

ANNOUNCEMENTS

- September 4- No school (staff PD day)
- September 7- Labor Day (No School)
- September 9- Mum pick up, midterms, athletic checks, Brave Boundaries Presentation
- September 10- Grandparents Day
- September 11- Alternate dress for a donation
- September 15- Picture Day
- September 17/18- Parent/Teacher Conferences (Early Dismissal 1:00 p.m.)

FROM THE PRINCIPAL'S DESK

Ravens Family,

What a wonderful beginning to the school year we have had! The halls and classrooms are once again filled with energy, laughter, learning, and, of course, a little bit of the beautiful chaos that comes with a new school year. It has been such a joy to watch our students settle into their routines, reconnect with friends, welcome new classmates, and jump into their learning. We are especially excited to welcome our new students to our St. Ben's family, bringing our enrollment to 400 students this year!

Our diocesan theme this year is Walking together in Christ. What a beautiful reminder of the important work we have been entrusted with as a Catholic school community. Each day, we have the opportunity to help our students grow not only academically, but also in faith, character, kindness, and confidence. We want our children to know that they are deeply loved by God and that their lives have a purpose. As we pray, learn, serve, and grow together, may we continue to build a future filled with hope.

A Little Personal News

Many of you now know that in January, my now-husband, Erick, and I were married right here at St. Benedict Cathedral. I want to take a moment to thank our St. Ben's family for the many prayers, congratulations, kind words, and well wishes you shared with us. We truly felt surrounded by love and are incredibly blessed. And now for the question I have been asked a few times: How do you pronounce your new last name? I went from the wonderfully easy Wright to Orandi. It is pronounced O-ron-dee, and while I am still getting used to seeing it and saying it myself, I promise I will continue to answer to Ms. Wright.

Bourbon & Blue Jeans – Saturday, September 12

Our biggest fundraiser of the year is just around the corner! Bourbon & Blue Jeans is always a wonderful evening of food, fellowship, fun, and fundraising, and we are excited for another great year. This year's Fund-A-Need project will focus on replacing the playmat on our playground to further enhance campus safety. Your support directly impacts our students and our school, and we are so grateful for your generosity.

PTO News

Our PTO continues to be an important part of our St. Ben's community, and we are excited about the opportunities they are creating for families to become more involved.

PTO membership is \$15 per family or \$10 per student. Payments may be sent to the school office in an envelope clearly marked "PTO Membership Fees" along with your family name.

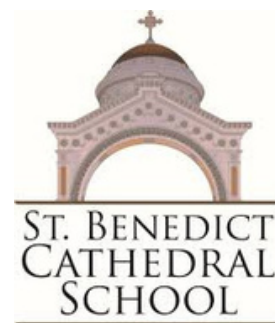
Academics & Important Dates

Parent-Teacher Conferences will be held on Thursday, September 17, and Friday, September 18. Students will be dismissed at 1:00 p.m. on both days. Please watch your email for information about signing up for a conference time.

As we look ahead to all that this school year will bring, let us continue to pray for one another, encourage one another, and keep our eyes focused on Christ. May our classrooms, our homes, and our community be places where our children experience faith, hope, joy, and love each day.

Walking together in Christ.

Megan Orandi
Principal



OFFICE STAFF

Megan Orandi
Principal

morandi@evdio.org

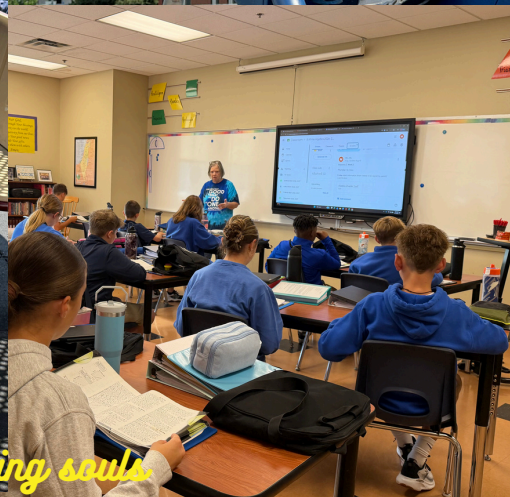
Bart Burke
*Dean of Students
& After-School Care*

bburke@evdio.org

Ami Pitt
Susan Jones
Administrative Assistants

apitt@evdio.org
sjones@evdio.org

RAVENS IS ACTION



Teaching minds... Touching hearts... Shaping souls.

A MESSAGE FROM MRS. SKIPPER, YOUTH FIRST

Supporting the School/Caregiver Partnership

In August, K-5 caregivers were invited to join St Ben's staff for our first-ever parent information night. Teachers discussed daily classroom procedures and interventions. Caregivers were also able to learn about best practices for supporting behavior management and emotional regulation at home.

- With any age, we recognize that all behavior is communication. It is important to shift our thinking and question what the behavior is telling us vs how to "get rid of" the behavior. Once we address the root cause and help our child build their skills, the symptomatic behavior will minimize. Crying may be the behavior we observe, but what are the tears communicating to us?
- Understanding behavior is not excusing it. We can understand why our child may be acting a certain way while still enforcing healthy boundaries and positive decision-making.
- Perfection is a myth. Our children, like ourselves, will have rough days. Children thrive when adults at school and home send the same message. We make mistakes, we take responsibility, and we start fresh. If we spend time lecturing, severely punishing, and negatively labeling our children for their actions, we miss the opportunity to help them grow and learn.
- Before saying, "you did not behave at school, you are grounded, end of discussion", try asking your child to walk you through what happened, what their thought process was, and what they could do differently in the future. We want to Connect-Coach-Correct their behaviors. Consequences may still happen, but learning remains the goal.
- Children borrow our calm. They learn to regulate their emotions through important and safe adult relationships. It is imperative we ensure we are regulated before we attempt to help them through a big emotion. Be the thermostat, not the thermometer.
- We want our children to be happy; however, this is often out of our control. Shifting our thinking to building resilient children helps prepare them to control their own happiness. Resilient children can manage frustrations, disappointments, and setbacks. They continue striving when things get tough. We don't build resilience by removing every obstacle. We build resilience by helping children navigate obstacles.
- Technology is not the enemy; it is a competition problem. Technology is competing with sleep, play, family connections, creativity, and physical activity. Children need these things to grow and learn.
- The brain doesn't stop developing until age 25. Our kids have a long way to go to get to this point! They are still building skills and learning who they are. What do you hope your child becomes at age 25? Are you responding in a way that supports that?

Brooke Skipper is the Youth First Social Worker at St Benedict Cathedral School. You can call the school to reach her personal extension or send her an email at bskipper@youthfirstinc.org. All contacts are confidential.

ST. BEN'S WELLNESS

Families, Staff, and Community of St. Benedict Cathedral School,

St. Benedict has a continued focus on fostering a culture of wellness for students, families and staff. Studies have shown that healthy students—particularly those who engage in physical activity and healthy eating—are better learners.

In 2016, our school received an Upgrade grant, which provides the tools schools need to offer opportunities for students to win in the classroom through healthy choices and physical activity. Upgrade currently supports 30 schools with evidence-based programs to develop healthy student behaviors for daily success.

A few of the things that have been integrated into our school environment as a part of this initiative include:

- Super-Food HEROES – a taste-testing program that allows elementary students to experience 20 different vegetables and their “super powers”
- Walk to School Day (In May)
- Movement-based physical education
- Brain Boosters in the classroom
- Resources and equipment to enable the cafeteria to serve more fresh fruits and vegetables
- Policies ensuring healthy food or non-food classroom celebrations and reward systems
- Minds in Motion pathways in our halls
- Sensory room equipment

The school wellness council drives these efforts and guides the school to view aspects such as fundraisers, school events, and classroom routines through a lens of health. We ask for your support as we continue to work together to enhance our current programs and create new healthy living opportunities for all those who enter our building.

Know that our wellness policy can be found on our school's website. We look forward to building a foundation that will ensure a sustainable culture of wellness far into the future. Please feel free to contact me with questions regarding this initiative!

To your health,

Megan Wright

Laurie Schopmeyer

PLEASE JOIN US

ST. BENEDICT CATHEDRAL'S

Bourbon &

Blue Jeans

Saturday, Sept. 12 • Warehouse 410
410 Carpenter St., EVV 47708

Dinner • Cash Bar • Bourbon Raffle
Silent & Live Auctions • Fund-a-Need

6:00 pm Happy Hour & Hors d'oeuvres
7:00 pm Dinner • \$75 / Ticket

Music by
DJ Erick Trice

Sponsorships & Tables Available:
Contact Angie Wellmeier

812.425.3369x2 / awellmeier@evdio.org

- JOIN OUR TOP SPONSORS -

 **CenterPoint
Energy**

Kenny KENT



 **heritage**
BANKING DESIGNED FOR YOU

KNEW Solutions





SPONSOR US

@ Bourbon and Blue Jeans

Do you own a business,
or know someone who
does, that would
sponsor our Bourbon
and Blue Jeans event?

\$75.00 - Teacher's Night Out
\$500.00- 80 Proof
\$1,000.00- 90 Proof
\$1,750.00- 100 Proof
\$2,500.00- Barrel Proof

PLEASE CONTACT ANGIE WELLMEIER
AWELLMEIER@EVDIO.ORG





SEPTEMBER 12, 2026 • 6:00 PM • WAREHOUSE 410 @ 410 CARPENTER ST. EVV 47708

RESERVE YOUR SEATING TODAY!

INDIVIDUAL TICKET:	\$75.00	QTY: _____
TABLE FOR 10:	\$750.00	QTY: _____
TEACHER'S NIGHT OUT SPONSOR:	\$75.00	QTY: _____
SEND A ST. BEN'S TEACHER TO BOURBON AND BLUE JEANS FOR FREE! INCLUDES NAME DISPLAYED ON SIGNAGE AT THE EVENT		
I CANNOT ATTEND, BUT WOULD LIKE TO DONATE	\$	_____

NAME: _____

ADDRESS: _____

PHONE: _____ EMAIL: _____

PLEASE LIST THE NAMES OF THOSE SEATED AT YOUR TABLE:

(PLEASE INDICATE A "GF" NEXT TO ANY GUEST WHO REQUIRES A GLUTEN-FREE MEAL)

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

TOTAL AMOUNT ENCLOSED: \$ _____

**PLEASE SEND THIS FORM AND PAYMENT BY AUGUST 31ST TO:
ST. BENEDICT CATHEDRAL, 1328 LINCOLN AVE. EVANSVILLE, IN 47714
OR EMAIL TO AWELLMEIER@EVDIO.ORG**

FOLLOW US ON SOCIAL MEDIA!



SAINT BENEDICT CATHEDRAL & SCHOOL



@SAINTBENCATHEDRALANDSCHOOL



SEPTEMBER 12, 2026 • 6:00 PM • WAREHOUSE 410 @ 410 CARPENTER ST, EVV 47708

SPONSORSHIP OPPORTUNITIES

~~CATERING SPONSOR (CLAIMED)~~

\$15,000.00

INCLUDES TWO (2) VIP TABLES FOR 10 PEOPLE EACH (20 PEOPLE TOTAL), 1 PREMIUM DRINK TICKET PER PERSON, NAME AND LOGO DISPLAYED ON MAIN PROMOTIONAL FLYER AS THE TOP SUPPORTER, NAME DISPLAYED ON INDIVIDUAL SIGNAGE AT THE EVENT, NAME MENTIONED ON SOCIAL MEDIA AND MARQUEE SIGN ON LINCOLN AVENUE

BOURBON RAFFLE SPONSOR

\$5,000.00

INCLUDES NAME/LOGO ON ALL RAFFLE TICKETS SOLD IN THE MONTH LEADING UP TO THE EVENT, NAME/LOGO ON RAFFLE FLYER AND ALL RAFFLE PROMOTIONS, NAME AND LOGO DISPLAYED ON MAIN PROMOTIONAL FLYER AS A TOP SUPPORTER, A VIP TABLE FOR 10, 1 PREMIUM DRINK TICKET PER PERSON, NAME AND LOGO DISPLAYED ON INDIVIDUAL SIGNAGE AT THE EVENT, NAME MENTIONED ON SOCIAL MEDIA AND MARQUEE SIGN ON LINCOLN AVENUE

~~CASH BAR/PHOTO-BOOTH SPONSOR (CLAIMED)~~

\$5,000.00

INCLUDES NAME/LOGO ON SIGNAGE NEXT TO EACH BAR, LOGO ON EACH PHOTO DOWNLOADED AT THE PHOTO BOOTH THAT IS SHARED ON SBC'S SOCIAL MEDIA ALONG WITH GUEST FACEBOOK SHARES, A VIP TABLE FOR 10, 1 PREMIUM DRINK TICKET PER PERSON, NAME AND LOGO DISPLAYED ON MAIN PROMOTIONAL FLYER AS A TOP SUPPORTER, NAME MENTIONED ON SOCIAL MEDIA AND MARQUEE SIGN ON LINCOLN AVENUE

~~BID-PADDLE SPONSOR (CLAIMED)~~

\$5,000.00

INCLUDES A VIP TABLE FOR 10, 1 PREMIUM DRINK TICKET PER PERSON, NAME AND LOGO DISPLAYED ON THE BACK OF THE BID PADDLES USED FOR THE LIVE AUCTION AND THE FUND-A-NEED, NAME AND LOGO DISPLAYED ON MAIN PROMOTIONAL FLYER AS A TOP SUPPORTER, NAME MENTIONED ON SOCIAL MEDIA AND MARQUEE SIGN ON LINCOLN AVENUE

BARREL PROOF SPONSOR

\$2,500.00

INCLUDES A VIP TABLE FOR 10, 1 PREMIUM DRINK TICKET PER PERSON, NAME AND LOGO DISPLAYED ON INDIVIDUAL SIGNAGE AT THE EVENT, NAME MENTIONED ON SOCIAL MEDIA AND MARQUEE SIGN ON LINCOLN AVENUE

100 PROOF SPONSOR

\$1,750.00

INCLUDES A VIP TABLE FOR 10, 1 BEER/WINE DRINK TICKET PER PERSON, NAME DISPLAYED ON SPONSOR GROUP SIGNAGE AT THE EVENT, NAME MENTIONED ON SOCIAL MEDIA AND MARQUEE SIGN ON LINCOLN AVENUE

90 PROOF SPONSOR

\$1,000.00

INCLUDES 6 TICKETS, NAME DISPLAYED ON SPONSOR GROUP SIGNAGE AT THE EVENT, NAME MENTIONED ON SOCIAL MEDIA AND MARQUEE SIGN ON LINCOLN AVENUE

80 PROOF SPONSOR

\$500.00

INCLUDES 2 TICKETS, NAME DISPLAYED ON SPONSOR GROUP SIGNAGE AT THE EVENT

TEACHER'S NIGHT OUT SPONSOR

\$75.00

SEND A ST. BEN'S TEACHER TO BOURBON AND BLUE JEANS FOR FREE! INCLUDES NAME DISPLAYED ON SIGNAGE AT THE EVENT

NAME: _____

ADDRESS: _____

PHONE: _____ EMAIL: _____

SPONSOR LEVEL: _____ TOTAL ENCLOSED: \$ _____

PLEASE SEND THIS FORM AND PAYMENT BY AUGUST 31 TO:
ST. BENEDICT CATHEDRAL, 1328 LINCOLN AVE. EVANSVILLE, IN 47714
OR EMAIL TO AWELLMEIER@EVDIO.ORG

FOLLOW US ON SOCIAL MEDIA!



SAINT BENEDICT CATHEDRAL & SCHOOL



@STBENCATHEDRALANDSCHOOL

SAVE THE DATE

ST. BENEDICT CATHEDRAL



Fine Arts NIGHT

CELEBRATE. CREATE. INSPIRE.

Join us for an evening showcasing
the incredible talent and creativity of
our students in art and music.



DECEMBER 9, 2026



5:30 PM



ST. BENEDICT CATHEDRAL

Faith. Talent. Community.



HONORING GOD THROUGH THE ARTS



Kindergarten-2nd Grade



PICTURE DAY IS COMING UP!

We'll help you get ready

**Picture Day for St Benedict Cathedral School
is scheduled for
Tuesday, Sep 15.**

This event's Order Code is 0500PPF.

Online ordering is available before and after Picture Day. Shipping and handling charges may apply to orders placed after Picture Day.

**Use this link to order pictures :
<https://inter-state.com/FlyerEntry>**

Picture Day will be an alternate dress day:

- Shirts must have standard short sleeves or longer.
- Jeans may be worn if they do not have holes or rips.
- Athletic pants and sweatpants may be worn. There should be no wording across the seat of the athletic pants.
- No yoga, loungewear, pajama pants, joggers, leggings, stretchy, bike shorts, or tight pants/shorts.
- The regular uniform policy regarding shoes must be followed. Socks must be worn.
- Hoods on sweatshirts cannot be worn up while in the school building.

PTO MEETING

TUESDAY, SEPTEMBER 22

5:30PM

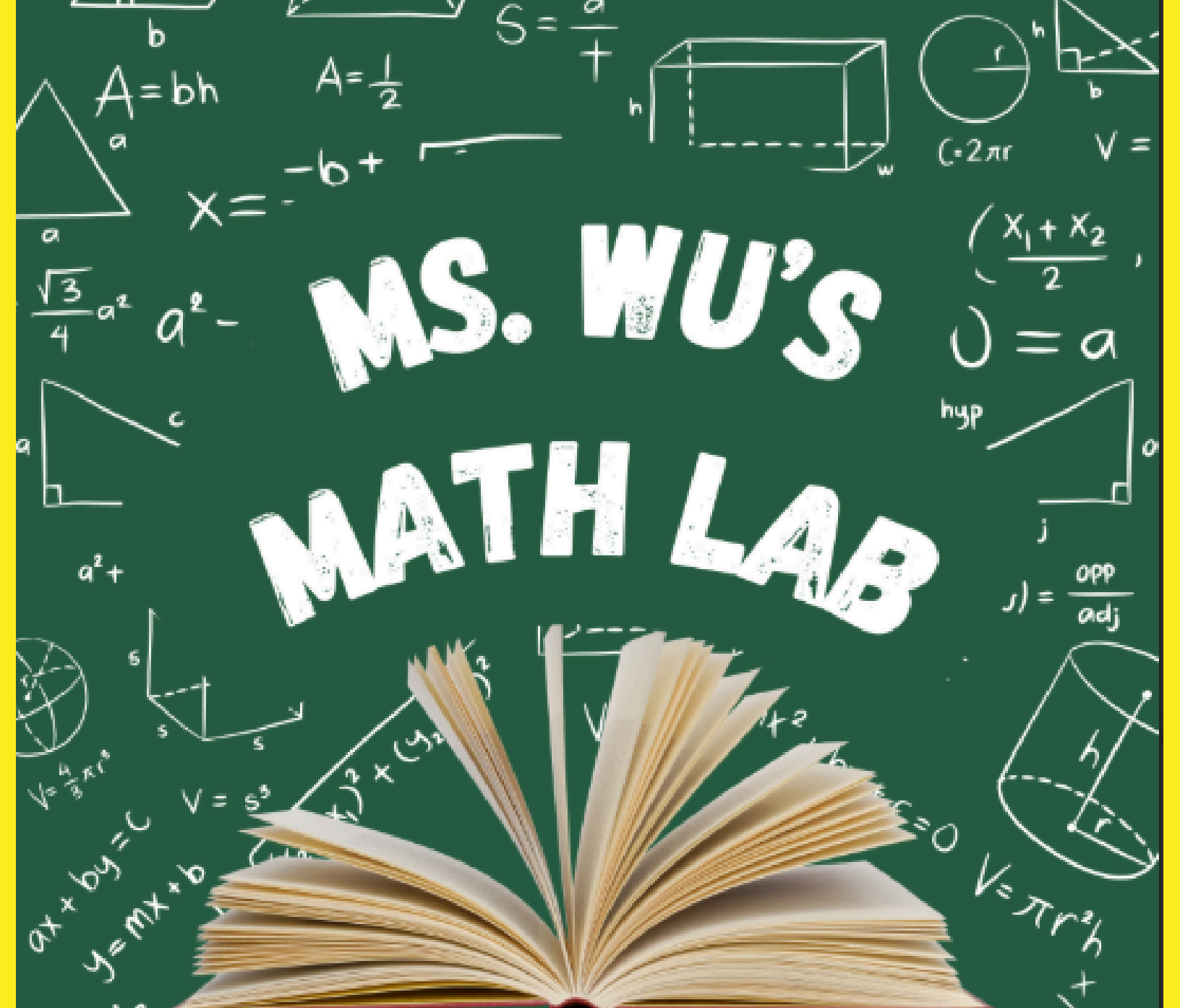
ST. BEN'S LIBRARY
Room 320

EVERYONE IS WELCOME!

PLEASE CONTACT JENNIFER STUTE WITH ANY QUESTIONS 812.499.4388

We are excited to see you there!

Don't forget, if you have not paid your PTO dues, it is \$10.00 per student or \$15.00 per Family. You can send cash/check to the office in an envelope labeled with your child's name.



MS. WU'S MATH LAB

WHERE: MS. WU'S CLASSROOM

WHEN: MONDAY THROUGH THURSDAY

TIME: 2:35 PM– 3:30 PM

Middle School Math Lab



Middle School Raven Academy

Where: Mr. Girten's Room (M301)

When: Mondays, Tuesdays, and Thursdays
2:35-3:30

This is a time to get your homework done, please make sure that you bring something to work on when you come to Raven Academy.

Grades 3-5 Study Hall



When: BEGINS SEPT. 8
Tuesdays, Wednesdays, and Thursdays
from 2:35-3:30

Where: Library

This is an opportunity for students to complete their homework in a teacher-supervised study hall. Students need to bring their homework and AR book.

5TH -8TH GRADE PARENTS

WE HOPE TO SEE YOU THERE! WEDNESDAY SEPTEMBER 9TH @ 6:00

IN THE WOODWARD CENTER



A SAFER FUTURE *Together*

Join us for an important training for parents to help our kids navigate today's digital world, build healthy relationships, and develop emotional resilience.



INTERNET SAFETY

Practical tips to keep your child safe online and help them make smart digital choices.



HEALTHY BOUNDARIES

Understand boundaries, consent, and how to support your child in setting and respecting healthy limits.



SOCIAL RELATIONSHIPS

Help your child build respectful friendships and recognize unhealthy relationship patterns.



EMOTIONAL ATTACHMENTS

Learn how to support your child's emotional well-being and navigate the ups and downs of growing up.



**WEDNESDAY,
SEPTEMBER 9, 2026
6:00 PM**

SAVE THE DATE



HOSTED BY:
St. Ben's Catholic School
Evansville, Indiana



PRESENTED BY:
Donna Grant
Assistant Director of
Prevention Education
Holly's House



*Let's work together to empower our kids
with knowledge, confidence, and courage.*



STRONG FAMILIES. SAFE KIDS. BRIGHTER FUTURES.



LEARN MORE AT
braveboundaries.org

In Partnership with our
EXCLUSIVE TOUCHDOWN SPONSOR



TRI-STATE BEARING
COMPANY, INC.



SEPT. 11TH - 6:30PM
at REITZ BOWL - REITZ HIGH SCHOOL
Reitz Memorial Tigers VS Mater Dei Wildcats

RAISING MONEY FOR
*The St. Vincent de Paul
Food Pantry*

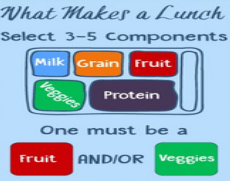
SPONSORED BY
The Knights of Columbus



www.FridayKnightsHungerBowl.org  **Follow Us**

ALTERNATE DRESS FOR A DONATION ON 9/11
TO SUPPORT ST. VINCENT DEPAUL FOOD PANTRY

SEPTEMBER

Monday	Tuesday	Wednesday	Thursday	Friday
 What Makes a Lunch Select 3-5 Components One must be a Fruit AND/OR Veggies	1 Banana Bread Yogurt Tater Tots Fruit Variety Milk Alt: Uncrustable w/ String Cheese	2 Salisbury Steak with gravy Mashed Potatoes Peas Fruit Variety Roll Milk Alt: Uncrustable w/ String Cheese & Cracker	3 Papa John's Pizza Veggie Crunchers w/Dip Fresh Side Salad Fruit Variety Milk Cookie Alt: Uncrustable w/ String Cheese & Cracker	4 
7 Harvest of the Month September... RASPBERRIES	8 Corn Dog French Fries Baked Beans Fruit Variety Milk Alt: Uncrustable w/ String Cheese & Cracker	9 Crispy Chicken Strips Green Beans Mashed Potatoes Roll Fruit Variety Milk Alt: Uncrustable w/ String Cheese & Cracker	10 Soft Beef Taco Fresh Side Salad Beans Fruit Variety Chips and Salsa Milk Alt: Uncrustable w/ String Cheese & Cracker	11 Papa John's Pizza Fresh Side Salad Veggie Crunchers w/Dip Fruit Variety Milk Cookie Alt: Uncrustable w/ String Cheese & Cracker
14 Warm Cinnamon Roll Baked Ham Veggie Crunchers w/Dip Tater Tots Fruit Variety Milk Alt: Uncrustable w/ String Cheese & Cracker	15 Beef Ravioli Bosco Stick Veggie Crunchers w/Dip Fresh Side Salad Fruit Variety Milk Alt: Uncrustable w/ String Cheese & Cracker	16 Popcorn Chicken Nuggets Mashed Potatoes Green Beans Fruit Variety Roll Milk Alt: Uncrustable w/ String Cheese & Cracker	17 Hamburger on Bun Fries Baked Beans Fruit Variety Milk Alt: Uncrustable w/ String Cheese & Cracker	18 Papa John's Pizza Veggie Crunchers w/Dip Fresh Side Salad Fruit Variety Milk Cookie Alt: Uncrustable w/ String Cheese & Cracker
21 Breakfast on a Stick Yogurt Veggie Crunchers w/Dip Fries Fruit Variety Milk Alt: Uncrustable w/ String Cheese & Cracker	22 Crispy Chicken Sandwich Fries Veggie Crunchers w/Dip Fruit Variety Milk Alt: Uncrustable w/ String Cheese & Cracker	23 Chicken Nuggets Mashed Potatoes Mixed Vegetables Fruit Variety Roll Milk Alt: Uncrustable w/ String Cheese & Cracker	24 Hot Dog on Bun\Chili, Cheese Fries Veggie Crunchers w/Dip Fruit Variety Milk Alt: Uncrustable w/ String Cheese & Cracker	25 Papa John's Pizza Veggie Crunchers w/Dip Fresh Side Salad Fruit Variety Milk Cookie Alt: Uncrustable w/ String Cheese & Cracker
28 Spaghetti w/Marinara & Bosco Stick Fresh Side Salad Veggie Crunchers w/Dip Fruit Variety Milk Alt: Uncrustable w/ String Cheese & Cracker	29 Grilled Cheese bites Potato Smiles Hearty Bean Medley Veggie Crunchers w/Dip Fruit Variety Milk Alt: Uncrustable w/ String Cheese & Cracker	30 Popcorn Chicken Nuggets Mashed Potatoes Green Beans Fruit Variety Roll Milk Alt: Uncrustable w/ String Cheese & Cracker		

Lunch Prices:

Lunch \$3.55
Milk \$.60
Side \$1.25
Large Water \$1.00
Small Water \$.70
FREE extra Fruits and Vegetables
alcoholic products not included

This institution is an equal opportunity provider.

ST. BEN'S

SEPTEMBER GIVE BACK

HELP SPREAD THE WORD TO YOUR FRIENDS AND FAMILY

SEPTEMBER 17-19



Old Fashioned Butcher Shoppe

Evansville Location Only!

15%

GIVEBACK

TO ST. BENEDICT CATHEDRAL SCHOOL!

A PORTION OF YOUR PURCHASE WILL
BE DONATED BACK TO SUPPORT

ST. BENEDICT CATHEDRAL SCHOOL!

*Thank you for supporting
our school and local business!*



Join us:

SEPTEMBER 17-19

THURSDAY - SATURDAY



Old Fashioned Butcher Shoppe

2130 STRINGTOWN RD
EVANSVILLE, IN 47711

MUST PRESENT FLYER OR DIGITAL COPY AT TIME OF PURCHASE.



SAINT BENEDICT CATHEDRAL

YOU ARE INVITED TO JOIN OUR

BIBLE STUDY

ON THE GOSPEL OF *Luke*

The mercy and mission of Jesus
for all people.

"Today this
Scripture has
been fulfilled
in your hearing."

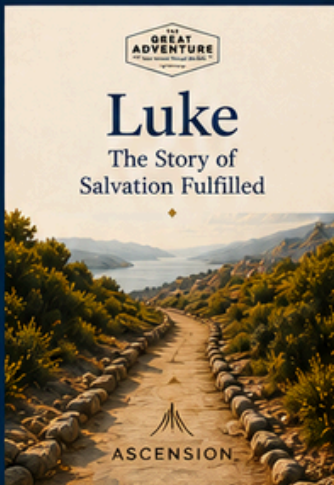
— LUKE 4:21



8

One Hour
Sessions

with a
30-minute video



AN **ASCENSION PRESS** BIBLE STUDY

Luke: The Story of Salvation Fulfilled
is an eight-session study that walks through
key moments in salvation history.

STUDY UNIQUE PARABLES LIKE:



The Parable of the
Good Samaritan
Luke 10:25-37



The Parable of the
Prodigal Son
Luke 15:11-32



The Parable of the
Rich Man and Lazarus
Luke 16:19-31



The Walk
to Emmaus
Luke 24:13-35



SUNDAY
9:00 AM

Parish Center Office



TUESDAY
6:00 PM

Parish Center Office



WEDNESDAY
10:00 AM

Parish Center Office



WEEKLY SESSIONS WILL START:

TUESDAY, SEPTEMBER 22 | 6:00 PM

WEDNESDAY, SEPTEMBER 23 | 10:00 AM

SUNDAY, SEPTEMBER 27 | 9:00 AM



MEET FOR
8 CONSECUTIVE
WEEKS!



Questions?
Contact Deacon Pete at
pbarry@evdio.org
or call 812-425-3369 ex 5.



For more information
and to register,
scan the QR code.

WEEKLY FAMILY PRAYER TIME

5 - 10 MINUTES EACH NIGHT

DAY 1 THANKFUL HEARTS



FOCUS: Gratitude

- Ask: "What are you thankful for?"
- Each child shares 1 thing

PRAYER:

"God, thank you for loving us and giving us so many good things. Amen."



DAY 2 GOD MADE ME



FOCUS: God Made Everything

- Color a picture (sun, heart, cross, animals)
- Say: "God made YOU special!"

PRAYER:

"God, thank you for making me special and loved. Amen."



DAY 3 PRAISE TIME



FOCUS: Joyful Praise

- Sing a song together (Ideas: "Jesus Loves Me," "This Little Light of Mine")
- Clap or dance!

PRAYER:

"Jesus, we love you and we're happy you are with us. Amen."



DAY 4 BIBLE STORY



FOCUS: Learning God's Love

- Read or tell a short Bible story (Jesus calming the storm, The Good Shepherd)

PRAYER:

"Jesus, help me trust you when I feel scared. Amen."



DAY 5 PRAY FOR OTHERS



FOCUS: Loving Others

- Ask: "Who can we pray for?" (friends, family, pets, teachers)

PRAYER:

"God, please help _____ and show them your love. Amen."



DAY 6 QUIET TIME



FOCUS: Being Still with God

- Sit quietly for 30-60 seconds
- Say: "Let's listen for God in our hearts."

PRAYER:

"God, thank you for always being with us, even when it's quiet. Amen."



DAY 7 BLESSING NIGHT



FOCUS: God's Protection & Peace

- Place your hand on each child
- Say: "God bless you, keep you safe, and fill your heart with His love."

PRAYER:

"God, thank you for today. Watch over us as we sleep. Amen."



GOD LOVES US SO MUCH! ♥ AMEN!

3RD ANNUAL

RACE FOR VOCATIONS

SATURDAY
OCTOBER 3

PRESENTED BY
ST. BENEDICT CATHEDRAL &
THE VOCATIONS OFFICE

Join a team of walkers & runners at the Evansville YMCA half-marathon or 5 miler. Sign up with the YMCA & then sign up on our Google form. Pray for vocations as you train. Witness to the community on Race Day with our RFV t-shirt!

THURSDAY, OCT. 1

ST. BENEDICT CATHEDRAL

Pre-Race Mass & Dinner

5:30PM
Central
Time

Mass
in church

6:30PM

Supper & T-shirt pickup
in cafeteria

SATURDAY, OCT. 3

DOWNTOWN EVANSVILLE

Race Day

7AM

Races
See YMCA race site

9AM -
Noon

Family & Friends Tailgate
Sts. Mary & John Parking Lot

**REGISTER
NOW**



Find us on Facebook

Visit our website:

<https://www.evansvillevocations.org/race-for-vocations>

Not able to walk or run? Share this info with your parish and network, pray for vocations and our participants, volunteer on race day, or donate to support the cause!



RACE FOR VOCATIONS



TWO RACES. ONE TEAM. ONE MISSION.
TRAIN • PRAY • SUPPORT ONE ANOTHER • DISCOVER YOUR VOCATION

Kids and families are invited to join the Race for Vocations team by participating in **one or both** YMCA races!



KID'S TRIATHLON

SEPTEMBER 12

Swim • Bike • Run
For kids who want to
take on the tri!

OR



KID'S DASH

SEPTEMBER 19

Run with joy
and heart!



WHATEVER RACE(S) YOU CHOOSE,
YOU CAN BE PART OF THE RACE FOR VOCATIONS TEAM!



TRAIN

with our optional
training guide



PRAY

for one another
and our vocations



SUPPORT

and encourage
one another



GROW

in physical, mental,
and spiritual health



DISCOVER

God's unique call
for your life



FREE RACE FOR VOCATIONS TEAM T-SHIRT!

Everyone who signs up for the Race for Vocations team
will receive a FREE team shirt!

**Wear your Race for Vocations shirt on race day
and represent our team with pride!**



PARENTS & FAMILIES – YOU'RE PART OF THE TEAM, TOO!

You can participate alongside your children, pray for their vocations,
and join us in training and fellowship.
You can also train and pray for your own vocation!

SIGN UP FOR THE RACES:



KID'S TRIATHLON (SEPT. 12):

<https://swimevansville.org/upcoming-events/>



KID'S DASH (SEPT. 19):

<https://evansvillehalfmarathon.org/races/>

SIGN UP FOR THE RACE FOR VOCATIONS TEAM (IT'S FREE!):

<https://savio.flocknote.com/signup/265063>

By signing up for our team, you'll receive:

- Your FREE team shirt!
- Team updates and encouragement
- Opportunities to train, pray, and grow together



"Be who God meant you to be and you will set the world on fire."

– St. Catherine of Siena





3RD ANNUAL RACE FOR VOCATIONS

OPTIONAL TRAINING SCHEDULE FOR K-8TH GRADE STUDENTS

YMCA KID'S TRIATHLON • SEPTEMBER 12TH

The YMCA manages all race components. Please sign up and follow all registration procedures and costs through their site.

The Race for Vocations is a team focused on prayer, fellowship, and supporting each other as we train for a holy purpose.

On race day, wear your free Race for Vocations t-shirt to show unity and spark conversations about holy vocations!

*"Be who God meant
you to be and you will
set the world
on fire."*

- St. Catherine of Siena



DAILY PRAYER

BEFORE TRAINING:

"Dear God, I love you.
Please bless my
parents, bless my
priest, and bless my
teacher and classmates.
Help me to grow in
wisdom and knowledge
so that I may come to
know your will for my
life and my future
vocation. Help me
train well today;
amen."

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1 Build the Habit ★	Swim 5-10 min Easy laps or water play	Bike 10-15 min Easy ride	Run 5-10 min Walk or jog	Swim 5-10 min Easy laps	Bike 5-10 min Stretching and bodyweight exercises
WEEK 2 Build Strength 💪	Swim 10-15 min Kick, float, or easy laps	Bike 15-20 min Practice good form	Run 10-15 min Walk or jog at easy pace	Swim 10-15 min Walk or jog at easy pace	Bike 10-15 min Stretching and bodyweight exercises
WEEK 3 Build Endurance 👟	Swim 15-20 min Try to go a little farther	Bike 20-30 min Try a longer ride	Run 15-20 min Steady effort	Swim 15-20 min Steady effort	Bike 15-20 min Stretching and bodyweight exercises
WEEK 4 Race Week You've Got This! 🏆	Swim 10-15 min Easy and relaxed	Bike 15-20 min Easy spin	Run 10-15 min Easy and excited!	Swim 10-15 min Easy and excited!	

★ REMEMBER: Do your best • Have fun • Drink water • Rest when needed! ★

**LOOK UP A SAINT
WHO LIVED A
SACRED SINGLE LIFE.**

What did they love?
How did they serve
God and others?

**LOOK UP A SAINT
WHO LIVED THEIR
VOCATION THROUGH
MARRIAGE.**

How did they love and
serve their family and
the world?

**LOOK UP A SAINT
WHO WAS A NUN
OR PRIEST.**

How did they say "yes"
to God's call?

**LEARN WHAT A
3RD ORDER TERTIARY IS
AND WHO CAN BE
PART OF THIS GROUP.**

How can you live your
faith in everyday life?

**SIGN UP
TODAY!**

- 1 Sign up for the Kid's Triathlon at: <https://swimevansville.org/upcoming-events/>
- 2 Then, sign up at savio.flocknote.com/signup/265063 to be part of the Race for Vocations team and get a free race-day shirt!

SIGN UP BY SEPTEMBER 5 TO SECURE YOUR FREE T-SHIRT!



Parents/guardians –
you can be part of the team too!
Check out our website and
sign up to train and pray with us,
for your own vocation,
and for/with your kids!

www.evansvillevocations.org/race-for-vocations

*"If you believe,
anything is possible."*

Mark 9:23

RACE DAY!
YMCA KID'S TRIATHLON
SEPTEMBER 12TH
Swim • Bike • Run
with joy and heart!

MAKE A JOYFUL NOISE
TO THE LORD!

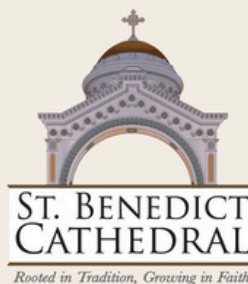


JOIN THE CHOIR

— AT —
**ST. BENEDICT
CATHEDRAL**

LIFT YOUR VOICE.
SHARE YOUR FAITH.
BE A PART OF SOMETHING

Beautiful.



GROW IN FAITH
Deepen your relationship
with God through
music and worship.



BUILD COMMUNITY
Make friendships and
be part of a joyful,
supportive family.



SERVE OTHERS
Use your gifts to
enhance our liturgies
and inspire hearts.



SHARE YOUR GIFT
Whether you're a
seasoned singer or
just love to sing--
we'd love to have you!



**REHEARSALS
THURSDAYS
7:00 - 8:30 PM
IN THE CATHEDRAL**

COME SING WITH US!

For more information, contact the
Jeremy or Jennifer Korba

(812) 589-3886 | jkorba@evdio.org



ST. BENEDICT CATHEDRAL
WORSHIP • COMMUNITY • MISSION

*"I will sing to the Lord
as long as I live.:
PSALM 104:33*