

Dear Highlands School Families,

The world has certainly shifted gears in these past few weeks. Thank you for your positive spirit as we work to assist your children in their academic experience! Our teachers and administrators are working around the clock to ensure they can deliver the best for your child.

As you know well, we are a school that strives to offer education, community and formation. Get ready for some “community” building moments! We are looking into some online competitions for a family talent show and THS commercials from the family 😊

We also want to help you live out a “living and active” lifestyle. The key components in these days are to **pray, work, study, play, and rest/take care** of yourself. Make sure you and your family get exercise daily. There may be some workout challenges from teachers, staff and formation leadership team members coming soon!

From the prayer perspective we will be offering **Mass at 8:00 AM** and morning prayer at **8:45 AM Monday-Friday via Facebook Live The Highlands School**. The Mass will be geared toward grade level according to the day your child would normally have daily Mass at school. Monday’s Mass will focus on parents, but kids are welcome 😊. **At 3:00 PM Monday-Friday we will wrap up the day with a closing prayer on Facebook Live** as well. <https://www.facebook.com/TheHighlandsSchool>

Regnum Christi Dallas will also be streaming a formation moment **every night at 7PM** until Easter. A couple of the sessions will even be our very own Highlands High School Students offering reflections specifically for teenagers. The link: <https://www.facebook.com/RegnumChristiDallas/>

RC CONNECTED SPEAKERS

JOIN US & INVITE YOUR FRIENDS EVERY DAY FOR SHORT, 10 MIN. TALKS BY THE FOLLOWING SPEAKERS.

03/25



FR. EDWARD BENTLEY, LC
FAITH IN GOD AND
GOD'S FAITH IN US

03/26



ANDREW RAWICKI
FROM THE DEPTHS OF
OUR HEARTS

03/27



DEB BAUER
REACHING OUT TO THE
PERIPHERIES IN THE
"CORONAVIRUS SEASON"

03/28



MARIA & SOPHIA DE LOS SANTOS
MAINTAINING AN ACTIVE
PRAYER LIFE IN THESE
CIRCUMSTANCES

03/29



FR. FERGAL O'DUILL LC
LIVING MASS FROM
YOUR LIVING ROOM

03/30



MATT DUNCAN
ALWAYS LOOK ON
THE BRIGHT SIDE OF
LIFE

03/31



TAMMY GRADY
VOCATION OF
WOMEN AND THE
FEMININE GENIUS

04/01



JOHN & TRACY ZAMBONI
LOOKING FOR THE GOOD
IN DIFFICULT TIMES

04/02



MELANIE ZOLL
LIVING IN THE
PRESENT MOMENT

04/03



MARY NUXOLL
CREATIVE
SUFFERING

04/04



AUDREY & CLAIRE CANNON
THE IMPACT MISSIONS
HAVE ON
OUR LIVES

04/05



TANIELE TUCKER
WINNING IN THE
WAITING

04/06



DORI HANGODI
FIND THE BEAUTY IN
THE NOW

04/07



MARIANA ZAYAS
DOING ORDINARY
THINGS

04/08



FR. BENJAMIN O'LOUGHLIN LC
MUSIC & MEDIA
CHOOSING THE RIGHT
VIBES

04/09



DENISE FUNKE
BEING CHRISTIAN
CAN GET MESSY

04/10



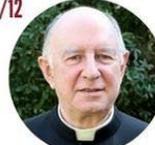
ANNE WILL
SUFFERING. DON'T
GET IT?
NEITHER DID I !

04/11



JILL PREISACK
THE FATHERS EYES
SEE EVERYTHING
THROUGH THE
PASCHAL MYSTERY

04/12



FR. OWEN KEARNS LC
BREAKING OUT!

WATCH LIVE AT 7 P.M. CT

FB.COM/REGNUMCHRISTIDALLAS



REGNUM
CHRISTI

We want you to know that the Formation Leadership Team is here for you and your family in this unique and challenging moment. It may be helpful to contact the individual that works with your student; also feel to contact any of us.

I have earned a degree in health education and have done personal coaching as well as spiritual guidance. The High School and Middle School formation leadership teams are also available to further support you and your family. We can even make virtual home visits and pray with you! We are committed to accompanying you through this journey. We are all here for you!

Dr. Deb Bauer, Formation Director: dbauer@thehighlandsschool.org

Fr. Fergal O'Duill, School Chaplain: foduill@thehighlandsschool.org

Fr. Adam Zettel, HS Chaplain: azettel@thehighlandsschool.org

(* Fr. Adam will be unavailable and on retreat praying for us March 31-April 7)

Miss Dori Hangodi, HS Formation Instructor: dhangodi@thehighlandsschool.org

Miss Anne Will, MS Formation Instructor: awill@thehighlandsschool.org

Br. Jeremiah Murphy, MS Formation Instructor: jmurphy@thehighlandsschool.org

Fr. Daren Weisbrod, MS & LS Chaplain: dweisbrod@thehighlandsschool.org

Mr. Gregory Agbasiere, Dean of Students: gagbasiere@thehighlandsschool.org

Ms. Alexa Crosier, Dean of Students/College Counselor: acrosier@thehighlandsschool.org

The Legionaries of Christ, Consecrated Women of Regnum Christi, and all of us at THS are praying for you! We are a family, united in learning, but most of all, wanting to help each other draw a bit closer to God. May His words guide us in these days. *"For I know well the plans I have in mind for you, says the LORD, plans for your welfare, not for woe! Plans to give you a future full of hope."* ~ Jeremiah 29: 11

Here are some resources to help you live this Lenten season under these unusual circumstances:

Spiritual Communion :

In moments when Catholics cannot receive Holy Communion, they are encouraged to make a Spiritual Communion, uniting themselves to Christ in a deep and personal way. The following is a sample offered for this purpose:

*My Jesus,
I believe that You are present in the Most Holy Sacrament.
I love You above all things, and I desire to receive You into my soul.
Since I cannot at this moment receive You sacramentally,
come at least spiritually into my heart.
I embrace You as if You were already there and unite myself wholly to You.
Never permit me to be separated from You.
Amen.*

Reflections On What To Do With This Time :

[From Walking With Purpose](#)

[From Regnum Christi Spirituality](#)

Family Prayers :

Why not start your own family traditions of praying together during this time? Consider the following:

- Family Rosary
- Angelus
- Lenten devotions ([Best Lent Ever](#) | [Ascension Press](#))
- Spiritual Bouquet or notes for those suffering
- Gospel reflection on the readings of the day ([Weekdays](#) | [Sunday](#))

Other Resources :

- [Word on Fire](#) Bishop Barron's Ministry
- [Formed.org](#) for videos and materials for your faith formation
- [Ascension Presents](#) Lenten Reflections and more
- [Prayer to Our Lady Health of the Sick](#)

Yours in Christ,

Deb Bauer, Ph.D.

Director of Formation



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CATHOLIC + PREK TO 12 + COLLEGE PREP



REGNUM CHRISTI
CONSECRATED WOMEN



REGNUM CHRISTI
LEGIONARIES OF CHRIST