October 2017

Message from the Principal



We come into October with the hope of better weather and news and place our trust in our Lord that peace will come to us all. September was a devastating month for those in the paths of the storms. Consider losing all possessions and having to start over. This latest news too, reports the tragic shooting in Las Vegas, reminding us once again to hold God close as we never know when our hour is here. It was senseless and horrific, changing so many lives in just seconds. We cannot understand such things, only continue to place our trust in God and believe in his plan.

"Cast your care upon the Lord, who will give you support. God will never allow the righteous to stumble." Psalms 55:23

Please pray for all those suffering.

Our first full month of school is behind us and students are into routines and habits (good and bad) as we go throughout our days. Already, looking at what we've accomplished shows students and staff at Notre Dame are very busy. We're about half way into the marking period, so if you haven't talked to your child about his/her grades, I urge you to check in. Our Parent Night was successful as there was great representation for most of the classes. It was important that you got a better understanding of expectations.

On October 22, we are planning our annual Open House for prospective families to visit. Please pass the word that we are here from 10:00 until 2:00 to celebrate Mass, provide information, and offer tours. A lot of our enrollment is boosted by your recommendation.

I want to remind all parents that as students are absent from school, they will be marked as unlawfully absent if we don't hear from you stating they are sick. Even stating illness, please note that unless it is a chronic illness (by proof of a doctor's letter) or recovery from major non-elective surgery, they will be spending summer days here at ND after all others have left for the year if they accumulate high absenteeism. Acceptable, lawful absences are for illness, death in the family, up to 5 college visit days, and vacation days of not more than 5 in a row with a total of 10 for the year. We are a high school like any other in having to abide by attendance laws. Please respect our attendance policy so we can offer your child the best educational opportunities we can.

As of this writing, we are still working with parents to get us the paperwork on immunizations. October 10 is the cut off for either supplying the documentation or providing us appointment verifications. I appreciate your help with this matter.

Notre Dame High School takes pride in our motto, "Faithful, Loyal, and True." We believe strongly that our Blessed Mother guides our days. We are also thankful for the support from all our families and our alumni community. We welcome everyone to attend any of our Masses, shows, or sporting events. Your presence builds a stronger school. Have a great October.

Respectfully in Christ, Mario Lucrezi

Principal

Congratulations Andrew Principato

NATIONAL MERIT SCHOLARSHIP PROGRAM



This Letter of Commendation

is awarded to

ANDREW PRINCIPATO

for outstanding performance on the Preliminary SAT/National Merit Scholarship Qualifying Test in 2016

Timety E. M. Hime President National Merit Scholarship Corporati

mez



Miracle League

Peer Listeners assist special needs players at Miracle League game Notre Dame's Campus Ministry coordinator, Mrs. Sharon Hillhouse, presents a purposeful community service opportunity to ND students in the fall and in the spring. Throughout these seasons, our students participate in the Miracle League sponsored baseball games for special needs individuals. Each week, students from different clubs and sport teams donate their time on a Saturday to participate as helpers.

On Saturday, September 9, eight Peer Listeners and moderator Mrs. Weber, attended the 1st Miracle League baseball game of the Fall 2017 season to assist the players with special needs. As participants in this event, the Peer Listeners provided support and encouragement to the players on and off the field, and come away with a feeling of satisfaction and joy. It's a win/win event!!











Congratulations Newly Inducted Members

Class of 2019

Fayth Alston Mary Catherine Altmire Emma Anmolsingh Mikayla Bates Elizabeth Cartier Joseph Cerar Katherine Costantino Kendall Decker Katherine Dicker Braeden Farrell Emma Fox Ryan Gibki Nadia Gonzalez Benjamin Gormley Isabela Guet-Cruza Matthew Huyett John Koons Connor McFadden Anna Mills Richard Mueller Grace Mulligan Claire Nicolello Christopher Omick Carlene Pavelko Bailey Perna Jacob Schaeffer Katherine Soergel Morgan Stevens Jakob Stubits Abigail Wachter

| | Brian Gallagher | Patrick McLoughlin |
|---------------|------------------|--------------------|
| | Aurora (Jie) Gao | Shannon Rutan |
| Class of 2018 | Daniel Leary | Aniela Verbin |
| | Lauren Lopez | Brianna Wolke |





Victoria Cornish & Brian Gallagher



Andrew Bassett & Brianna Wolke



Drummond Thompson & Natalie Vetter



Veronica Darno & Nicholas Melhem



Faith Collina & Kaiden Chinchar



Olivia Brandt & Brian Myers



Emiliana Bowman & Eric Duffy



News from Key Club

Over 150 students attended the first Key Club meeting in September and were introduced to the officers, moderator and our Kiwanis Club representative, Mr. Jim Brown. Students were explained the mission of Key Club, the registration process, expectations and service projects for the year. There are club dues for Key Club because this is a national organization and we must register and pay for each student. Dues also cover the cost of the 2017-18 Key Club shirt to be worn at events. For information or registration, please visit the Notre Dame website, www. Ndcrusaders.org and find the Key Club tab under Student Life/Clubs.

Key Club Officers

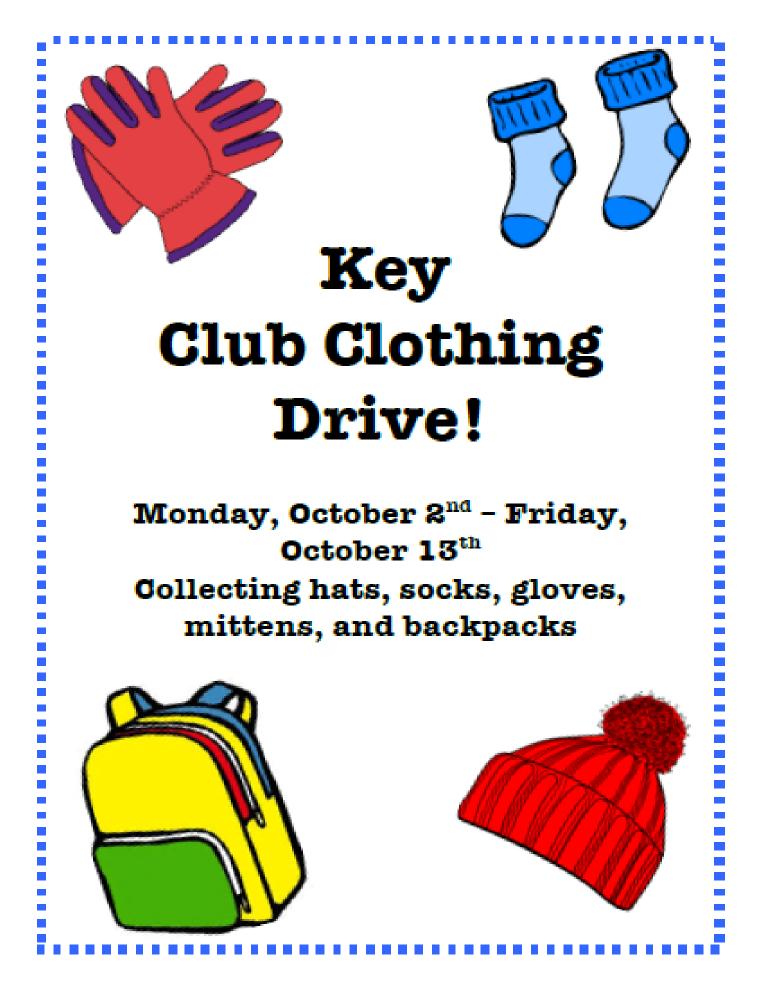
The 2017-18 Key Club Officers are:

| President | Milan D'Silva |
|----------------|-------------------|
| Vice President | Gillian MacDonald |
| Secretary | Natalie Vetter |
| Treasurer | Ryan Gibki |
| Webmaster | John Koons |
| Historian | Morgan Stevens |



Key Club in Action

The Key Club will be undertaking several service projects over the next few months. For the month of October, a collection of winter hats, gloves, scarves and socks will be taken and delivered to the homeless shelter in Bethlehem. Anyone wishing to donate these items may do so. There is a collection bin in the Main Office from Oct. 2 - 13, 2017. Also in October, Key Club members will visit Country Meadows for a Fall Festival where we will help entertain and engage some of our local seniors. In November, Key Club will run their annual wreath and poinsettia sale. Proceeds will benefit local charities. Anyone interested in helping Key Club can contact Mrs. Caroprese, Key Club moderator.



Development Office News

Gala Update

There are many ways you can help make this year's Gala a success:

- Donate a gift card, gift basket or any auction item (and remember, if it's a value of \$25 or more you are eligible for the "Gala Family Drawing" and have the possibility of winning \$250 credit on fundraising fees, tickets to the event or a great ND gift basket
- *Attend* the Gala. This is a great way to celebrate with all those who support our school and participate in the auction.
- *Sponsor* the event.
- *Advertise* in the event program.
- *Promote* the event to family, friends or businesses that can participate in some way.



All proceeds benefit the "Classroom Renovation Campaign" and will help enhance our students' experiences here on campus.

"Above the Best - Class of 1964-Ed Mullins Memorial Scholarship"

The deadline for applying for this \$500 tuition scholarship is quickly approaching. All applications and essays are due by October 16. The committee will review the submissions, select the recipient and make the presentation at the Veteran's Day Mass on November 16. Applications can be found on the school website under the tab "Student Life" and "Scholarship Opportunities".

| Veteran's Day Registration Form | |
|---------------------------------|-----|
| Name of Veteran | |
| Branch of Service | |
| Year(s) of Service | |
| Military Conflict/War | |
| Student Name | |
| Relationship to Student | |
| l | • • |

CAREER DAY SPEAKER REGISTRATION

Speaker Name____

| Career/Ind | dustry |
|------------|--------|
| | |

Employer_

Email

Phone

Veteran's Day Celebration

Reminder to all ND families, please invite family members and friends to be recognized at the Veteran's Day Mass on Nov. 16, 2017 at 8:15am. We ask that they complete the form below and return to the Development office by Nov. 10, 2017. All Veteran's will be recognized at the Mass and invited to a small reception after.

Career Day Speakers Needed

Reminder to all ND families that on March 20, 2018 we will host "ND Career Day" for our students. We need to secure approximately 60 speakers to share their careers and interests with current ND students. If you or someone you know would be interested in attending, simply complete the form below and return it to the Development Office by Dec. 1. Notre Dame High School Sth annual Gala HARRYEST FOR HOPS GALA AUCTION

NOVEMBER 11, 2017 6-10 p.m. Northampton Country Club

For information contact development@ndcrusaders.org or call 610-868-1431 x123

Scholarship Opportunity



NOTRE DAME HIGH SCHOOL

Member of the Middle States Association of Colleges and Secondary Schools3417 Church Road, Easton, PA610 868-1431Fax 610 868-6710www.ndcrusaders.org

Mario Lucrezi, Principal Tracey D. Andre, Assistant Principal Rev. Christopher S. Butera, Chaplain

Memorial and Endowment Scholarship Opportunity for Students Entering Grades 10-12

The following scholarship has been added to our annual offerings and will be awarded at the conclusion of the Mass to honor the Veteran's within the Notre Dame High School community on November 16, 2017. Please return all requirements to the Development Office by October 16, 2017. Please note: Student and Parent must sign the Personal Data Form to be eligible for consideration.

<u>Memorial Scholarship</u>

"Above the Best – Patrick Mullins Class of 1964" Memorial Scholarship

- Student must be entering grades 10, 11 or 12 for the fall semester
- Personal Data form completed
- Minimum GPA of 2.50
- List of all co-curricular activities as well as honors/awards/recognitions
- List of all community activities involved with as well as any employment

• One page essay on the following subject: "Describe one instance where you served someone and how it impacted you personally"

• For 2017-18 award: One (1) \$500 scholarship will be awarded and applied to current year tuition account

DEADLINE: October 16, 2017

| Member of the Midd 610 868-143 | le States Association of 3417 Church Road, E 1 Fax 610 868-6710 | GH SCHOOL Colleges and Secondary Schools aston, PA www.ndcrusaders.org | man |
|--|---|--|-----|
| STUDENT NAME | 20 | 017-18 GRADE | _ |
| STUDENT HOME ADDRESS | | | _ |
| CITY | STATE | ZIP CODE | _ |
| PARISH | PASTOR | | _ |
| CURRENT GPA(minimu | m requirement determine | ed by specific scholarship) | |
| EXTRA-CURRICULAR ACTIVITES AT ND/CURRENT | SCHOOL: (CLUBS/SP | ORTS/ECT.): | |
| | | | - |
| | | | |
| | | | - |
| EMPLOYER INFORMATION (IF APPLICABLE): | | | |
| EMPLOYER | CITY/STATE | HRS/WEE | K |
| ACTIVITIES PERFORMED WITHIN COMMUNITY: | | | |

FBLA



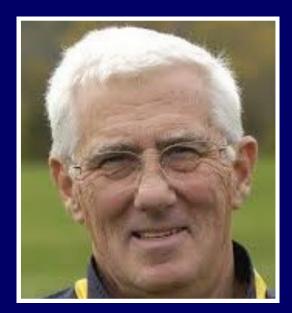
FBLA Meeting Monday October 16th, immediately after school in room #208.

FINAL sign up forms (found on ND website) and \$20 dues (which is for pay out to state and national FBLA club) are DUE by this date.

Meeting agenda: club will decide on our 2 fundraisers and choices for events that students can participate in at the Regional Leadership Conference. The regional leadership conference will again be held at Lehigh Carbon Community College around Christmas time. So sign up and let's start preparing to be winners of the region at this year's leadership conference!

Nation's Winningest Cross Country

Congratulations Coach Corrigan

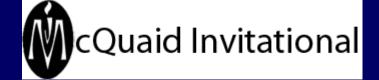


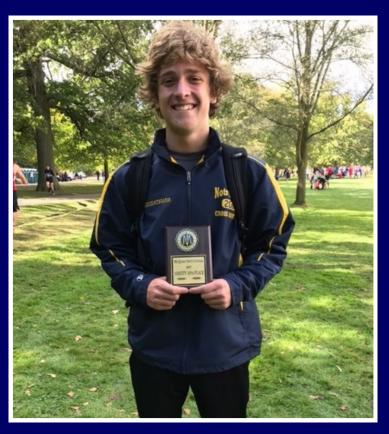
Art Corrigan celebrated his 600th career victory with the girls cross country team

He already reached the 600 milestone with the boys team in 2016.



Sports News





Top Performances of the Day: Sheamus Hammerstone placed 10th with a time of 15:48 John Koons placed 14th with a time 15:52 Both ran under the fastest time ever recorded by an ND runner in over 30 years of attending the meet (previous best held by Brian McGee) Boys team placed 5th overall in their race Girls top performance of the day was freshman Grace Medei who placed 15th overall in her race with a time of 19:10 Girls team placed 9th overall in their race Connor Duffy was top Varsity B runner of the day for ND - placed 22 with a time of 18:49 Wonderful day for NDHS - over 80 athletes and family members were in attendance for this wonderful event.



Medal Winners



Congratulations Larsen Lencheski

Bronze Medal in Golf



Congratulations to the Girls Tennis Team Players Sara Medei (Bronze) Logan Lencheski (Gold) Emma Anmolsingh (Bronze)

Senior Night 2017







Congratulations Senior

Soccer Players



Sports News



#5 Isaiah DeJesus

Taking the "W" against Palmerton on September 29th, ND Varsity football has reached mid-season with an impressive 4-2 record. The Crusaders will meet up against the Catasauqua Rough Riders on October 6th, followed by Pen Argyl Green Knights on October 13th for Notre Dame's Homecoming game.



#68 Andrew Stackhouse and #21 Gerald Grube celebrate after an ND touchdown against the Bombers!



#21 Gerald Grube

Photos courtesy of M. Stackhouse

Kick It For A Cause

My name is Alex Garrido and I am a junior at ND. I am also a kicker for the ND football team.

After meeting Giuliana Giannone at last year's MiniTHON, I was inspired to dedicate my junior year to help raise money for pediatric cancer research.



PLEDGE TODAY TO CURE KIDS CANCER With every field goal and extra point I make this season, we'll score big with kids with cancer.

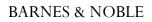
Please check out the website below to make your pledge.

Thank you for your support!!!

https://www.kick-it.org/champ/2017/08/alex-garridos-crusade-tokick-cancer

NOTRE DAME HIGH SCHOOL Barnes & Noble Bookfair

WEDNESDAY, NOVEMBER 16TH



445 SOUTHMONT WAY

EASTON, PA

COME JOIN US

DRAWING FOR GIFT CARDS

GIFT WRAPPING

SCAVENGER HUNT

***DRESS DOWN PASS WITH PURCHASE**

Can't attend our bookfair at Barnes \$ Noble?

Visit **bn.com/bookfairs** to support us online from 11/15/17 to 11/20/17 by entering Bookfair ID 122235441 at checkout.

A percentage of your Barnes & Noble purchases will benefit NOTRE DAME HS.



Freshmen Retreat

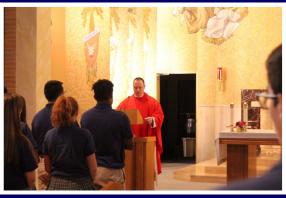














Fundraising News

The 2nd drawing of the 2017-2018 Fundraising Ticket Series "No Tricks Just Treats" will run from Friday, September 8th with the drawing being held on Thursday, October 26th, 2017 at noon in the Finance Office. Deadline for submitting tickets is Wednesday, October 25th, 2017.

For your convenience, the main office is open Monday-Friday from 7:30 am to 3:30 pm to either pick-up or drop off your tickets.

Please ensure that the "Student Name" section is completed so we can apply credit to your fundraising account.

As a reminder, the 2017-2018 Fundraising quota's are as follows:

5 \$750 per single child family or

\$1,000 per multi child family

Tickets may be purchased all at once, or spread throughout the year. "No Tricks Just Treats" is a \$10.00 ticket with a chance of winning \$6,400 in total prizes.

For every 10 tickets sold, you receive a free ticket for that drawing and <u>you can write just one check</u> for all the tickets purchased.

Additional drawings:

Christmas Bliss - (10/27/17-01/04/18)

Luck of A Crusader - (01/05/18-03/15/18)

Spring Is In The Air - (03/16/18-05/03/18)

<u>Mark Your Calendars!</u>

<u>Fundraising 50% Plan</u>: Once you have met your fundraising quota for the current school year, we will credit your tuition account 50 cents on every dollar over the quota.

Should you have any questions, please contact Cindy Mackiewicz, Student Fundraising Coordinator, at cmackiewicz@ndcrusaders.org



Notre Dame High School – Speech & Debate Club

Please Enter Our Group #: 990102851

We're partnering with **Yankee Candle Fundraising** to help achieve our goal this year. They are the world's #1 candle brand and they offer a wide range of premium candles, fragrances, and décor items at a very wide range of prices. But the most important thing to know is that **40% of every sale goes to us!**

To help support us, click on the link below and order items online. Your purchases ship directly to your home and our group receives its 40% profit on each and every sale. This promotion is good Oct. 2 through Oct. 20, 2017

Ready to start shopping now?

www.yankeecandlefundraising.com and enter your Group Number 990102851 in the "Start Shopping" box there. Then you can shop for the same Yankee Candle Fundraising items and your purchases will still benefit our organization.

Perfect Holiday Gifts for Family & Friends



Thank You for your Support!



Fundraiser Ends October 20 !

If you would prefer to order using an order form or have any questions, please contact Renee Bianchi at **renee.bianchi@whlife.us**





The ND Girls Basketball Team will be hosting a clinic for our CYO feeder school students on Sunday, November 12.

Girls in grades 3-8 and attending St. Jane's, OLPH, Holy Family, St. Anne's, Immaculate Conception, St. Phillip and St. James are welcome to register for the clinic.

For further registration details, please contact Coach Josh Kopp at jkopp@ndcrusaders.org

Speech and Debate Team



You will have the opportunity to improve your communication skills through debating various topics, delivering speeches, or giving dramatic presentations. You will also have the opportunity to represent Notre Dame at various local, regional, state and national tournaments.

We have had many state and national award winners including two national champions and nine state champions. We also had a student who was selected to compete as part of Team USA in the World Schools Debating circuit.

Feel free to check out our team page for more information: <u>http://www.ndcrusaders.org/groups/15277/speech_and_debate/</u> <u>home_page_speech_debate</u>

Meetings are Monday nights from 6:30-8:30pm.

Contact <u>srizzo@ndcrusaders.org</u> if you are interested in joining. Mr. Sal Rizzo, Head Coach Mr. Stuart Kramer, Assistant Coach

Guidance News

Class of 2018: Sending Transcripts

The Guidance Office sends official transcripts to colleges and universities through E-docs (electronic documents), in our Naviance/Family Connection account

Family Connection is a customizable website that allows Notre Dame Seniors to utilize the tools available in Naviance.

Family Connection

Just some of the features students will be using in Family Connection include: a thorough college search, links to college admissions pages and college/university online applications, and the ability to request transcripts and letters of recommendation that will be sent by the Guidance Office electronically to the colleges that students have applied.

If you don't quite understand the process, please do not worry. Senior meetings with the Guidance Office have begun, and will continue through September and October.

Most students should know their individual Family Connection login information. <u>http://connection.naviance.com/notredhs</u>

Students were asked to use their Notre Dame Email account (firstinitiallastname@student.ndcrusaders.org), and the password initially was six digit date of birth, (ex., 050299).

After you successfully log in you'll be taken to Notre Dame's Senior Family Connection homepage, where you will see links to relevant senior year information on the left, and four tabs: **College, Career, About me, My Planner.**

Some of the features you'll notice in each tab include:

Colleges Tab: College Search, Common App Account Matching, College Profiles, College Statistics, College Match, College Maps, and the National Scholarship Search by Sallie Mae.

Career: Career Search, Career Key™, Career Interest Profiler, Roadtrip Nation Interview Archive

About Me: Game Plan Survey, Do What You Are, StrengthsExplorer®, Resume Builder, Cluster Finder, and Career Interest Profiler.

My Planner: Include an overview of the student's success plan schedule, goals and to-do list creation, and a task list.

Guidance will use this feature as much as we can with students in school, however part of Family Connection's strength is the ability for parents and students to complete a number of college/career related items at home.

Should a student use a Common Application?

That depends on whether or not you see the little "CA" logo next to a college in the *Colleges I'm Thinking About page*.

To use the Common App, the first step is to create a <u>Common App</u> account.

Remember- Students will still apply to colleges using the Common App (www.common app.org), or an online application directly from that college. Supporting documents will be sent electronically upon request by you through edocs

Guidance News

Coming in November 2017 Financial Aid & PHEAA Presenter in the PM for seniors and parents

Michael Burke, our regional PA Higher Education Assistance Agency (PHEAA), will be coming to Notre Dame on Tuesday evening, November 14, 2017 to speak with parents and students about the state and federal financial aid process. Parents are strongly encouraged to attend this event for useful information on the financial aid process.

PACCAO Tour comes to Notre Dame Monday, October 2, 2017 at 11:30 a.m.

The Pennsylvania Association of Catholic College Admissions Officers (PACCAO) will be visiting Notre Dame High School. Approximately 20 colleges will set up in our gym in a college fair like fashion, while students are encouraged to walk around and speak with the admission reps. Students should be prepared to ask questions and find out more about the Catholic colleges in Pennsylvania, including the tuition incentives available to Catholic high school graduates.

Northampton County College Fair Northampton County College Tuesday, October 10, 2017 from 6:00 - 7:30 p.m.

More than 150 representatives from colleges, universities and technical schools will be present to answer your questions and provide valuable information about their institution, and other relevant post-secondary materials.

PSAT/NMSQT- Grades: 9, 10, 11 Wednesday, October 11, 2017

Freshman, Sophomores and Juniors will take the PSAT/NMSQT at Notre Dame on Wednesday morning, October 11th. The PSAT is a preliminary SAT cosponsored by the College Board and National Merit Scholarship Corporation. This test is administered to promote college readiness and Juniors may be eligible for the National Merit Scholarship program. Freshman will take a special version of the PSAT, referred to as the 8/9 PSAT. The PSAT provides the best practice for the SAT as it is in the same format and evaluates the same skills as the SAT: reading, math, and writing. After the test, students will have direct access to free, customizable, online, SAT test prep through Khan Academy

The test will take approximately 3 hours and we will resume an abbreviated schedule for the rest of the day.

No School for Seniors: College Visit Day Wednesday, October 11, 2017

Seniors will be off that day, but will be expected to use their time wisely. This should be time spent exploring colleges, or other post-secondary options through campus tours, visits, interviews, etc...

Guidance News



Student Assistance Program (SAP)

If you know a student who is struggling with something, and could use some extra help, please remember the SAP Team. SAP is a team of ND faculty/staff trained to remove barriers to learning a student might be facing. Through mobilizing resources both in and out of school, the SAP team works closely with parents and families in a confidential manner to ensure students are getting the help they need.

> Members of the SAPTeam: Ryan Allen Sharon Hillhouse Kelly Weber Zach Moyer Jessica Gold John Tague Jackie Friel

SPIRIT WEEK 2017

ND vs Wilson The Week of the Rivalry

Monday, Oct 23

Rockers vs Rappers

Tuesday, Oct 24

Past vs Future

Wednesday, Oct 25

Nerds vs Jocks

Thursday, Oct 26

Comfy Cozy vs Business Casual

Friday, Oct 27

Blue and Gold Day

Seniors and Sophomores – Blue Juniors and Freshmen – Gold

CIU 20 Driver Ed Program

On-the-Road Instruction

This training consists of six (6) 1-hour sessions one-on-one with an instructor. Driver training cars are provided by CIU20. A student must have his/her driving permit in order to take part in this instruction, as required by the state.

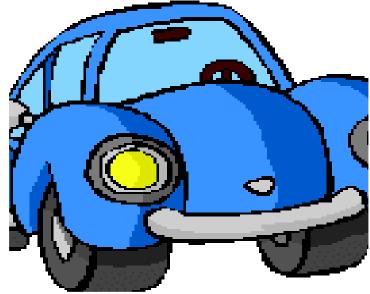
The On The Road program will take several months to complete. We will attempt to start your child's On-the -Road instruction as soon as possible but please be aware that there may be significant wait period of up to 2 months.

The student will drive with our instructors adapting new aptitudes. Parents are then expected to supplement this instruction with a minimum of 65 hours of instruction, as required by PennDOT, A Classroom Theory course is only required for on-the-road instruction if the student wishes to obtain his/her license through CIU20. They may take the classroom theory course at the same time they are learning with our instructors and practicing with their parents. Upon successful completion of a classroom theory course/ classroom course and our on-the-road instruction and the 65 hours. The student may take the final PennDOT licensing exam with one of our instructors. No student will be eligible for testing with a CIU 20 instructor unless the on the road CIU 20 instructor approves the testing. Students in their senior year of high school, must complete the final end-ofcourse skills test to obtain one's license by August 20th of the calendar year in which they graduate.

Cost: \$275 for six (6) 1-hour lessons

Pam Bloom

Colonial Intermediate Unit 20 6 Danforth Drive Easton, PA 18045 610-252-5550 pbloom@ciu20.org



October Calendar of Events

| October 5 | NHS Induction Mass 8:15 AM |
|------------|---|
| October 6 | Living Rosary |
| October 9 | School Closed Faculty In-service |
| October 10 | Stewardship for grades 9th and 10th |
| | Booster Club Meeting 7 PM |
| October 11 | PSAT Testing for grades 9th, 10, and 11th |
| | Seniors are off for the day to visit colleges |
| | Faculty Meeting 2:30 PM |
| October 12 | Stewardship for grades 11th and 12th |
| October 13 | Homecoming Game 7:00 PM |
| October 14 | Homecoming Dance 7:00—10:00 PM |
| October 17 | Day of Silent Solidarity |
| October 18 | Mass of Remembrance |
| October 19 | Student Dress Down Day for \$1 |
| October 22 | Open House |
| | Mass at 10 AM |
| | Followed by information sessions and tours |
| October 23 | Spirit Week theme for the day - Rockers vs Rappers |
| October 24 | Junior Class Retreat |
| | Spirit Week theme for the day - Past vs Future |
| October 25 | Spirit Week theme for the day - Nerds vs Jocks |
| October 26 | Spirit Week theme for the day - Comfy Cozy vs Business Casual |
| October 27 | ND Day Blue and Gold Day |
| October 28 | CYO Volleyball |
| October 30 | Visitation - OLPH 7th grade students |
| | 6 |

Upcoming in November

| November 1 | Student Council Induction Mass at 8:15 AM |
|------------|---|
| November 8 | Booster Club Meeting 7:00 PM |

November 17 & 18 Arsenic and Old Lace at 7 PM

"To live in love is to sail forever, spreading seeds of joy and peace in hearts." St Theresa the Little Flower