ST. MARY CATHEDRAL SCHOOL NEWS

Educating Children to Become Saints and Scholars

The 32nd Week in Ordinary Time

Monday, November 9th

- Monday Morning Assembly at 8:10 a.m. The 1st grade will lead prayer. All students in uniform!!
- Dental Screenings
- Youth Choir until 4:00 p.m.
- 7th Grade Boys Basketball at home vs. Immanuel Lutheran @ 7:00 p.m.

Tuesday, November 10th

- Mass at 8:00 a.m. for 6th-8th grades. The 6th grade has Mass parts.
- Math Club 3:00 - 4:00 p.m.
- Robotics grades 5-8 @ 6:30 p.m.

Wednesday, November 11th

- Mass at 8:00 a.m. for 1st-5th grades. The 4th grade has Mass parts
- Scholar Bowl Practice 3:00 - 4:00 p.m.
- Home and School Meeting at 5:30 p.m.

Thursday, November 12th

- Veterans' Day Breakfast and Assembly
- Archery 3:00 - 4:30 p.m.
- 7th Grade Boys Basketball at Kelso C-7 @ 7:00 p.m.

Friday, November 13th

- Mass at 8:00 a.m. for 1st-8th grades. The 5th grade has Mass parts.

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.
- St. Mary CCW (Council of Catholic Women) is hosting a Craft and Bake Sale in the school gym on November 14th from 7 a.m. to 5:30 p.m., and on Sunday, November 15th from 7:30 a.m. to Noon.
- Monthly Calendar. https://bit.ly/3N8Kks5
- 2026 - 2027 school calendar here: 2026-2027 School Calendar

UPCOMING DATES

- 11/18 - First Reconciliation 6:30 pm
- 11/19 - Muffins with Mom
- 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	French Toast Sticks or Cereal and Toast	Veterans' Breakfast and Assembly	Mini Apple Donuts or Cereal and Toast
Lunch	Toasted Ham and Cheese Sandwich or Chicken Nuggets with Sweet Potato Fries, and Fruit	Chicken Fajitas or Chicken Tenders with Mexican Street Corn, Fruit, and Jello	Chili or Hot Dog with Veggie Cup, Cinnamon Roll, and Fruit	Chicken Pot Pie or Chicken Patty Sandwich with Cooked Carrots and Fruit	Macaroni and Cheese or Deli Sandwich with Broccoli, Pumpkin Bread, and Fruit





SAINT MARY CATHEDRAL SCHOOL
VETERANS DAY
BREAKFAST & ASSEMBLY

WHEN:
THURSDAY, NOVEMBER 12, 2026

TIME:
BREAKFAST SERVED FROM 7:15-8:15
ASSEMBLY IMMEDIATELY FOLLOWING BREAKFAST
** BREAKFAST PROVIDED BY KNIGHTS OF COLUMBUS COUNCIL #1111 FOR VETERANS AND SAINT MARY CATHEDRAL SCHOOL STUDENTS, TEACHERS & PARENTS**

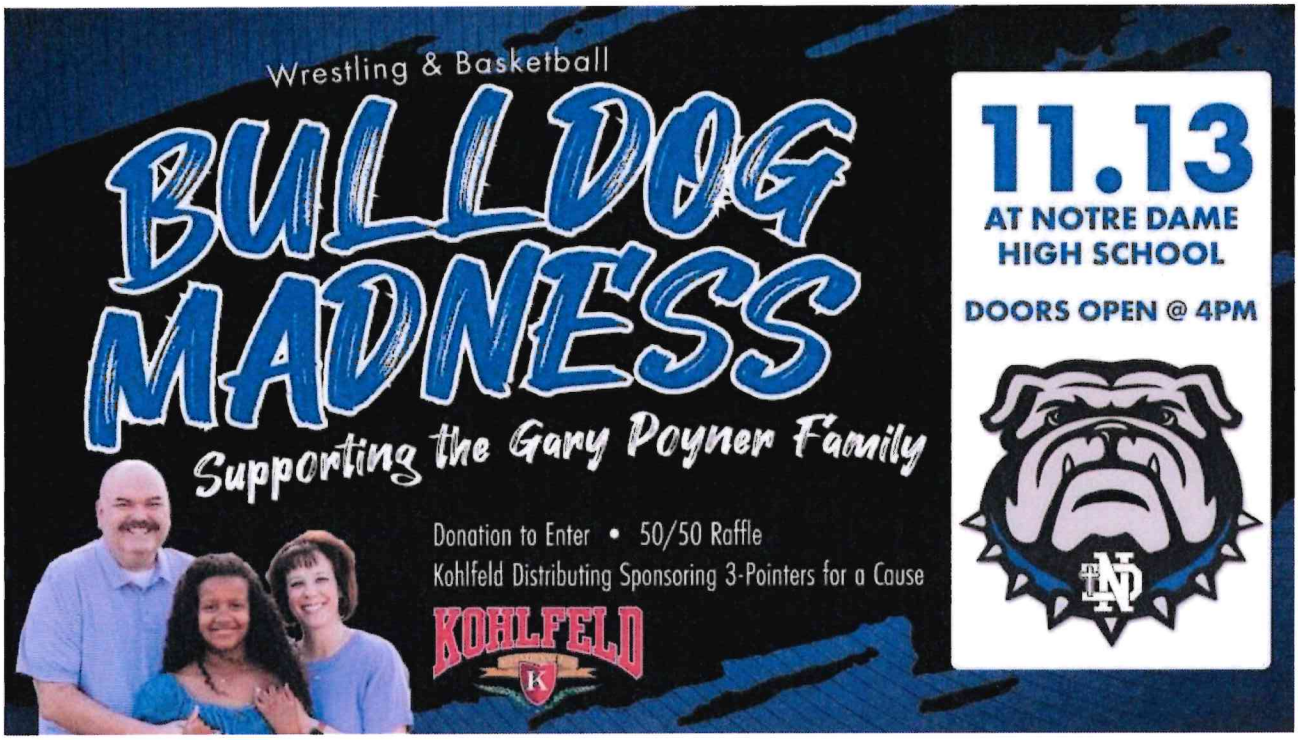
WHERE:
SAINT MARY CATHEDRAL
SCHOOL GYMNASIUM
210 SOUTH SPRIGG STREET
CAPE GIRARDEAU, MO 63703



Guest Speaker:
Major General (Retired)
William Blaylock

St Mary BLUE JAYS

RSVP to Rebecca Peters by 06NOV26
Phone: 573-579-7802
Email: rebecca.jo.peters@gmail.com



Join us on November 13 for an evening of Notre Dame basketball and wrestling while supporting the Gary Poyner family. Doors open at 4:00 p.m., followed by the wrestling showcase at 4:30 p.m. and the girls & boys basketball scrimmages beginning at 5:30 p.m.

Support for the Poyner family throughout the evening will include admission by donation, a 50/50 raffle, and 3-Pointers for a Cause, with Kohlfeld Distributing donating $50 for every made three-pointer during the boys varsity scrimmage.

Come preview Notre Dame winter sports and help our Bulldog community rally around the Poyner family!

THE SISTERS ARE INVITING YOU!

COME PRAY, PLAY, & SING WITH THE SISTERS

Spend the day with the
Religious Sisters in the Cape Area.

We will have some time for prayer,
fellowship, food, and fun!



SATURDAY
NOVEMBER 14, 2026
8:30 AM - 2:30 PM

ST. VINCENT DE PAUL, CAPE
(Meet in the Lower Meeting Room)

All girls in grades 6-8 are welcome!

Questions?
Email Sr. Rocio
sisterrocio@svparish.com

RSVP HERE

Living Your Faith at Home - NOVEMBER

NOVEMBER: THE MONTH OF THE HOLY SOULS IN PURGATORY

Purgatory is a temporary state of purification in which souls are cleansed of the remaining effects of sin before entering heaven. Although God forgives our sins in Confession, the temporal consequences of sin may still need to be healed within us. For example, if you break your neighbor's window, your neighbor may forgive you, but the window still needs to be repaired. In a similar way, Purgatory repairs the damage caused by sin.

The existence of Purgatory reveals God's great mercy. If we die before becoming perfectly holy, God provides a way for us to be purified and made ready for heaven. Souls in Purgatory cannot help themselves, as they can no longer earn merit or perform good works. But ***we can help them*** through our prayers, which help purify them and speed their entry into heaven.



St. Gertrude's Prayer to Help Souls in Purgatory



Eternal Father, I offer You the most Precious Blood of Your Divine Son, Jesus, in union with the Masses said throughout the world today, for all the Holy Souls in Purgatory, for sinners everywhere, for sinners in the Universal Church, those in my own home, and within my family. Amen.

DATES IN NOVEMBER:

1 - ALL SAINTS' DAY
2 - ALL SOULS' DAY
10 - St. Pope Leo the Great
13 - St. Frances Xavier Cabrini
16 - St. Gertrude & St. Margaret of Scotland
18 - St. Rose Philippine Duchesne
21 - THE PRESENTATION OF THE BLESSED VIRGIN MARY
22 - OUR LORD JESUS CHRIST, KING OF THE UNIVERSE
30 - St. Andrew, Apostle

"If, during life, we have been kind to the suffering souls in purgatory, God will see that help be not denied us after death"

- St. Paul of the Cross

FAMILY ACTIVITIES - NOVEMBER:

- On **All Saints' Day**, have each family member talk about the Saint they chose for their confirmation name, and why they chose them. Say the All Saints Prayer (on back)
- On **All Souls' Day**, pray the prayer from St. Gertrude for the souls in Purgatory. Tell stories family about family members who have passed, look at old pictures of them, and then pray for their souls..
- For the **Feast of St. Francis Xavier Cabrini**, watch the 2024 movie, *Cabrini* (PG-13), or read about her life and works. Volunteer to help with Vincent's Vittles as a family
- For **OUR LORD JESUS CHRIST, KING OF THE UNIVERSE** make a round crown cake or crown-shaped cookies. Say the Te Deum prayer (on back) together.
- Remember St. Andrew and St. Peter were brothers. On the **Feast of St. Andrew**, do something unexpectedly nice for a sibling. Perhaps make them a small gift, or help them with one of their chores.

OUR LORD JESUS CHRIST, KING OF THE UNIVERSE



Living Your Faith at Home - NOVEMBER

PRAYER FOR ALL SAINTS DAY

All saints in Heaven, I thank you for the holy witness you each have given to the Church and rejoice in the blessings you now enjoy in Heaven. Please pray for me and for all people, that every one of us will become holy, bearing witness to Christ with our lives, and one day enter Heaven. May God pour forth an abundance of grace upon the world through the example you set and the prayers you now pray before His throne. All saints of God, pray for me. Jesus, I trust in You.

THE TE DEUM PRAYER

The Te Deum prayer is traditionally said on the Solemnity of Christ, King of the Universe. Its name comes from its Latin opening words, Te Deum laudamus, which mean "Thee, God, we praise"

You are God: we praise you;
You are God: we acclaim you;
You are the eternal Father:
All creation worships you.
To you all angels, all the powers of heaven,
Cherubim and Seraphim, sing in endless praise:
Holy, holy, holy, Lord, God of power and might,
Heaven and earth are full of your glory.
The glorious company of apostles praise you.
The noble fellowship of prophets praise you.
The white-robed army of martyrs praise you.
Throughout the world the holy Church acclaims you:
Father, of majesty unbounded,
Your true and only Son, worthy of all worship,
And the Holy Spirit, advocate and guide.
You, Christ, are the king of glory,
The eternal Son of the Father.
When you became man to set us free
You did not spurn the Virgin's womb.
You overcame the sting of death,
And opened the kingdom of heaven to all believers.
You are seated at God's right hand in glory.
We believe that you will come, and be our judge.
Come then, Lord, and help your people,
Bought with the price of your own blood,
And bring us with your saints
To glory everlasting.
Save your people, Lord, and bless your inheritance.
Govern and uphold them now and always.
Day by day we bless you.
We praise your name forever.
Keep us today, Lord, from all sin.
Have mercy on us, Lord, have mercy.
Lord, show us your love and mercy;
For we put our trust in you.
In you, Lord, is our hope:
And we shall never hope in vain.

DID YOU KNOW
the four steps to become a canonized Saint in the Catholic Church?



1) **Servant of God:** After a five-year waiting period following a person's death, the local bishop may open an official investigation into the candidate's life and reputation for holiness. If the Vatican accepts the cause, the person is called a Servant of God.

2) **Venerable:** The Dicastery for the Causes of Saints reviews the evidence gathered about the person's life. If the Pope recognizes that the person practiced "heroic virtue," the candidate is declared Venerable.

3) **Blessed (Beatification):** Beatification usually requires one confirmed miracle attributed to the candidate's intercession after death. For martyrs, this miracle is not required because they gave their lives for the faith.

4) **Saint (Canonization):** Canonization is the final step and requires a second confirmed miracle after beatification, or a first miracle for martyrs. Once the miracle is approved, the Pope formally declares the person a Saint at a canonization Mass.

ST. ROSE PHILIPPINE DUCHESNE
A Patron Saint of the Diocese of Springfield-Cape Girardeau

Our diocese has two patron saints, St. Pope Pius X and St. Rose Philippine Duchesne, whose feast day is November 18. She Was born in France and became a nun when she was 19. Eventually her desire to do missionary work led her to travel to the U.S., where she founded the first free school for girls west of the Mississippi, in St. Charles, Missouri.



"Do not look back to the past, nor forward to the future. Claim only the present, for it holds God's will."