ST. MARY CATHEDRAL SCHOOL NEWS

Educating Children to Become Saints and Scholars

The 34th Week in Ordinary Time

Monday, November 23rd

- Monday Morning Assembly at 8:10 a.m. The 7th grade will lead prayer.
- Youth Choir until 4:00 p.m.

Tuesday, November 24th

- Mass at 8:00 a.m. for all grades. The 7th grade has Mass parts.
- Last robotics meet of the semester.

Wednesday, November 25th

- No School - Thanksgiving Break

Thursday, November 26th

- No School - Thanksgiving Break

Friday, November 27th

- No School - Thanksgiving Break

SCHOOL NEWS

- With the cooler weather upon us, we ask students in 3rd grade and below not to wear shorts or skirts without leggings until the warmer weather returns in the spring. We also ask those same students to bring a coat for recess if the forecast temperature is 40 degrees or colder.
- If you plan to have your child stay at ABClub and then go to a different activity (Basketball, martial arts, Robotics, etc.), please send them with a note or call the office. There has been some confusion in the afternoons!
- Monthly Calendar. https://bit.ly/3N8Kks5
- 2026 - 2027 school calendar here: 2026-2027 School Calendar

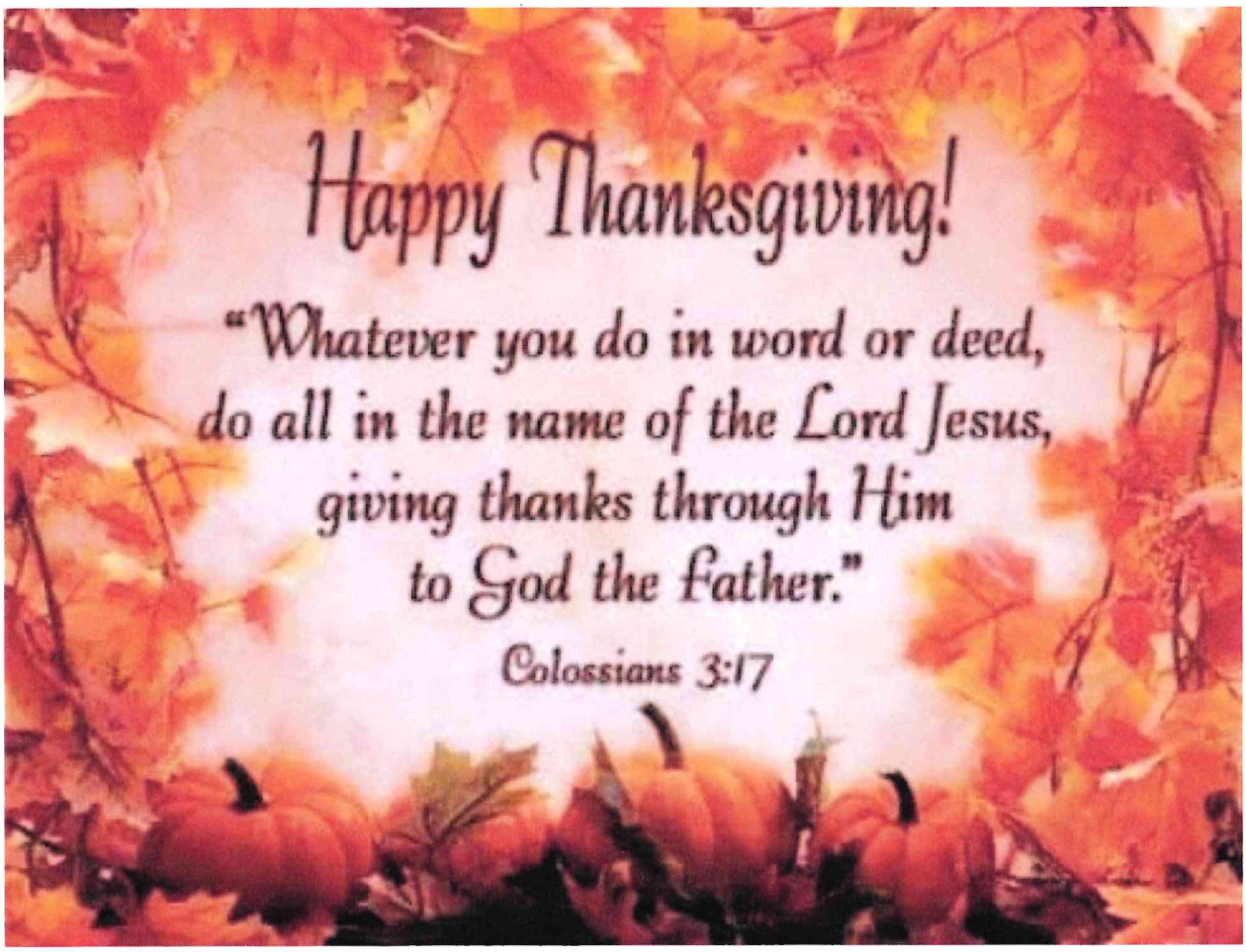
UPCOMING DATES

- 11/22 - Kindergarten and 2nd Grade help at 8:30 am Mass
- 11/25-27 - No School - Thanksgiving Break
- 12/2 - 12:45 pm Dismissal - Faculty Meeting
- 12/4 - Preschool - 3rd Grade Christmas Program - 6:00 pm
- 12/8 - No School - Solemnity of the Immaculate Conception
- 12/11 - Live Nativity
- 12/16 - 4th - 8th Grade Christmas Program and Band Concert - 7:00 pm
- 12/18 - Christmas Party - 11:00 a.m. Dismissal - Christmas Break Begins - No AB Club - End of 2nd Quarter
- 2/6 - Sacrament of Confirmation at 4:00 p.m.
- 3/20 - First Communion at 10:30 a.m.

MENU

Reminder: Breakfast is served in the cafeteria from 7:15 to 7:35 a.m. It is served with milk or juice.
Milk is served with lunch. This institution is an equal opportunity provider.
Breakfast = $1.75 Lunch = $3.10 Reduced Breakfast = 25¢ Reduced Lunch = 40¢

	Mon	Tue	Wed	Thu	Fri
Breakfast	Pancakes or Cereal and Toast	Eggs and Sausage or Cereal and Toast			
Lunch	Pepperoni Pizza or Deli Sandwich with Corn, Fruit, and Go-Gurtz	Chicken Burrito or Chicken Tenders with Pinto Beans, Rice Krispie Treat, and Fruit	No School Thanksgiving Break	No School Thanksgiving Break	No School Thanksgiving Break



St. Mary Cathedral School
is collecting

Clothing Donations

for Birthright



We are collecting
new or gently used
clothes for children
18 months – 3T
(boys and girls).



All donated items can be sent to Maggie Arnold.

If you have any questions,
please contact me at
maggiearnold@stmarycape.org.

Living Your Faith at Home - DECEMBER

DECEMBER: THE MONTH OF THE IMMACULATE CONCEPTION

The Immaculate Conception is a Catholic dogma stating that the Blessed Virgin Mary was preserved free from all stain of original sin from the very first moment of her conception.



Mary with her parents, Sts. Joachim and Anne

While other humans are born with original sin and have it washed away later through baptism, Mary was kept free from original sin from the beginning. During Mary's own conception by her human parents, God intervened by a singular grace. God applied the saving merits of Jesus Christ to Mary in advance (called "preservative redemption") catching her before she could fall into original sin.



"Hail, full of grace." By these words the angel shows that she was altogether excluded from the wrath of the first sentence, and restored to the full grace of blessing.

- St. Augustine

DATES IN DECEMBER:

3 - St. Francis Xavier
7 - St. Ambrose, Bishop and Doctor of the Church
8 - THE IMMACULATE CONCEPTION OF THE BLESSED VIRGIN MARY
9 - St. Juan Diego
12 - Our Lady of Guadalupe
13- St. Lucy, Virgin and Martyr
14 - St. John of the Cross. Priest and Doctor of the Church
25- THE NATIVITY OF THE LORD
26 - St. Stephen, The First Martyr
27 - THE HOLY FAMILY OF JESUS, MARY AND JOSEPH
28 - The Holy Innocents, Martyrs

He does not remain distant and mighty, but draws near to us in humility; leaving his throne in heaven, he lets himself be laid in a manger... The Christmas manger, the first message of the divine Child, tells us that God is with us, he loves us, and he seeks us. So take heart! "."

- Pope Francis

FAMILY ACTIVITIES FOR DECEMBER & THE SEASON OF ADVENT:

- For the **Season of Advent**, make an Advent wreath for your home. You can also make a Jesse tree with ornaments representing moments from Creation to Incarnation. Directions and printable ornaments are available at dynamiccatholic.com.
- On the **Feast of the Immaculate Conception**, attend Mass as a family (Holy Day of Obligation). You can also make a meal of white foods, to celebrate Mary's purity.
- To celebrate **St. Juan Deigo** and **Our Lady of Guadalupe** cook a feast of Mexican food, and make your own tilmas, using crayons or paint and brown paper bags.
- For the **Feast of St. Lucy,** make crowns of light, (with battery-operated lights). This is a tradition in several countries, as her name means "light."
- On the **Feast of St. John of the Cross,** as a family, read his poem *Ballad VIII: Of the Annunciation* (on back). Make peanut-butter kiss cookies. St. John of the Cross loved chocolate, and brown and black are the colors of the Carmelites, the order he founded.

The Church calls "Incarnation" the fact that the Son of God assumed a human nature in order to accomplish our salvation in it. (CCC 461)



Living Your Faith at Home - DECEMBER



OUR LADY OF GUADALUPE

Our Lady of Guadalupe first appeared on the hill of Tepeyac in Mexico in 1531. A peasant named Juan Diego saw a glowing figure on the hill. After she had identified herself to him, Our Lady asked that Juan build her a shrine in that same spot, so she could show and share her love with all those who believe.

Afterwards, Juan Diego visited the Archbishop of Mexico City. The Archbishop dismissed him in and asked that Diego provide proof of his story and of the Lady's identity. Juan Diego returned to the hill and saw Our Lady again. She told him to climb to the top of the hill and pick some flowers to present to the Archbishop.

Although it was winter, Juan Diego found an abundance of flowers of a type he had never seen before. The Virgin bundled the flowers into Juan's cloak, known as a tilma. When Juan Diego presented the tilma of exotic flowers to the Archbishop, the flowers fell out and he realized the flowers were Castilian roses, which are not found in Mexico. What was even more miraculous was that the tilma had been miraculously imprinted with a colorful image of the Virgin herself. The actual tilma was preserved and it remains perhaps the most sacred object in all of Mexico.

DID YOU KNOW the meaning of Advent?

Unlike the secular and commercialized "holiday season" of the world, our Advent is about preparing, quieting, and disciplining our hearts for the full joy of Christmas.

The Advent season leads our hearts and minds to Christ's second coming at the end of time and to celebrate of Our Lord's birth on Christmas. The Advent readings call us to be alert and ready, not weighted down and distracted by the cares of this world.

The word ADVENT comes from the Latin "ad-venire," meaning "to come to"

Ballad VIII: Of the Annunciation
by St. John of the Cross



St. John of the Cross was a Carmelite friar. His writings and poetry are considered masterpieces in Christian literature.

Then he summoned an archangel;
Saint Gabriel came,
And He sent him to a maiden,
Mary was her name,

Whose consent and acquiescence
Gave the mystery its birth;
It was the Trinity that clothed
With flesh the Living Word.

Though the three had worked the wonder
It was wrought in but this one,
And the incarnated Word
Was left in Mary's womb.

And He who had a father only
Now possessed a mother,
Though not of man was He conceived
But unlike any other.

And deep within her body
His life of flesh began:
For this reason He is called
The Son of God and Man.

Dear St. Mary's Preschool – 3rd Grade Parent,

Hopefully you all have marked your calendar for this year's Christmas program, Friday, December 4th. The evening will begin at 6:00pm when our Preschool through 3rd Grade will perform a funny look at the birth of Christ with "Shepherds, Sheep, and a Savior"!

For costumes:

Preschool and Pre-K will be our "sheep" – please find a white shirt (something too big, a little long – dad's undershirt?) – We really aren't going to be picky, but do try to not have any large logos or writing. We will provide a "sheep hat" and tail to complete the look. Pants can be any color.

K – 3rd Grade should dress as "Shepherds". A towel or scrap of material (maybe a pillow case) tied on the head and a larger piece over the shoulder or cut a hole out for the head – then tie around the waist with a length of rope or material – or maybe a bathrobe? Search YouTube or Google for ideas.

Please do not come too early – arrive at 5:40pm (ish).

Students should go to their classroom to prepare for their entrance.

Thank you and Merry Christmas!

Jim Hindman
Music Teacher

Wings Etc. is Helping Us Raise Money!

Come Help Raise Funds for
St. Mary's School
by Participating in a
Wings Etc. Dine-to-Donate Event!

- **When:** December 3, 2026
- **Where:** Wings Etc.

3047 William Street Ste 105

Cape Girardeau MO

Ph. 573-803-3400

Time: 11:00am—10:00pm

Please dine in or carry out at Wings Etc. CAPE on December 3, 2026 at the times listed above and Wings Etc. will donate 10% of your food & soft drink subtotal. Don't forget to detach the fundraiser ticket and bring it with you to Wings Etc.!

(trim here)

Wings Etc. Fundraiser Ticket

Please present this ticket to your server or bartender on Dec 3, 2026 and 10% of your food & drink subtotal* will be donated to St. Mary's School.

*excludes alcohol, tax, and specials or discounted items