



The Knight's Tablet

"Put on the armor of God and fight the good fight of faith." – St. Paul

January 4, 2023

Upcoming Events

January 6 ~ FAITH Friday/Noon Dismissal / SPIRIT DAY/ End of 2nd Quarter/ FAITH FRIDAY see page 5

January 11 ~ Report Cards will be available.

January 16 ~ NO SCHOOL

January 17 ~ Registration opens for current families.

January 29 ~ OPEN HOUSE after all masses/ Registration opens up for new families.

January 29-February 3 ~ Catholic Schools Week

Good Afternoon,

Happy New Year! This Friday we will have FAITH FRIDAY. It is planned to be a morning filled with a variety of ways to focus on our faith. The theme this year is **Live by the Spirit**, The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; *Galatians 5:22-23*. If we live in the Spirit, let us also follow the Spirit.

We will begin in the classroom with activities, Mass, followed by a procession of the Blessed Sacrament from the Church to the gym. The gym is where Adoration, Benediction, and Praise and Worship will be held. Mr. Adam Bitter will lead the music at those events.

Parents are invited to join us at the 9:00AM Mass, Adoration, Benediction, and Praise and Worship.

Have a Blessed Day!
Mrs. Kelly Kaimann

Servers Schedule

January 5-6

Mackenie Gentemann and Rachel Ferranto

January 7

4:30pm *Volunteers*

January 8

7:00am *Dominick & Rachel Ferranto*

9:00am *Noah & Mackenzie Gentemann*

11:00am *Brynley & Gabrielle Orf*

January 9-11

Michael Elsenrath & Anna Von Bokel

School News/Reminders:

Mass Greeters

If your family would like to participate, please use this Sign Up Genius link to let us know at which Mass you are available to serve.

<https://www.signupgenius.com/go/805094BABA629A3FA7-mass1>

We ask that you please sign up, so that Father Blessing and Deacon Bob know to place the gifts on the table behind the last pew when they are setting up for Mass.

Virtue of the Month FORTITUDE

Fortitude is being strong enough to stand up for what is right, even when it is difficult.

Pray as a family: The Fourth Sorrowful Mystery of the Rosary, the Carrying of the Cross. Reflect upon how Our Lady followed Christ in spite of the danger of the soldiers and crowds. Ask her help to always be brave enough to do what is right.

HELP—Volunteers are Needed on the following days:

We are in need of lunch servers on the following days in JANUARY: 6, 9, 11, 12, 13, 18, 19, 20, 23, 25, 26, 27, 30

LUNCH VOLUNTEER SIGN UP

We are in need for recess monitors on the following days in JANUARY: 5, 6, 10, 12, 13, 17, 19, 20, 24, 26, 27, 31

RECESS VOLUNTEER SIGN UP

YOU MUST COMPLETE Prevent and Protect to volunteer at school. We are asking each family to work at least one day per semester this year, THANK YOU!

ST. PAUL IN ST. PAUL

Healthy Habits Lunch

January 2023

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
 	CHICKEN NUGGETS GREEN BEANS SEASONAL FRESH FRUIT MINI RICE KRISPIES TREAT MILK, FAT FREE <u>ALTERNATE</u> HOT DOG	PAPA JOHN'S  PEPPERONI PIZZA CARROTS & CELERY WITH DRESSING CHILLED FRUIT MILK, FAT FREE <u>NO ALTERNATE</u>	SOFT PRETZEL WITH CHEESE CARROTEENIES WITH RANCH DRESSING SEASONAL FRESH FRUIT COOKIE MILK, FAT FREE <u>ALTERNATE</u> CHICKEN RINGS	 NO FOOD SERVICE!! 
9	10	11	12	13
PIG IN THE BLANKET SMILEY FACE POTATOES VEGGIES WITH DIP SEASONAL FRESH FRUIT MILK, FAT FREE <u>ALTERNATE</u> CHICKEN STRIPS	<u>BREAKFAST FOR LUNCH!!!</u> PANCAKE WITH SYRUP SAUSAGE STRAWBERRY YOGURT SEASONAL FRESH FRUIT MILK, FAT FREE <u>ALTERNATE</u> FRENCH TOAST STICKS	PAPA JOHN'S  CHEESE PIZZA TOSSED SALAD WITH DRESSING CHILLED FRUIT MILK, FAT FREE <u>NO ALTERNATE</u>	WARM HAM & CHEESE ON BAGEL CHEDDAR GOLDFISH SEASONAL FRESH FRUIT TEDDY GRAHAMS MILK, FAT FREE <u>ALTERNATE</u> DINOSAUR NUGGETS	POPCORN SHRIMP FRENCH FRIES MIXED VEGETABLES COOKIE MILK, FAT FREE <u>ALTERNATE</u> HAMBURGER ON BUN
16	17	18	19	20
 	 BOSCO STICK WITH SAUCE TOSSED SALAD APPLESauce COOKIE MILK, FAT FREE <u>ALTERNATE</u> TOASTED BEEF RAVIOLI WITH SAUCE	PAPA JOHN'S  PEPPERONI PIZZA CARROTS & CELERY WITH DRESSING CHILLED FRUIT MILK, FAT FREE <u>NO ALTERNATE</u>	GOLDEN GRILLED CHEESE SANDWICH PICKLE SPEAR  SEASONAL FRESH FRUIT COOKIE MILK, FAT FREE <u>ALTERNATE</u> JUMBO CORN DOG 	FISH STICK GREEN BEANS SEASONAL FRESH FRUIT JELLO MILK, FAT FREE <u>ALTERNATE</u> POPCORN CHICKEN
23	24	25	26	27
TURKEY, BACON, & CHEESE ON BUN BABY CARROTS RANCH DRESSING SEASONAL FRESH FRUIT CHOCOLATE PUDDING MILK, FAT FREE <u>ALTERNATE</u> MINI CORN DOGS	<u>BREAKFAST FOR LUNCH!!!</u> MINI WAFFLES WITH SYRUP BACON YOGURT SEASONAL FRESH FRUIT MILK, FAT FREE <u>ALTERNATE</u> MINI FRENCH TOAST WITH SYRUP	PAPA JOHN'S  CHEESE PIZZA TOSSED SALAD WITH DRESSING CHILLED FRUIT MILK, FAT FREE <u>NO ALTERNATE</u>	DINOSAUR CHICKEN NUGGETS BUTTERED NOODLES MIXED VEGETABLES ICE CREAM CUP MILK, FAT FREE <u>ALTERNATE</u> PULLED PORK SLAMMER	CHICKEN RINGS TATOR TOTS GREEN BEANS RAINBOW SHERBET MILK, FAT FREE <u>ALTERNATE</u> MANWICH SLOPPY JOE
30	31			
 JUMBO CORN DOG VEGGIES & DIP SEASONAL FRESH FRUIT VANILLA WAFERS MILK, FAT FREE <u>ALTERNATE</u> TACO FRITOS BOAT	HOT DOG ON BUN  CHIPS SEASONAL FRESH FRUIT OREO COOKIES MILK, FAT FREE <u>ALTERNATE</u> CHEESEBURGER ON BUN			

ONLY SPECIALS (GRADES 5-8 ONLY) \$8.50

Bosco Stick with Sauce
and Fruit

Tony's Cheese Pizza
and Fruit

Pretzel with Cheese
and Fruit

Chicken Strips
and Fries

Bacon Cheeseburger
and Chips



Food Service Consultants, Inc.
"A Local Company Serving You With Pride"





JOIN US FOR A "KNIGHT" AT THE

MOUSE RACES

FEBRUARY 3, 2023

ST PAUL GYM

1235 CHURCH ROAD, ST PAUL, MO

DOORS OPEN AT 6:30 PM, FIRST RACE AT 7:30 PM

\$200 PER TABLE/\$500 HIGH ROLLER TABLE

BRING YOUR SNACKS, DRINKS INCLUDED

ALL PROCEEDS TO BENEFIT THE CLASS OF 2024

21
&
OVER



WIN \$\$\$
&
GREAT
PRIZES!



CONTACT LESLIE DUFFY TO
RESERVE YOUR SPOT!

314-330-5328/LIESVIR77@GMAIL.COM



Faith Works!



PARENTS!!!! It's time for another fun-filled Faith Works!!!

*****PLEASE NOTE: Additional Adult and Student Volunteers are Needed this month!!*****

- + We'll have prayer and dinner.
 - + **If your child has food allergies/sensitivities, you are welcome to pack a dinner and snack (this month is spaghetti and garlic bread)
- + We'll read and discuss a pre-selected bible verse which relates to the monthly theme. This will be strengthened through a hands-on craft that the children can bring home to their families.
- + There will be a song and fun as well.
- + Adult volunteers needed! Must be in compliance with the Archdiocese Safe Environment Program
- + \$5 donation per child helps cover cost of food and crafts
- + High Schoolers and 8th Graders!! *Service hours are available!!*

This month's theme will focus on Fortitude.

To RSVP or volunteer, contact:
Diana Roettger @ 636-795-5959
Carrie Walsh @ 314-807-2303
Ellie Carter @ 636-515-8392
(Call or text)

Jesus
Loves
me

LIMITED SPACE AVAILABLE!
MUST RSVP IN ADVANCE

Faith Works workshop:
Friday January 6th
6:00-9:00pm
Schulte Hall



THIS WEEK ON **FORMED**

Week of January 01, 2023



God's Doorkeeper: St. André of Montreal

This week, we celebrate the memorial of a humble doorkeeper, St. André of Montreal. Learn how this man became a great saint through his small acts of love!



How to Pray

Whether you are a veteran in the spiritual life or are just beginning, start this year off right by recommitting yourself to prayer! Join Drs. Tim Gray and Elizabeth Klein as they discuss ways to kickstart your prayer life this year!



Mary of Nazareth

What would it have been like to have known the Mother of God? Watch this beautiful film portraying the life of Mary in order to contemplate Mary's profound faith and the mysteries of her life.

Our parish has a FORMED subscription.
Visit signup.formed.org and select our parish name.