



From the Desk of

## Sr. Peter Marie

### OLMC School Assistant Principal



September 27, 2023

Dear Parents,

Worry. This is a word we might be very familiar with. We may think it is part of the job description of being a parent. However, we may also have the sense that something is awry, and ask ourselves “why am I always on edge/hurried/overwhelmed?”

As children we may remember being quite carefree and seldom having any kind of real worries. However, today, you may see in your own child, or their friends, worries multiplying rather quickly.

One of the directors of our local CYO Camp mentioned recently that he has noticed over the past 5 years a dramatic change in his college camp counselors. Today, most are seeing a therapist regularly for anxiety and stress.

What happened? Why are we so stressed and anxious? And, what can we do?

There are many variables in our culture that contribute to this, and while we cannot snap our fingers and make them all go away, we can create in our own home, and within our own families, an atmosphere that cultivates peace. This is possible!

I want to personally invite you to Sr. Elena Marie’s talk on Friday morning entitled **“Cultivating hope, trust, and peace in the family: overcoming obstacles to stress and anxiety.”** We are investing in bringing sister to our school to speak first to our teachers and then to parents on this very important topic.

This talk is for *every* parent. Sometimes we assume there is a kind of stigma in attending a talk like this, thinking people will make assumptions about us personally and our children. However, stress and anxiety is something that is affecting *everyone* and *every* household. All of us know someone who is struggling



From the Desk of

**Sr. Peter Marie**

OLMC School Assistant Principal



with stress and anxiety, whether it is ourselves, a friend, family member, coworker, etc.

Sr. Elena Marie will be speaking this Friday from 10-11:30am in the St. Joseph Room of the Lower Level, with coffee being available starting at 9:45am. And, while we will record the presentation, in-person is always the best and provides the opportunity for a real conversation.

We have opened this invitation to the entire parish, as well as the surrounding schools and parishes, and there are many coming from a variety of communities. However, we would love to have the majority of parents in attendance come from our very own OLMC School Community, so that we can partner together in supporting a greater flourishing of our students and families.

It would be a blessing to see you this Friday!

In Christ,

Sister Peter Marie, O.P.

To RSVP, please scan the QR Code.

