



The Knight's Tablet

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

March 2, 2022

Upcoming Events

March 2~ Ash Wednesday

March 4~ SPIRIT Day/Noon Dismissal/Faculty Meeting/ FAITH WORKS see page 4

March 6~ St. Paul Church Annual Breakfast, see page 2/ The Chosen Season 2 @ 6:00PM

March 9~ 1st Communion Parent Meeting

March 14-18 ~ SPRING BREAK

March 25~ Feast of the Annunciation/ All School Mass @ 9:30AM

March 26~ St. Paul Dinner Auction

March 28~ Confirmation

March 31~ Adult Paint Night, see page 3 for details.

Virtue of the Month **TEMPERANCE**

-Enjoying things in a proper, balanced way.

This is only having a healthy amount of something good.

*Mother Mary, in your family
there was a time for prayer
and a time for play. You had what
you needed, and shared what
you didn't need with others.
Help me know what is good for me.
(Pray 3 Hail Marys as a family)*

Servers Schedule

March 3,4

Marianne Vomund

March 5

4:30pm Volunteers

March 6

7:00am Claire Vogel and Amelia Grabenhorst

9:00am Rachel Ferranto and McKenna Ervin

11:00am Jacob Feise and Olivia Auchly

March 7

Michael Elsenrath

March 8, 10

Michael Elsenrath and Rachel Ferranto

March 9, 11

Michael Elsenrath

March 12

4:30pm Volunteers

March 13

7:00am Mackenzie Gentemann and Sam Byrnes

9:00am Charles Hall and Gavin Hemmer

11:00am Nate and Michael Elsenrath

School News/Reminders:

Communication Preferences Set Your TeacherEase

St. Paul School is now using the TeacherEase Enhanced Parent Communication module. The system can now send text messages and make voice calls. Here is a short video that describes how to setup your preferences:

[Video of Setting Up Communication Preferences](#)

You need to do a small amount of setup to receive these messages. Login to TeacherEase and click "Communication Preferences." You can choose whether to receive emails, mobile app notifications, text messages, and/or voice calls.

St. Paul Church Annual Breakfast

**Enjoy all you can eat Sunday,
March 6, 2022**

Sausage

Pancakes

Biscuits and Gravy

Scrambled Eggs

Hash Browns

Juice

Coffee

Sweet Rolls

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

\$10.00 for Adults

\$5.00 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 Church

1223 Church Road
St. Paul, MO 63366
636-978-1900

ST. PAUL PARISH ANNUAL PANCAKE AND SAUSAGE BREAKFAST

SUNDAY, March 6, 2022

St. Paul Church will be hosting our annual pancake breakfast in support of St. Paul School on Sunday, March 6, 2022.

We offer an advertising opportunity on the placemats used at the breakfast. The cost of the advertisement is \$25.00 for each business card size spot of advertisement on our placemats. If you would like a larger ad, simply purchase additional business card size spots and we will adjust the size of your ad accordingly.

In order to ensure accurate advertising, we are asking everyone to send a business card in with their contribution.

If you are interested in this advertising opportunity, please make checks payable to "St. Paul Church" and mail before February 23rd to:

St. Paul Pancake Placemat Advertisement
1223 Church Rd.
St. Paul, MO 63366

If you have any questions, please contact Teresa Boehmer at 636-978-1900, ext. 224, tboehmer@st-paulchurch.org

Thank you in advance for your support of St. Paul Parish and School and God Bless You!



Rooted Warriors Yoga
Mindful Minis

SESSION DATES:

**Every Monday 3.21.22 through
5.9.22**

3:15-4:30 pm

RATES

\$120 for 8 weeks

15% off sibling discount

For inquiries, please email info@rootedwarriors.com

Space limited, enroll online at
rootedwarriorsyoga.com

FORMED®

PICK OF THE WEEK

February 27, 2022

WATCH

FATHER MICHAEL MCGIVNEY: AN AMERICAN BLESSED

In May 2020, Pope Francis approved a miracle attributed to the intercession of Fr. Michael McGivney, paving the way for his beatification. This new documentary highlights Fr. McGivney's fraternal charity, evangelization, and empowerment of the laity.

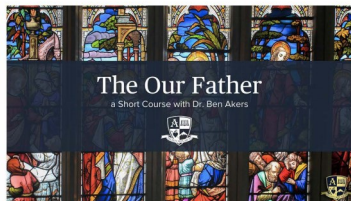


Father Michael McGivney
An American Blessed

LEARN

JESUS: THE MODEL AND MASTER OF PRAYER

In this episode of his course on the Our Father, Dr. Ben Akers teaches us what we can learn from the perfect model and master of prayer: Jesus himself.



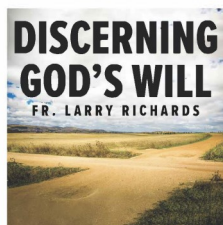
The Our Father

a Short Course with Dr. Ben Akers

LISTEN

DISCERNING GOD'S WILL BY FR. LARRY RICHARDS

Discovering the will of God can be an intimidating challenge in the spiritual life. Join Fr. Larry Richards as he guides us in this task through practical advice and personal stories!



DISCERNING
GOD'S WILL
FR. LARRY RICHARDS

Our parish has a FORMED subscription.
To set up your free account visit formed.org/signup and select our parish.

St. Paul Parish Mardi Gras Ball

The **St. Paul Dinner Auction**, held every 2 years, benefits our Parish and Day School. An evening of dinner, drinks, and great times made entirely possible by donations from our parishioners and school families. Please consider donating this year, no items are too large or small!

Donations Needed:

- *Live Auction Items
- *Unique or Handmade Items
- *Electronics
- *Tickets or Group Events
- *Gift Baskets
- *Home Décor
- *Gift Certificates
- *Silent Auction Items
- *Large Raffle Items

If you have questions or would like to help:
Amy Von Bokel amyvb5@yahoo.com 314-322-2263
Megan Wilmes meganshilharvey@hotmail.com 636-357-5873

Adult Paint Night!

 & 

Grab your friends, your snacks, and your drinks and head to Schulte Hall to have some creative fun with us and make a little money for our school at the same time! This event is for the adults.

When: Thursday, March 31, 2022
Where: Schulte Hall
Time: 7:00 pm

Here is how to order:

1. Go to <https://www.mommysdesignfarm.com>
2. select SIGN GALLERY
3. In the gallery menu, you will find the signs in categories. You can also filter them by size if you would like. If shopping on a phone click the + by party sign gallery to see the categories. for example (career, family, custom design)
4. Once you find the design you want to paint then click VIEW
5. There will be a drop down box to select St. Paul PTO Fundraiser-March 31. There is a fundraiser contribution of \$10 noted next to the party in the dropdown. It will be added to the cost of the sign! Then decide if you want it framed and add to the cart.

** Porch signs can be made reversible.
** Any guest can paint up to two signs.
** Keep in mind that the 4ft porch signs are like 2 signs.
** More wording on a sign means the more difficult it is.

Chick-fil-A®

SPIRIT NIGHT FOR St. Paul School

Come support St. Paul School at Chick-fil-A O'Fallon on Thursday, May 12, 2022 from 4:00 p.m. – 8:00 p.m. Don't forget to mention that you are supporting the Spirit Night for a portion of the sales to be donated.



O'Fallon Chick-fil-A
2106 HWY K O'Fallon, MO 63366
Phone: 636-272-5346

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 start as a group with prayer and dinner.
 - † ****If your child has food allergies/sensitivities, you are welcome to pack a dinner and snack**
- † Then we'll read a pre-selected bible verse which relates to the monthly theme. The bible verse will be broken down and we will discuss how it relates to them.
- † This discussion 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 Temperance

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



**LIMITED SPACE AVAILABLE!
MUST RSVP IN ADVANCE**

Faith Works workshop:
Friday Mar 4th
6:00-9:00pm
Schulte Hall








ST. PAUL IN ST. PAUL

Healthy Habits Lunch

March 2022

* = Baked

WG = Whole Grain Ingredients

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Mini Corn Dog Tossed Salad Seasonal Fresh Fruit Cookie Milk, Fat Free <u>ALTERNATE</u> Soft Taco	PAPA JOHNS CHEESE PIZZA CARROTS & CELERY WITH DRESSING CHILLED FRUIT MILK, FAT FREE <u>NO ALTERNATE</u>	Cat N The Hat Grilled Cheese Sam I Am Chips Lorax Fresh Fruit Red Fish/ Blue Fish Milk <u>ALTERNATE</u> Thing 1 Chicken Rings	 NO FOOD SERVICE!! 
7	8	9	10	11
Hot Dog On A Bun Potato Chips Seasonal Fresh Fruit 2 Oreos Cookies Gotta Love Milk <u>ALTERNATE</u> Ham & Cheese On A Bagel	Bowl Of Chili Cheddar Goldfish Seasonal Fresh Fruit Ice Cream Milk, Fat Free <u>ALTERNATE</u> *Popcorn Chicken	PAPA JOHNS PEPPERONI PIZZA TOSSED SALAD WITH DRESSING CHILLED FRUIT MILK, FAT FREE <u>NO ALTERNATE</u>	<u>SPRING BREAK SPECIAL!!</u> Florida French Toast Sticks Bacon In The Sun St. Thomas Tator Tots Frolicking Fruit Fun In The Sun Milk <u>ALTERNATE</u> Miami Mini Waffles	<u>SPRING BREAK SPECIAL!!</u> Relaxing Cheese Ravioli with Beachside Marinara Sauce Tossed Salad Frolicking Fruit Chillin' Chocolate Pudding Take It Easy Milk <u>ALTERNATE</u> *Paradise Popcorn Shrimp
14	15	16	17	18
				
21	22	23	24	25
<u>FIRST DAY OF SPRING!!!</u> Sunny Spaghetti With Sauce Springtime Salad Bountiful Breadstick Fun In The Sun Milk <u>ALTERNATE</u> *Chicken Strips	Waffle Turkey Sausage Strawberry Yogurt Seasonal Fresh Fruit Milk, Fat Free <u>ALTERNATE</u> Scrambled Eggs	PAPA JOHNS CHEESE PIZZA TOSSED SALAD WITH DRESSING CHILLED FRUIT MILK, FAT FREE <u>NO ALTERNATE</u>	Pig In The Blanket Smiley Face Potatoes Veggies with Dip Seasonal Fruit Milk, Fat Free <u>ALTERNATE</u> *Chicken Drumsticks	Soft Pretzel with Cheese Carrots with Ranch Applesauce Oreo Cookies Milk, Fat Free <u>ALTERNATE</u> *Fish Stick
28	29	30	31	
Hamburger On A Bun Tiny Twist Pretzel Seasonal Fresh Fruit Rice Krispies Treat Milk, Fat Free <u>ALTERNATE</u> Chicken Bacon Ranch Wrap	*Popcorn Chicken French Fries Grapes & Cheese Cubes Brownie Milk, Fat Free <u>ALTERNATE</u> Jumbo Corn Dogs	PAPA JOHNS PEPPERONI PIZZA TOSSED SALAD WITH DRESSING CHILLED FRUIT MILK, FAT FREE <u>NO ALTERNATE</u>	*Chicken Nuggets Green Beans Seasonal Fresh Fruit Mini Rice Krispies Treat Milk, Fat Free <u>ALTERNATE</u> Pepperoni Hot Pocket	
DAILY SPECIALS (GRADES 5-8 ONLY) \$3.50				
Chicken Nuggets And Fries	Toasted Ravioli W/ Sauce	Grilled Cheese on Texas Toast with Fruit	Chicken Patty And Chips	Cheese Pizza And Fruit



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

