“Defined, gratitude means the quality of being thankful; readiness to show appreciation for and to return kindness. Studies have shown when you make it a daily habit to journal 3 things for which you are grateful, you’ll be happier and less depressed. Your natural “feel good” hormones, serotonin and dopamine levels rise. They also increase your ability to remember information and focus. By training our brains to look for things for which we are grateful, we change the way we look at the world.”

(Kathleen Radecke, Superintendent of Catholic Schools, Diocese of Oakland)

Dear OLG Families,

Each time I’ve sat down to write this weekly letter this year, I find myself being so grateful for all the goodness we experience here! This past Saturday, so many parents, some students and a graduate were out in the front field cleaning it up and preparing it for the Harvest Festival!

Thank you to: Francisco Vargas (Israel – 5; Josiah – K), Kalyan Nidumolu (Harini – 6), Aurelio Gonzalez (Noah-2, Nicholas – K), Brianne DeLa Pena (Maceson – 1), Apollo Topacio (Andrea- 5), Tim Conners (Mckayla – 3), the Juan and Lorena Madera Family (Arleth – 8, Selomi – 3, Juan ’17), Marlon Milanes (Malia -5) and Mrs. Murray! Your hard work has made our entrance much more presentable!

Thanks also goes to our 1st graders and Kindergarteners who will be leading us in the Blessing of the Animals this Friday at 2:15 and to our 7th graders who will be leading us in our Mass on Monday at 11:30. Please join us for these two God-experiences if you can.

When I read the above quote in the bi-monthly communication from our Superintendent, I knew I had to share it with our community. To acknowledge 3 things I am grateful for each day is so easy for me. Between the students, staff and parents of our school community and of course my Sisters at home, I know I am truly blessed. Let’s all commit to raising our serotonin and dopamine levels! Imagine the impact Our Lady of Guadalupe School community will make upon our world!

Here’s to feeling good!

In God’s Peace,
S. Janice Therese, O.P.
### CALENDAR AT-A-GLANCE

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Activity</th>
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<tbody>
<tr>
<td>THUR</td>
<td>Oct 3</td>
<td>8th Grade Day at the Cathedral</td>
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<tr>
<td>FRI</td>
<td>Oct 4</td>
<td>Feast of St. Francis of Assisi</td>
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<td></td>
<td></td>
<td>2:15pm – Blessing of the Animals</td>
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<td>6:30pm – Family Movie Night – see flyer in this bulletin</td>
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<tr>
<td></td>
<td></td>
<td>Last day to sign up for your Parent-Teacher Conference appointment</td>
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<tr>
<td>MON</td>
<td>Oct 7</td>
<td>11:30am – School Mass - Queen of the Holy Rosary</td>
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<td></td>
<td></td>
<td>FULL UNIFORM</td>
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<tr>
<td>TUES</td>
<td>Oct 8</td>
<td>Denim Day/Breast Cancer Walk – see information in this bulletin</td>
</tr>
<tr>
<td>WED-FRI</td>
<td>Oct 9-11</td>
<td>Noon Dismissal for Kinder – 8th grades (Extended Care is Open)</td>
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<td></td>
<td></td>
<td>Parent-Teacher Conferences</td>
</tr>
<tr>
<td>WED</td>
<td>Oct 9</td>
<td>Wednesday Instrumental Music Lesson Times:</td>
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<tr>
<td></td>
<td></td>
<td>Concert Strings 12: 30 – 1:15pm</td>
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<td></td>
<td></td>
<td>Advanced Strings: 1:15 – 2:00pm</td>
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<td></td>
<td></td>
<td>Band: 2:00 – 2:45pm</td>
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<tr>
<td>THUR</td>
<td>Oct 10</td>
<td>No Chess Club</td>
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<td></td>
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<td>No dancersDivine</td>
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<tr>
<td>FRI</td>
<td>Oct 11</td>
<td>Harvest Festival Ticket Bonus Deadline (see order form)</td>
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<tr>
<td>MON</td>
<td>Oct 14</td>
<td>Indigenous People’s Day/Columbus Day – NO SCHOOL</td>
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<tr>
<td>WED</td>
<td>Oct 16</td>
<td>2pm Dismissal</td>
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</table>

♥ Please pray for Rodrigo Renderos, 23 yr. old brother to Daniela Diaz Renderos, grade 2. Rodrigo needs our prayers as he is facing serious challenges in his life right now.

♥ Please pray for our OLG families who are experiencing serious illnesses.

---

**Can you help??**

**THE HARVEST FESTIVAL COMMITTEE NEEDS...**

- Items to Borrow for the food & game booths  
  (for example, pop-up canopies, 6ft. folding tables and coolers)

- Donations of cupcakes, cookies, craft items, etc.

Families can sign up to provide needed items at this Harvest Festival. Cut and paste this URL into your browser to sign up: [https://signup.com/go/yxSPONM](https://signup.com/go/yxSPONM).
In honor of the Feast Day of St. Francis of Assisi, a Blessing of the Animals will take place on Friday, October 4 at 2:15pm.

Children must check with their teacher about bringing small caged animals to class with them. Larger animals may come at 2:00pm with their adult – cats in carriers and dogs on leashes, for example. If the actual animal cannot be present, children may bring a photo of their pet or one favorite plush animal.
October is National Breast Cancer Awareness month. We believe that it is important to raise student awareness and understanding of reaching out to those in need. Student Council is organizing a day to raise awareness and donations for a local organization, the HERS Breast Cancer Foundation.

On October 8, 2019 we will celebrating Denim Day. Students can wear denim (at least 50%) when they each bring in a donation of at least $1.00.

In addition, on the same day, we will be having a Walk-a-thon. Attached you will find a sponsor sheet where students can be sponsored for laps they walk around the track. Students can begin getting sponsors for the Walk-a-thon now. After the Walk-a-thon, students will collect the money earned from their sponsors. The donations from the Walk-a-thon need to be turned in by October 15, 2019.

Lastly, we will be selling luminary bags for $2.00. These bags will be lit up by a candle during our Walk-a-thon, in memory of loved ones who have lost their battle to breast cancer, and to honor those who are still fighting their battle. An order form for the luminary bags is on the next page if you would like to purchase one.

All of the money raised from the Denim Day free dress, the Walk-a-thon, and the luminary bags will be donated to the HERS Breast Cancer Foundation.

Thank you in advance for your service and your support as we reach out to those in need.

God Bless,
Student Council
Luminary Bags
October is Breast Cancer Awareness Month

Our Lady of Guadalupe School is participating in a Walk-a-Thon on October 8th in support of breast cancer research. We are also selling luminary bags, which can have the name of a friend or family member, affected by breast cancer, written on the outside. The cost of each the luminary bag is $2. The luminary bags will be displayed along the Walk-a-Thon course.

If you would like to purchase a luminary bag, please return the slip below with $2 for each bag to Our Lady of Guadalupe School by October 7, 2019.

-----------------------------------------------------------------------------------------------------------------------------

Family Name: __________________________ Number of Luminary Bags ($2 each) _______

Name(s) to be written on the Luminary Bags (one name or family name per bag):

-----------------------------------------------------------------------------------------------------------------------------

Purchase Tickets for 42nd Street!

Special offer price of $15 per ticket. Use Promo Code: MS TRACI
Performance dates: Thursday, 10/3 - Sunday, 10/13

Go to http://www.stage1theatre.org to order tickets and find out more about the production of 42nd STREET.
Harvest Festival Raffle

This year’s Harvest Festival will include a raffle!

- **Two 2020 season passes to Six Flags Great America**

- **Basket includes a plush bear with bee costume, a Bee Movie DVD (computer animated comedy), a bottle of honey and more.**

- **Basket includes a toddler (size 3-4) ladybug costume**

- **Basket includes a sugar and creamer and salt and pepper shakers shaped as pumpkins, plus 2 pilgrim dolls for your Thanksgiving décor.**

- **Pirate themed party basket in a treasure chest box.**

- **Basket includes a Fire Chief costume, size 3-6 years.**
Talent Show acts will be scheduled throughout the Harvest Festival on Saturday, October 19th

Calling all acts:
Music, comedy, singing, magic, dancing, and more. Bring your school spirit and talent. This year’s talent show sign up is open to all. We are looking for students past and present, teachers, staff, clergy, and parents. Students can perform with their neighbors, cousins, BFF’s, and family on a real stage this year.

Please complete this form and submit it on or before Mon, Sept 30th. The first rehearsal will be October 7th, Monday, after school. The second rehearsal will be October 16th, Wednesday, after school.

Act/Performers: ____________________

Equipment needed:

Contact Info (Phone or E-mail):

All acts must be no longer than 2-3 minutes. Acts must be safe, appropriate, no lip-synching. PA system and microphones provided. Please email Charizza Madera for more information at marizzamarcc@gmail.com
Our Lady of Guadalupe School

Harvest Festival

Ticket Order Form

Saturday, October 19, 2019
10:00 AM to 4:00 PM

Oldest Child’s Grade ________________________________

Oldest Child’s Full Name ________________________________

Phone ________________________________

Email Address ________________________________

☐ Unlimited Game Wristband ______ @ $15 each = _____________

☐ Game / Food Tickets ______ @ $1 each = _____________

TOTAL = _____________

PRE-ORDER BY FRIDAY, OCTOBER 11th, FOR A DISCOUNT!

(With every $25 pre-ordered, receive $5 in OLG dollars.)

Pre-ordered items will be sent home on Thursday, October 17

No cash refunds or exchange of tickets for cash will be made.

FREE Photo Corner (Come take a selfie in front of a Halloween scene)

$1 Game Booths

Variety of Food Ranging in Price from $1- $8

$15 – All-Day Game Wristband

• Includes one project at the arts and craft table. Additional projects require purchased tickets
• Does not include food or drinks
You're invited to

Our Lady of Guadalupe School CYO

Shoot-a-Thon

For ages 8 to 13

Eligible for the Elks hoop shoot

Open to boys & girls

Participants will receive a $3 voucher to use towards a purchase at the OLG Harvest Festival

OLG School Gym
40374 Fremont Blvd
Fremont, CA 94538

Oct. 19

10AM - 4PM
Volunteer Requirements

In order for any adults to volunteer on campus and during school functions, they must be fingerprinted for the Oakland Diocese and they must also complete a free online course.

All adults must have these requirements completed before volunteering at the Harvest Festival on October 19th. Please don’t wait until the last minute to fulfill these requirements.

Contact Mrs. Murray at kmurray@csdo.org or 510-657-1674 for details on how to complete the necessary requirements.

VIRTUS Online Training Refresher Course

If you completed the online VIRTUS course for Protecting God’s Children, 3 or more years ago, you are required to take the refresher course, called Keeping the Promise Alive. We were originally told that reminder emails would be sent before your 3-year timeframe expired but that is not happening.

If you know you need to renew, log into virtusonline.org with your login and password and if you need to take the refresher course the link will be prepopulated in your account. The good news is that this course is shorter than the original and only takes about 30 minutes to complete! If you are not sure when you last completed the course, please send an email to kmurray@csdo.org to find out.

When you take the refresher course, please send an image of your certificate of completion to kmurray@csdo.org. If you receive a reminder email after you complete the refresher course you can disregard the email.
The Marriage Preparation Class offered by Our Lady of Guadalupe Parish is designed to provide information and tools to help couples pursue lifelong formation (growing, learning, and building) of a strong and happy marriage. This Class is open to premarried couples - those not yet married and convalidation couples - those married outside the church preparing to have their marriage validated or blessed by the church. The content will be delivered through explanation of material by the presenter couple and recorded video, group discussion, and couple sharing (privately sharing written answers to questions with your fiancé/spouse). We invite all couples to participate with readiness to grow in their love and commitment to each other.

FALL 2019 CLASS INFORMATION

Dates: October 19 & 20

Time: 9:00 AM – 5:00PM (Saturday) 4:00PM (Sunday)

Location: Our Lady of Guadalupe Parish Office Conference Room
41933 Blacow Rd., Fremont

Cost: $200 / couple – including light breakfast and lunch.

Presenter Couple: Steve & Corrie Budnik

Registration /Questions: Call Our Lady of Guadalupe Parish at 510 657 4043 or email deacon.steve.budnik@gmail.com.

What to bring: There is no need to bring anything to the class. You will be given a binder with all class materials.
**Our Lady of Guadalupe Parish**

**Marriage Preparation Course – October 19 & 20**

**Registration Form**

Please complete this form and return it along with your $200 registration fee to:

Our Lady of Guadalupe Parish  
41933 Blacow, Rd.  
Fremont, CA. 94538  
Attention: Deacon Steve Budnik

Please make your check payable to OLOG Parish.

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<thead>
<tr>
<th>Husband (to be)</th>
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<tbody>
<tr>
<td>Name</td>
</tr>
<tr>
<td>Address</td>
</tr>
<tr>
<td>City</td>
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<tr>
<td>State</td>
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</tbody>
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<table>
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<tr>
<th>Wife (to be)</th>
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</thead>
<tbody>
<tr>
<td>Name</td>
</tr>
<tr>
<td>Address</td>
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<tr>
<td>City</td>
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<tr>
<td>State</td>
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**Please answer the following questions:**

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<tr>
<th>Please check reason for attending</th>
<th>Pre-Marriage</th>
<th>Convalidation</th>
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</thead>
<tbody>
<tr>
<td>How long have you known each other?</td>
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<tr>
<td>Planned Wedding Date</td>
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