



# ACADEMY OF THE HOLY FAMILY

# 150<sup>th</sup>

PRINCIPAL'S NEWSLETTER MARCH 2025

Dear AHF Families,

This month, as we journey through the sacred season of Lent, a season of reflection and renewal, we are reminded of the power of fasting, prayer, and almsgiving – the cornerstones of our spiritual preparation for Easter. Throughout Lent, our students are actively engaged in making personal sacrifices, whether it be abstaining from certain foods, limiting screen time, or giving up other distractions, to create space for spiritual reflection. We have opportunities for prayer, including daily Mass, Adoration of the Blessed Sacrament, Reconciliation and communal prayer. We also encourage individual prayer and reflection. Our students are participating in various service projects, both on and off campus, to support those in need. We emphasize the importance of giving generously of our time, talents, and resources.

Our diverse student body brings a rich tapestry of faith traditions to our community. We are particularly inspired by the dedication of our students from various African cultures, whose Orthodox traditions often involve increased fasting periods. Their commitment to their faith serves as a powerful example to us all, demonstrating the strength and beauty of spiritual discipline. We are grateful for their presence and the wisdom they share. While Lent provides a special focus on fasting, prayer, and almsgiving, these practices are integral to our faith throughout the year as a way of life, fostering a deeper connection with God and with one another, which truly helps prepare their hearts for the profound joy of the Resurrection of Christ.

By embracing these disciplines within the supportive framework of AHF, our students are immersed in a community that reinforces the spiritual significance of Lent, providing guidance and encouragement. The shared experience of sacrifice, coupled with the Academy's focus on Catholic teachings and traditions, fosters a deeper understanding of the Paschal Mystery, allowing them to truly appreciate the transformative power of Christ's victory over death, and ultimately our eternity with Him.

Please be sure to read all of the information in this newsletter, as it contains timely information regarding re-registration, our upcoming dinner theater production of *Dinner in Oz*, specific information about transportation during the April break, and our very busy March Calendar. As always, thank you for support and faith in our school. I also would like to thank the alumnae who volunteered to join us to talk to our students in a career panel this month!

May this Lenten season be a time of grace and renewal for you and your families,

Henry Fiore, Jr.

Principal

**Drama rehearsals will be increasing and will be specific to students' functions in the play, and may vary. As the date of the play draws near, rehearsals will be increasing and varied. Students are to check the schedule posted on the bulletin board for specifics. All weekday rehearsals begin at 3:15**

March 2025							April ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
						1	
2	3	4	 Mass 9am St Mary Church	6	7 First Friday Mass 9:30 in Chapel Alumnae Panel 1:15-3 Hanlon Hall	8	
	10	11	12	13	14 End of 3 <sup>rd</sup> Quarter Lenten Retreat Service Hours Due	15	
16	17	18 Jrs. & Srs. Attend Money Madness at Three Rivers Community College Report Cards sent home	19 CT March for Life 9:50	20	21	22 Drama Club presents <i>Dinner in Oz</i> 12pm & 6pm St. Michael Center	
23	24 Presentation on Strategies to Relieve Anxiety 12-3 pm	25	26	27	28 Early Dismissal 12:00 Faculty PD I	29 Top Life Café 5-8pm	
30	31	Please note: Friday March 28 is an early dismissal day 12:00 for teacher Professional Development. Also, Softball announcements to be announced soon.					

## First Annual AHF Alumnae Career Panel



Thank you to Sr. Mary Jane and our panel of esteemed alumnae, as we host our first Alumnae Career Panel. This will be an incredible opportunity for our alumnae to connect with current students, therefore creating an inter-generational Sisterhood of our Marist Royals. We look forward to hearing their stories and how our beloved Academy has helped them become leaders in their fields, and the Questions/Answers segment for our students to ask questions about potential careers and learn more about the influence of AHF on their lives beyond high school. This further emphasizes our brand, “Where Friends Become Family”!

Our guest alumnae include:

**Mother Marie Julie ,SCMC**, class of 1965- Director of School at AHF and member of the General Council of the Sisters of Charity of Our Lady, Mother of the Church, and member of the Governance Team of the AHF School Advisory Team. (plus she is soooo cool!)

**Honorable Maureen Mooney**, class of 1993- New Hampshire State Representative and attorney/judge, and member of the AHF School Advisory Board

**Debra Pratt**, class of 1991 – Operations Manager and Bookkeeper, Plow Truck operator for Allied Snow Removal Corp., Business Manager & Bookkeeper for Willow Sprig Farm, and Fleet Manager for Amcon Services, LLC ( Deb is also the parent of a current Marist Royal.

**Sara Majewski**, class of 2015 who is a CPA and Senior Accountant at Ascension.

**Stephanie MacFarland**, class of 2007 – Behavior Specialist for schools with children with various disabilities

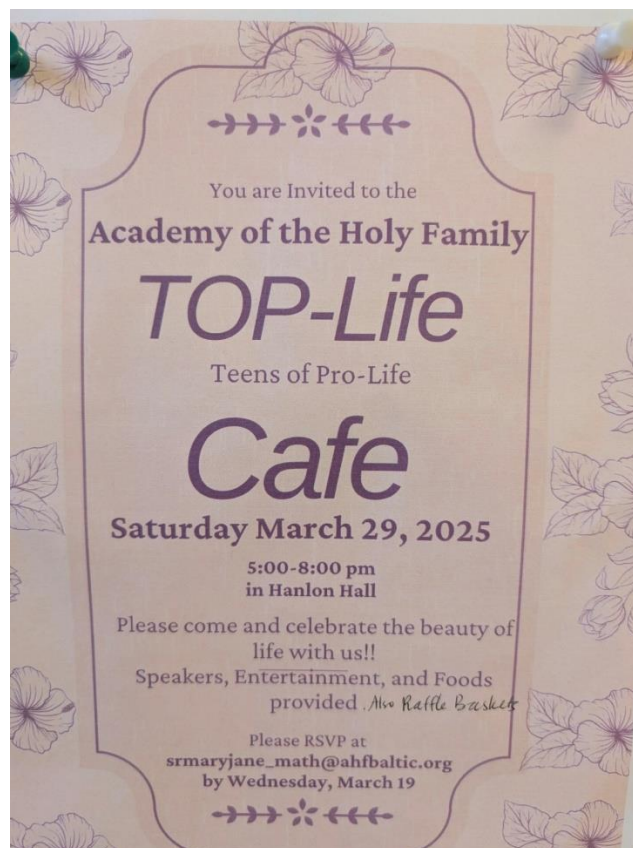
**Micala Abbiati**, class of 2012- Physician’s Assistant in New Hampshire

**Anna Stewart**, class of 2007, Registered nurse in Westerly, RI in a Medical/Surgical Unit

## Travel Arrangements For Easter Break

Easter break runs from April 16-27. Please begin travel arrangements early. We provide transportation directly to TF Green International Airport in Providence (Warwick), RI, and Bradley International Airport in Windsor Locks (Hartford), CT. For flights departing from Logan International Airport in Boston, the students will need to board the Logan Express bus for Framingham, MA. We only provide transportation to Framingham, not Logan airport. Please be sure to email all travel arrangements from Easter Break to AHF and for the end of the year departures to Sr. Rafael ([smraf@ahfbaltic.org](mailto:smraf@ahfbaltic.org)). Please note: all residents must arrive no later than Sunday, April 27 and classes resume Monday, April 28. There will be no travel arrangements from the school on Monday, April 28, as no drivers will be available due to the classes beginning. Please be aware that any travel arrangements outside of the dates provided will be the responsibility of the parents and guardians, and other transportation methods (Uber, taxi, et.) must be made. Please contact Sister Rafael at the email address above at your earliest convenience.

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Academy of the Holy Family  
presents

# Dinner in Oz

**March 22, 2025**

**at 12 & 6 pm**

**THREE COURSE DINNER  
& LIVE SHOW!**

**\$30 per person/\$50 couple  
Children under 12 \$15**

**Tickets available  
by calling**

**860-822-8241**

**Seating is limited**

*St Michael Center  
20 School Hill Road  
Baltic, CT*



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## A Lenten Prayer

**Almighty and Everlasting God,  
You have given the human race  
Jesus Christ our Savior as a model of humility.  
He fulfilled Your Will by becoming Man  
and giving His life on the Cross.  
Help us to bear witness to You  
by following His example of suffering  
and make us worthy to share in His Resurrection.  
We ask this through our Lord Jesus Christ, You're Son.**

**Amen.**

*(from Catholic Online)*