



The Knight's Tablet

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

February 22, 2023

Upcoming Events

February 22~ASH WEDNESDAY, All School Mass @ 09:30AM

February 26 ~ The Chosen, Season 3 @ 6:00PM in the Gym

February 28~ Night of Adoration and Worship (see page 7)

March 3~ Noon Dismissal/ SPIRIT DAY/ Faculty Meeting

March 5~ St. Paul Church Annual Breakfast (page 6)

March 8~ 2nd Grade Parent Meeting @ 6:30PM in the Church

Servers Schedule

February 23-24

Lily Talbott and Elise Vomund

February 25

4:30pm *Volunteers*

February 26

7:00am *Charles Hall and Carter Lickteig*

9:00am *MaKenna Erwin and John Roettger*

11:00am *Sophia Riffle and Gianna Schultz*

February 27-March 3

Brynley Orf and Dominick Ferranto

Virtue of the Month **PRUDENCE**

Prudence is making decisions in specific circumstances.

As a family discuss "ripple effect" or how your decisions affect other people's decisions and then their decisions affect still other people.

School News/Reminders:

ST. VINCENT DePAUL

Searching for ways to serve your community during Lent? We are welcoming Families, groups and individuals to work with us to help the poor during Lent. Below are 3 opportunities to serve. Interested? Contact us by email at stvdpstpaul@gmail.com or call Kathy Chostner at 636-294-1644. Sign up sheet are also available at the Parish Center or in the back of church:

FOOD DRIVE on March 4th and 5th:

Volunteers are needed before and after all Masses to collect and sort food at the Parish Center. We will also need a few volunteers to deliver items to ICOM food pantry at 12 noon.

SPRING CLEANING EVENT on March 18th:

Volunteers are needed to collect items from 8:00 a.m. till 6:00 p.m. on March 18th. SVDP Thrift store Truck will be on St. Paul's parking lot. We are collecting gently used and new clothing and household goods to donate to St. Vincent DePaul Thrift Stores.

MONTHLY MEALS FOR THE HOME-

LESS: Provide all or part of a meal for the homeless once a month. Each month, Teams provide a three course meal, along with dessert, drinks and fruit

Parish Holy Hour on
Thursday Nights @ 7:00PM
in the Adoration Chapel.

Donate Supplies
from our

amazon **wishlist**

Click Here

***ST. PAUL SCHOOL BOARD is
looking for new members—
please see page 4 for more
details!***

Mass Greeters

WE WANT YOU!!! We are looking for school families to help welcome parishioners to St. Paul Church **THIS WEEKEND** and bring up the gifts as a family during mass. If your family would like to take advantage of this opportunity, 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>



THANK YOU!!

St. Paul Parent Teacher Organization

Positions are available and needed for the 2023-2024 School Year. You may volunteer yourself or nominate another parent. Please contact the school office if you are interested in joining the SPPTO Board. THANK YOU!!

March Family Rosary

Please join us on March 7 to pray the rosary at Church. Doors open at 6:30, prayer starts at 6:45PM. All ages are welcome! Kids are encouraged to come and be the leaders in prayer.



HELP—Volunteers are Needed

LUNCH VOLUNTEER SIGN UP RECESS VOLUNTEER SIGN UP



YOU MUST COMPLETE Prevent & Protect
to volunteer at school.



THANK YOU!

FEBRUARY/MARCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		23 C- <u>HELP NEEDED</u> P- MONTGOMERY	23 C- M. SCHULTZ P--B. HALL	24 C- <u>HELP NEEDED</u> P- <u>-HELP NEEDED</u>
27 C- <u>HELP NEEDED</u> P-DUNKIN	28 C- GROHMANN P- <u>-HELP NEEDED</u>	1 C- <u>HELP NEEDED</u> P- MONTGOMERY	2 C- <u>HELP NEEDED</u> P- <u>HELP NEEDED</u>	3 NOON DISMISSAL/ SPIRIT DAY
6 C- <u>HELP NEEDED</u> P-DUNKIN	7 C- GROHMANN P- <u>-HELP NEEDED</u>	8 C- <u>HELP NEEDED</u> P- MONTGOMERY	9 C- <u>HELP NEEDED</u> P- <u>HELP NEEDED</u>	10 C- SMALLEY P- <u>HELP NEEDED</u>

SPRING BREAK

20 C- MCELFRISH P-DUNKIN	21 C- GROHMANN P- <u>-HELP NEEDED</u>	22 C-MCELFRISH P- MONTGOMERY	23 C- <u>HELP NEEDED</u> P- <u>HELP NEEDED</u>	24 C- <u>HELP NEEDED</u> P- <u>-HELP NEEDED</u>
27 C- <u>HELP NEEDED</u> P-DUNKIN	28 C- GROHMANN P- <u>-HELP NEEDED</u>	29 C- <u>HELP NEEDED</u> P- MONTGOMERY	30 C- <u>HELP NEEDED</u> P- <u>HELP NEEDED</u>	31 C- SMALLEY P- <u>-HELP NEEDED</u>



School Board Elections Nominee Profile Questionnaire

Please return by April 17, 2023: Parish Office,
School Office, or email Emily Lickteig emilylickteig06@gmail.com

The following are the requirements to be a member of the School Board:

- ☐ Must be at least 21 (twenty-one) years of age
- ☐ Must be a registered member of the Parish or parent of a child in the Parish School
- ☐ Must be supportive of the Parish educational programs both financially and attitudinally

Name: _____ Age: _____

Spouse: _____

Children's names and ages: _____

Current Address: _____

Phone number: _____ email: _____

Registered in St. Paul Parish: Yes _____ No _____

How long have you lived in St. Paul Parish? _____

Parish ministries or Organizations involved in: _____

Brief Biography: (optional) (where you grew up, schools attended, current employment, etc)

Why do you want to run for the School Board?

What long range planning do you see as a positive goal for the School Board?



MARK YOUR CALENDER!



MAY 2 – MAY 6, 2023
SCHOOL UNIFORM FITTING FOR
ST. PAUL CATHOLIC SCHOOL

FISCHER'S SCHOOL UNIFORMS
3773 NEW TOWN BLVD, ST. CHARLES 63301

TUESDAY & THURSDAY

10AM – 6PM

WEDNESDAY, FRIDAY & SATURDAY

10AM – 3PM

CLOSED SUNDAY-MONDAY

Receive 10% off your purchases in-store and on-line*

*Discount only valid during the days of the fitting

The spring fitting for uniforms for **ST. PAUL CATHOLIC SCHOOL**
will be held at Fischer's School Uniforms.

If you are familiar with our sizing, ordering online or by phone is both an easy and efficient way that you can take advantage of the 10% discount!

If you are new to the uniform process, we are here to help you!
Attending your fitting at Fischer's School Uniforms allows you the opportunity to try on uniform clothing and determine your correct size. You may take home uniform items we have in stock that day. If we need to order an item, we will call when it is available and can be picked up at our store or we can ship via USPS to your home!

For pricing or sizing questions, please visit our website at
www.fischersuniforms.com or call us at 636-493-0655.

We look forward to seeing you in the Spring!

St. Paul Church Annual Breakfast

Enjoy all you can eat

**Sunday,
March 5, 2023**

Sausage

Pancakes

Biscuits and Gravy

Scrambled Eggs

Hash Browns

Juice

Coffee

Sweet Rolls

**In the gym from
7:30am to 12:30pm**

\$12.00 for Adults

\$6.00 for Children

**Children under 5
are free**

***Carry-outs
available***

50/50 Drawing












Contact Jerome Mueller 314-348-4096

**Adult volunteers are needed and service hours
are available for students!**

ST. PAUL IN ST. PAUL

Healthy Habits Lunch

Feb-23

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		PAPA JOHNS PEPPERONI PIZZA TOSSED SALAD WITH DRESSING CHILLED FRUIT MILK, FAT FREE <u>NO ALTERNATE</u>	 <u>GROUNDHOG DAY</u> GROUNDHOG DAY GRILLED CHEESE MY SHADOW FRIES SUNSHINE COOKIE LET IT BE EARLY MILK <u>ALTERNATE</u> CLOUDY DAY CHICKEN STRIPS	 Early Dismissal Day! NO FOOD SERVICE!! 
6	7	8	9	10
MINI CORN DOGS TOSSED SALAD COOKIE SEASONAL FRESH FRUIT MILK, FAT FREE <u>ALTERNATE</u> TOASTED BEEF RAVIOLI WITH SAUCE	<u>BREAKFAST FOR LUNCH!!!</u> WAFFLES WITH SYRUP SAUSAGE STRAWBERRY YOGURT SEASONAL FRESH FRUIT MILK, FAT FREE <u>ALTERNATE</u> FRENCH TOAST STICKS	PAPA JOHNS CHEESE PIZZA TOSSED SALAD WITH DRESSING CHILLED FRUIT MILK, FAT FREE <u>NO ALTERNATE</u>	DINOSAUR CHICKEN NUGGETS BUTTERED NOODLES MIXED VEGETABLES JELL-O MILK, FAT FREE <u>ALTERNATE</u> JUMBO CORNDOG 	CHICKEN SNACK WRAP FRESH VEGETABLES WITH DIP SEASONAL FRESH FRUIT MILK, FAT FREE <u>ALTERNATE</u> CHICKEN NUGGETS
13	14	15	16	17
<u>SUPER BOWL SPECIAL</u> TIGHT END BURGER QUARTERBACK FRIES KICKER CELERY STICKS LINEBACKER COOKIE KICK OFF MILK <u>ALTERNATE</u>  TOUCH DOWN HOT DOG	<u>VALENTINES DAY</u> FRIENDSHIP NUGGETS CUPID'S ARROW (CARROTS STICK) SHIMMERING HEART JELL-O VALENTINES TREAT GOTTA LOVE MILK  <u>ALTERNATE</u> CUPID MINI CORN DOGS	PAPA JOHNS PEPPERONI PIZZA CARROTS & CELERY WITH DRESSING CHILLED FRUIT MILK, FAT FREE <u>NO ALTERNATE</u>	TURKEY & CHEESE WRAP SMILEY FRIES SEASONAL FRESH FRUIT MINI RICE KRISPIES TREAT MILK, FAT FREE <u>ALTERNATE</u> CHICKEN RINGS	BOWL OF CHILI CHEDDAR GOLDFISH SEASONAL FRESH FRUIT CHOCOLATE PUDDING MILK, FAT FREE <u>ALTERNATE</u> POPCORN CHICKEN
20	21	22	23	24
 	BY GEORGE BOSCO STICK  LOG CABIN MIXED VEGGIES MY LITTLE HATCHET PEACHES GETTYSBURG ADDRESS OREOS PRESIDENT MILK <u>ALTERNATE</u> LINCOLN CHICKEN STRIPS	PAPA JOHNS CHEESE PIZZA TOSSED SALAD WITH DRESSING CHILLED FRUIT MILK, FAT FREE <u>NO ALTERNATE</u>	<u>BREAKFAST FOR LUNCH!!!</u> PANCAKE & SAUSAGE BITES TRIANGLE HASH BROWN YOGURT MILK, FAT FREE <u>ALTERNATE</u> MINI WAFFLES W/ SYRUP	NACHO & CHEESE GREEN BEANS CHURRO SEASONAL FRESH FRUIT MILK, FAT FREE <u>ALTERNATE</u> POPCORN SHRIMP
27	28			
CHICKEN PATTY SANDWICH FRENCH FRIES SEASONAL FRESH FRUIT VEGGIES & DIP MILK, FAT FREE <u>ALTERNATE</u> MINI TACOS	JUMBO CORN DOG  CORN ICE CREAM CUP SEASONAL FRESH FRUIT MILK, FAT FREE <u>ALTERNATE</u> CHICKEN RINGS	 FEBRUARY		

DAILY SPECIALS (GRADES 5-8 ONLY) \$3.50

Chicken Nuggets
and Fries

Chicken Patty On Bun
Chips

Grilled Cheese On Texas Toast
and Fruit

Tony's Cheese Pizza
and Fruit

Toasted Ravioli W/Sauce
and Fruit



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



Night of Adoration & Praise

FEATURING
ADAM BITTER

TUESDAY
FEBRUARY 28TH
6:30 P.M. – 8:00
P.M.

This event is a night of praise and worship, prayer, and adoration. Musical Artist, Adam Bitter, will lead the congregation in praise and worship. Eucharistic Adoration will take place as well as a faith witness.

SAVE THE DATE

04

2

2

23

SAT

**ST. DOMINIC HIGH SCHOOL
BARNES AND NOBLE BOOK FAIR**

Scholarship Opportunities 2023-2024



TODAY & TOMORROW

CHANGING THE FUTURE — ONE CHILD AT A TIME

TTEF offers
scholarships
to
Catholic schools
&
private schools

Scholarships Available
Apply Online at
TTEF-STL.org

2023 -2024 Applications Open
January 17, 2023



Appt.
Thursday
@ 5pm



Questions? Contact

Laura George
Senior Director of Scholarships
314.792.7777 | laurageorge@archstl.org

TRUST
your



An Afternoon Program for Mothers and Daughters

You are invited to an event that provides an atmosphere of love and learning to discuss fertility and to promote communication between mother and daughter. The programs are presented by a registered nurse, an adult woman and joined by a teen on a panel for questions and answers. The programs emphasize respect, understanding and appreciation for God's gift of sexuality, as well as age-appropriate information on the function of the female reproductive system.

Sunday, February 26, 2023

The **10 to 12 year-old program** will focus on: changes in girls' bodies as they enter puberty, modesty, values, plans of action, and the sacredness of human life.

Sunday, April 2, 2023

The **13 to 17 year-old program** will focus on: dating, marriage, sexually transmitted diseases, protection of fertility through chastity, and the sacredness of human life.

Time: 1:00 to 3:30 p.m.

**Location: Mercy Hospital St. Louis
von Gontard Conference Center**

Cost: \$50 per Mother/Daughter Family

Please note that we are limited to **25 families**.

Reservations: Go to mercy.net/fertilitycare

- Scroll down, click Blue Clipboard marked "Register for classes" to sign up.

2023 Reservation Deadlines:

February 22, 2023 for 10-12 year-old program

March 29, 2023 for 13-17 year-old program

\$5 fee on all cancellations up to 48 hours prior to event.

After this time period, no refunds are given.

For more information, please contact Kathy Vollmar
at 314.991.0327 or kathleen.vollmar@mercy.net



Your life is our life's work.





Father/Son: Boys Into Men Program

You are invited to an event that provides an atmosphere of love and learning to discuss fertility and to promote communication between father and son. The programs are presented by a father, a physician and joined by a teen on a panel for questions and answers. The programs emphasize respect, understanding and appreciation for God's gift of sexuality, as well as age-appropriate information on the function of the male reproductive system.

Sunday, March 5, 2023

The **11 and 12 year-old program** will focus on: changes in boys' bodies as they enter puberty, modesty, values, plans of action, and the sacredness of human life.

Time: 1:00 to 3:30 p.m.

**Location: Mercy Hospital St. Louis,
Von Gontard Conference Center**

Cost: \$50 per Father/Son Family

Please note that we are limited to **25 families**.

Reservations: Go to mercy.net/fertilitycare

- Scroll down, click Blue Clipboard marked **"Register for classes"** to sign up.

2023 Reservation Deadlines:

March 1, 2023

\$5 fee on all cancellations up to 48 hours prior to event. After this time period, no refunds are given.

For more information, please contact Kathy Vollmar at 314.991.0327 or kathleen.vollmar@mercy.net



Your life is our life's work.



Upcoming Events



February
24

7th Grade Shadow Visits OPENS FEBRUARY 24

Mondays, Wednesdays, and Fridays
8:00 AM - 1:30 PM

- Two Vianney classes with a Griffin Guide
- Economics and Leadership activities
- Complimentary lunch & Ted Drewes

Questions: Monica Sabatino: msabatino@vianney.com



REGISTER
HERE

April
10

Be a Griffin for a Day EASTER MONDAY 8:00 AM - 12:30 PM

5th and 6th graders spend the morning on campus experiencing life as a Griffin:

- Teacher-led activities
- Current student guides
- FREE event
- Lunch and t-shirt included

Questions: Jessie Hebrank: jhebrank@vianney.com



REGISTER
HERE



MEN *of* CHARACTER & ACCOMPLISHMENT