

Important for this Week of December 27th, 2020 - Happy Feast of The Holy Family - Jesus, Mary, and Joseph!

Today's celebration of The Feast of The Holy Family - Jesus, Mary, and Joseph reminds us of the Child Jesus, born and surrounded by the maternal affection of Mary and the care of Joseph, in whom Jesus was able to see God's tenderness. Such is a model family for all of us. Pope Francis, in his homily at the Vatican shared that a "happy home finds the spiritual energy to be open to the outside world, to others, to the service of brothers and sisters, to collaboration in building an ever new and better world."

How do we do this at this time of pandemic? We may perhaps begin through self-care and sharing that care during this time of our Christmas vacation. From Harvard Graduate School of Education, Lecturer Jackie Zeller made mention of how we can practically use vacations and how we are able to recharge over that time. Although everyone has a varying way of seeing vacation or recharging, self-care is such a personal thing. During this time, we really have to think creatively about how to nurture ourselves under these more unusual circumstances.

Jackie asks these questions: *What makes one feel good? Is it physical exercise? Is it being outside with nature? Is it breathing? Is it connecting and nurturing relationships, whether it be personal or professional? Is it gratitude practice? Is it showing self-compassion? We are all part of the environments in which we are embedded and building communities of care can be a really important aspect of promoting wellness wherever we are, and starting from each home.*

Although it has been a hard year, we have all tried hard to balance everything that has been going on in our work and school life. I want to thank all of our Grade School families, our Holy Family families, our spiritual leaders headed by Fr. Jim, our faculty and co-led by our Vice-Principals: Mrs. Nelson, Ms. Huntley, and Mrs. Liberda, staff, and students for finding routines this year 2020 that are practical and doable while trying to do almost everything, as well as while staying healthy and safe. As ours is a school that values the essence of a "family" and rediscovering such unit on "the love that regenerates relationships, opening up horizons of hope, through prayer, affection, forgiveness, tenderness, and adherence to the will of God," let us continue the path to giving and showing that we care.

Once again, Thank you and Happy Feast Day of The Holy Family!
- Dr. Suelto

Have you watched this yet? Here is the link to our Christmas video program:
<https://vimeo.com/492575693>

References:

Fr. Jim's Message on page 2

<https://hfglendale.org/bulletins>

Grade School Website

[School Calendar](#)

Sisters of Charity of the Blessed Virgin Mary, Their Mission, and Core Values

[BVM Sisters' Website](#)