH **Grandparents' Mass** in October.
- To Diane Fogarty and Clare Wilhelm and the Sophomore Reps for organizing our annual **Open House** in November welcoming over 550 prospective SLUH families.
- To Martha Staley, Toni Otten and Peggy Harris for organizing the **Mother/ Son Mass and Lunch**.
- To Kathryn Snodgrass, MaryAnn Rudloff, Connie Leinauer and many SLUH families for helping families with your generous **Thanksgiving Basket** contributions.
- To Kathy Thames for sorting and putting the donations together for the **Annual President's Coat Drive**.
- To Martha Staley, Kathy Fotouhi and Jane Guenther for organizing our prayerful **Advent Adoration**.
- To SLUH Alumni moms: MaryAnn Rudloff, Ginny Wunderlich, Mary Haywood and Dale Auffenberg for organizing a memorable day for the **Loyola Christmas party**. Thank you also to Kathy Thames, SLUH Ambassadors, Kim Walsh, Dave Laughlin, the Circus Club and all Mothers' Club Board members for your contributions to make this a special day for the boys at Loyola.
- To Karen Easley and Jane Frick and all of their Christmas helpers for the spectacular **SLUHtique** event! Thank you to Susie Fandos for planning the Mass to honor Past Presidents. It was a great day of worship, music and shopping.
- To Kathy Thames and all of the SLUH moms and Alumni moms for the **Loyola Santa Shop**. Many gifts were collected and set up for the Loyola students to purchase for their family and friends. On the day of the event, moms helped the students purchase and wrap each gift.

Thank you to all for all that you do!

Chris Myers

314-352-3740 (home)

cmmyers@att.net or moms@sluh.org

Please make plans to attend the
St. Louis University High School



Family Mass



on Sunday, February 7, 2010, 9:30 a.m.
in the SLUH Chapel.

Join us to pray the Rosary at 9:15 a.m.

Light refreshments will follow in the SLUH Commons.

Join us for another SLUH tradition!





Lent Adoration, 2010

January, 2010

Dear Parents and Students:

The Lenten season is quickly approaching. As we prepare for Christ's resurrection and triumph over sin, the SLUH community provides us with an exceptional opportunity to spend time with our Lord through Adoration of the Blessed Sacrament.

During Lent, from 8:15 a.m. to 11:00 a.m. each Wednesday, (beginning Ash Wednesday February 24 and continuing through Wednesday March 24) the Blessed Sacrament will be exposed on the Altar in the Main Chapel. This is a peaceful time for focusing attention on the true meaning of Lent – offering prayers and sacrifices for our sins.

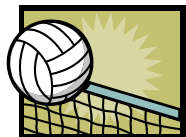
Spiritual literature will be available at the Chapel entrance. There will also be a special intention box for any intentions you would like to remember. Pray, read, or just sit in the peace of Christ's presence.

We invite **all** SLUH students, parents, faculty, and staff to honor Our Lord by giving up some free time to pray in His presence. If you have not yet signed up to participate in this opportunity, please feel free to contact Kathy Fotouhi at 314-821-4347 to indicate your desire to volunteer and the times that would work best for you.

There is no better Lenten sacrifice than to pray in Our Lord's presence!

Kathy Fotouhi and Jane Guenther
Mothers' Club Representatives

Ad Majorem Dei Gloriam



The SLUH Fathers' Club

presents



FATHER - SON REC NIGHT

An evening of friendly competition and entertainment for SLUH dads and sons.

No r.s.v.p. necessary! Snacks and drinks provided.



Monday, February 15, 2010

6:30 - 9:00 p.m. - Meet in the Danis Field House

Events Include: Basketball, Dodgeball, Rifle Range, Volleyball, Putting, Pool, Football Toss, Foosball, Washers, Fast Pitch Radar Gun



Don't miss a guys-only night of sports
with Dad and friends!



PARENT NETWORK

parentnetworkstl.org



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VISITATION

Beth Schenk

Parent Network of Catholic High Schools

Parent Network of Catholic High Schools (PNCHS), founded in 1990, is an association of members from Archdiocesan and independent Catholic High Schools in the St. Louis area.

Our Mission is to help parents with the challenges of raising Catholic teens in today's world. Representatives from our member schools meet monthly as the Parent Network Board to share ideas and strategies for better parenting. The Board plans events, prints materials and provides resources on our website to support parents in their efforts dealing with teen issues.

Parent Network of Catholic High Schools is pleased to invite you to our

Mass and Blessing Of Parents of Teenagers Celebrated by Archbishop Carlson

Saturday, January 30, 2010

5:00 p.m.

Villa Duchesne Chapel
801 South Spoeede Road • St. Louis, MO

Please join us for this opportunity to pray together,
for our children, our families, and our schools

Families are welcome

This mass will fulfill the Sunday obligation

Directions to Villa Duchesne: From 270, head east on 40/64 and exit at Spoeede Road. Turn left onto Spoeede Road (heading north). At first stoplight, Conway Road, turn left, Villa Duchesne is immediately on the right. The Chapel is in the Main Villa building at the end of the driveway.

Visit our Website for further details about Parent Network and the Speaker Series

parentnetworkstl.org

Suggested Reading List for Parents

Parenting

You're A Better Parent than You Think, Dr. Ray Guarendi
Good Discipline, Great Teens, (2007) Dr. Ray Guarendi
The 7 Habits of Highly Successful Teens, (2005) Sean Covey

Raising Girls

Strong Fathers, Strong Daughters, (2006) Meg Meeker, MD

Raising Boys

Boys to Men: The Transforming Power of Virtue, (2001), Curtis Martin
Bringing Up Boys Practical Advice and Encouragement for Those Shaping the Next Generation of Men, (2001), Dr. James C. Dobson

Chastity, Abstinence and Sex

Epidemic: How Teen Sex Is Killing Our Kids, (2002), Meg Meeker, MD
A Case for Chastity, (2003) Peter Vlahutin and Heather Gallagher Vento
Good News About Sex and Marriage, (2004), Christopher West
If You Really Loved Me, (2003), Jason Evert
Sex Has a Price Tag, (2003), Pam Stenzel

Spiritual/Inspirational

The Art of Affirmation, (2006), Robert Furey
Letters to a Young Catholic, (2004), George Weigel

College Concerns

Professors Guide to Getting Good Grades in College, (2006) Lynn Jacobs and Jeremy Hyman
Letting Go: A Parents' Guide to Understanding the College Years, (2003) Karen Coburn, Madge Lawrence Treeger
Colleges That Change Lives, (2006) Loren Pope
Winning the Heart of the Admissions Dean, (2005) Joyce Mitchell
College Admissions Together: It Takes a Family, (2007) D. R. Goodman

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Parent Network of Catholic High Schools is pleased to present

“Alcohol – It’s Out There: Social Challenges and Legal Consequences”

With

Speakers’ Panel of Experts

Robert Furey, PhD: Psychotherapist. He currently works with teens on alcohol-related problems and has also worked in long-term alcohol rehab for teens. He is a contributing columnist for the St. Louis Review.

Judge Joseph Briscoe: Retired from the bench in St. Charles City and St. Charles County. He is an expert in the legal aspects of alcohol and currently works in private practice.

Dr. John Moran: Principal of St. Louis University High School. He is an experienced high school administrator with expertise in prevalent thoughts on current challenges and consequences of alcohol use and the academic environment.

Wednesday, March 10, 2010

7:00 p.m.

Saint Louis University High School

4970 Oakland Ave

Directions to St. Louis University High School: From Interstate 64 (Highway 40) take the Kingshighway South exit and turn right at the first stoplight which is Oakland Ave. From Interstate 44, take the Kingshighway exit and travel north on Kingshighway one mile to Oakland Ave and turn left. 4970 Oakland Ave, St. Louis, MO 63110. Parking is in lot next to school or in Science Center parking lot. Bring ticket in to be validated.

Visit our Website for further details about Parent Network and the Lecture Series

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The Art of Affirmation, (2006), Robert Furey

The Rhythm of Life: Living Every Day with Passion and Purpose (2005), Matthew Kelly

Letters to a Young Catholic, (2004), George Weigel

College Concerns

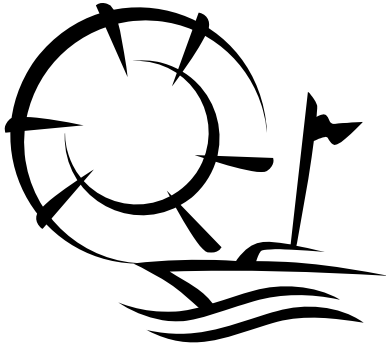
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CASHBAH 2010 WELCOME ABOARD

CASHBAH IS SATURDAY, MARCH 20TH
WE STILL NEED HELP

WHAT CAN YOU DO?

- **DONATE!!!** Unique items, use of a vacation home, tickets to sporting events or theatrical productions, golf outings, dinners, airline mileage, services, certificates to restaurants, hotels, shops or other vendors... use your imagination!
- **SENIOR PARENTS!!** Consider placing an advertisement in the Cashbah Catalog recognizing your son's achievements at SLUH. Contact the Cashbah office for special pricing and information.
- Support **GIFT GATHERING** parties or ghost parties happening now through the end of January
- Participate in **BILLIKEN BASKET** collections sponsored by each homeroom. Watch your mail for collection week information
- Buy tickets for the **PRESIDENT'S RAFFLE** sponsored by the SLUH Fathers' Club or the **TUITION RAFFLE** sponsored by the SLUH Mothers' Club
- **VOLUNTEER** to help set-up the week of March 15th -19th. Let us know what days you are available so we can plan properly. Lunch provided.
- **HELP** the Night of Cashbah – many have already volunteered to help at the auction but there are spots available. It's fun!!
- **ATTEND CASHBAH 2010!!** You will be Welcomed Aboard and have a wonderful evening. Invitations will be mailed soon!!!

Contact the Cashbah Co-Chairs at cashbah@sluh.org
or 314-531-0330 ext 158 or 219