



SCHOOL TALK

✠ NOLAN CATHOLIC HIGH SCHOOL

2023-2024

November 3, 2023

Edition no. 10

Taking Back Spiritual Joy

By Father Metzler

Do you feel too attached to your phone, to work, to social media and to things that feel like they waste your time? Are you struggling to overcome certain sins? Do you feel distant from God, or that you need to be spiritually rejuvenated? *You may be suffering from Acedia.* Acedia is what the early church fathers described as the sin that steals Christian joy, leads to spiritual apathy, disillusionment, and ultimately causes us to abandon our pursuit of holiness and love of God. It infiltrates our lives slowly by leading us to abandon the small and simple daily practices that feed our spiritual life, ultimately starving our souls. Here are a few antidotes given to us by the church fathers to fight against the spiritual malady of Acedia.

Tears of repentance: A deep look at our sins and failings, along with a good confession, help us recognize that we are not perfect, and still need God and his forgiveness. Not to mention, confession cleanses our souls and restores us to the right relationship with God.

Tears of Suffering: Whatever your sufferings are, bring them before God intentionally, allowing the good and merciful Lord to suffer with you and carry you in this burden, reminding you, you are



not alone. This involves physically or mentally either saying these things to him or writing them down in his presence.

Work of prayer: Intentional time set aside with God is absolutely essential to fighting acedia. Our souls cannot abide with Christ, unless **our bodies** spend time abiding with him as well.

Work of Charity: Outside of your duties, do something for someone else. Again, intentionality is key. Even if this takes place at work, make the intentional effort to help someone in need at home, at work, or in the streets.

Continued below...

Feed your spiritual mind: Most of us believe false things about God, i.e. he is quick to judge, angry, disappointed in us, out to get us. We need to consume (read, listen to) true things about his character. He is good, merciful, loving, desirous of our growth, and patient. Most importantly he is on our team. He wants you to be holy, good, sanctified, joyful, and he wants to help you get there. Find podcasts, books, or youtube videos that make a slight change/benefit to how you think about God. Ex: The fulfillment of all desire by Ralph Martin, Story of a Soul by St. Therese of Lisieux, The Noonday Devil by Dom Jean-Charles Nault.



**NOLAN CATHOLIC
HIGH SCHOOL**

INVITES YOU
TO CELEBRATE
Grandparents' Day

17 NOVEMBER | 11:30 AM - 1:30 PM
2023 | LUNCH IS SERVED

HARTNETT ARENA
4501 BRIDGE STREET, FORT WORTH, TX 76103

PARENTS MUST RSVP FOR GRANDPARENTS
BY FRIDAY, NOVEMBER 10
SCAN QR CODE



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On your phone or tablet, navigate to the App Store or Google Play Store and search for "Nolan Catholic High School." After installing the app, you will be prompted to create an optional "User Profile." The Nolan app has an up-to-date official calendar, recent issues of *School Talk*, and portals. The app also provides a convenient link to our social media accounts, guidance office updates, frequently used forms, and much more.



CAMPUS MINISTRY




MOTHERS' MASS

All mothers or grandmothers of students are invited and encouraged to attend. This is an opportunity for our mothers to come together, worship, and build relationships as a Nolan Catholic Community.

DATES:

FRIDAY, OCTOBER 27, 7 AM
 FRIDAY, NOVEMBER 17, 7 AM
 FRIDAY, DECEMBER 15, 7 AM

Mass will be in our Nolan chapel, followed by baked goods, fruit, and coffee.

NOLAN CATHOLIC FAITH LIFE

DAILY MASS -- Chapel
 Mondays & Thursdays - 2:50pm
 Fridays - 7:00am

ALL SCHOOL MASS -- Hartnett Arena
 Wednesdays
 & Holy Days of Obligation - 10:20am

CONFESSION -- Fr. Metzler's Office
 Mondays, Wednesdays,
 & Thursdays - 11:30am-1:00 pm

ADORATION -- Chapel
 Every Friday
 Exposition - 7:30am Reposition - 2:20pm

Student Service Opportunities

School Volunteering (Ongoing)

- **Viking Pantry** - Click [this link](#) for more information on what you can bring. Donations can be delivered to Mrs. Reimer at the Front Desk.

Viking Club Volunteering - HELP NEEDED!

- Service hours can be logged via x2Vol
- Use [this link](#) to sign up

Partner School Volunteering

St. Elizabeth Ann Seton Catholic School

- Do you love to design and build? Help St. Elizabeth Ann Seton's STEAM Club as they work to build and code LEGO Mindstorm robots. Click [HERE](#) to volunteer. Contact [Ms. McGreal](#) if you have questions.

St Joseph Catholic School

- Calling all budding Engineers! Volunteer to help St. Joseph's Robotics Club prepare for the FLL competition this spring. Click [HERE](#) to sign up. Contact [Ms. McGreal](#) if you have questions.

BCB
(Black Coffee Brotherhood)

A group that will be starting at Nolan Catholic for Fathers of students at Nolan, teachers, and /or coaches.

Mission:
1. Pray
2. Become better spiritual leaders for your families.

Where:
Nolan Catholic High School Chapel

When:
Friday, Oct 13
Friday, Nov 10
Friday, Dec 8
6 am-7am

What:
Adoration
Brief talk
Mass at 7 am for those who can attend.
(Coffee is permitted in the chapel per Chaplain's permission).

Parent Point Opportunities

Viking Club Volunteering - HELP NEEDED!

- 5 Points towards your student's house for each event where you volunteer
- [Sign up here](#)

Friday Adoration

- 5 Points towards your student's house for each day you volunteer
- [Sign up here](#)

Angel Wings 2023

What is it? - It is Nolan Catholic's Christmas outreach program that supports families currently in case management with [Youth Advocate Programs of Fort Worth](#). Every year the school adopts twenty five families to support this cause.

- When is it? - 11/3/23. All gifts should be delivered by **11/27/23**.
- **Gift drop off**
Monday-Thursday mornings
7:30-7:50 a.m. to Mr. Reyes room (C16); Wednesdays (9 a.m.-3 p.m.) to the Spirit Store
- **All gifts must include: (VERY IMPORTANT!)**
Gift (unwrapped)
Gift receipt (taped to the unwrapped gift)
If you are part of an athletic or extracurricular team, please label your gift with the name of your organization or sport team

NOLAN CATHOLIC CAMPUS MINISTRY
INVITES YOU TO PARTICIPATE IN THE

Angel Wings Outreach

- **Deadline:**
Students can start dropping off gifts this week!
Gifts due on or before Nov 27th (sooner the better)
- More information, wish lists and links coming soon from moderators and coaches!



Mark Your Calendars!

- **Prospective Parent Information Night:** Wednesday, November 8
- **BCB (Black Coffee Brotherhood):** Friday, November 10
- **NO SCHOOL-Diocesan Inservice:** Friday, November 10
- **TCC Information Meeting for Sophomores:** Monday, November 13
- **College Financial Aid Night:** Wednesday, November 15
- **Viking Club Meeting:** Wednesday, November 15
- **TCC Information Meeting for Sophomores:** Thursday, November 16
- **Mother's Mass:** Friday, November 17
- **Prospective Parents Morning Coffee:** Friday, November 17
- **Grandparents' Day:** Friday, November 17
- **Thanksgiving Break:** Monday, November 20 - Friday, November 24
- **IGIVE Catholic:** Tuesday, November 28
- **Tower Hill Lecture Series: Gerard Wegemer, PhD:** Wednesday, November 29
- **Open House:** December 3, 2023

See our full calendar [here!](#)



NOLAN CATHOLIC HIGH SCHOOL

CASINO ROYALE

ANNUAL GALA



**HURST CONFERENCE CENTER
FRIDAY, FEBRUARY 2, 2024**

SPONSORSHIP LEVELS



CASINO ROYALE

\$25,000



GOLDENEYE

\$10,000



DR. NO

\$5,000



FOR YOUR EYES ONLY

\$2,500



THE LIVING DAYLIGHTS

\$1,500



SKYFALL

\$500



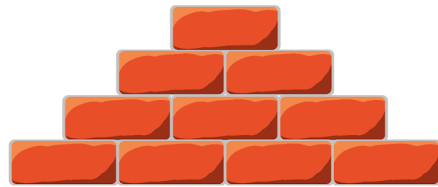
GOLD FINGER

\$250



SCAN QR CODE TO PURCHASE

BUY A BRICK



COMMEMORATIVE BRICKS

Honor your legacy, memorialize loved ones, and show community support by leaving a lasting memory on Nolan Catholic's campus. The bricks will be placed in the entry to the beautiful Hartnett Arena.

Cost is \$250



SCAN QR CODE TO PURCHASE

Early Bird Price: Expires Monday, November 27th

Individual Ticket - \$100 per person (Receive \$1,000 Casino Money)

Table of 10 - \$850 (Receive \$1,000 Casino Money per person)

Sponsor Faculty/Staff Table of 10 - \$800 (Receive \$1,000 Casino Money per person)

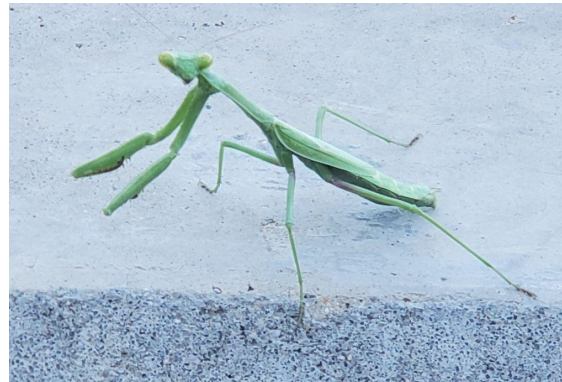


NATURE NOTES



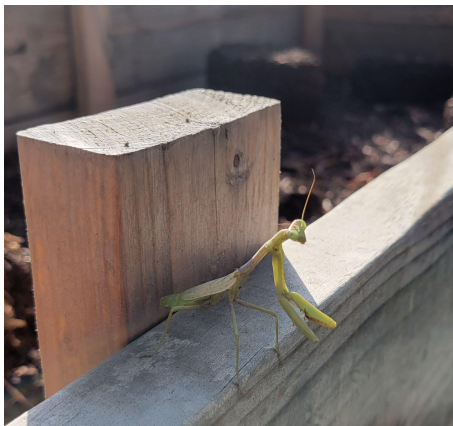
By: *Emily Breclaw*

Observant students have found praying mantids on campus at least twice now! These delightfully strange, almost cartoonish insects seem to mimic our saint statues and pictures, with their arms lifted in prayer. While the name “mantis” comes from the Greek word meaning “prophet” or “seer”, the name and posture of these insects is likely where their similarity to saints ends.



Praying mantis observed by Mr. O'Connor's students near the IDEA building

Mantids are extraordinarily skilled predators. They are the only insects that can turn their heads to look over their “shoulders.” They blend in with their surroundings, staying perfectly still until they notice the movement of prey nearby. Then they leap into action, literally faster than the human eye can process, using their specialized bodies to ensnare and hold their hapless prey. Mantids will eat just about any other creature, from small insects to other mantids, to lizards and small birds like hummingbirds. They are a dubious friend to gardeners, as they will eat pollinators and beneficial insects as easily as pest insects.



Praying mantis observed by horticulture students in the East side community garden

However, some of their unique characteristics make them a fascinating subject for scientists. Mantids are the only (known) non-vertebrate to have 3D vision. Mantids process 3D images by comparing changes in motion as perceived by each eye. Research on mantid eyesight could lead to development of robots that are able to process 3D images with much simpler computers than current technology (based on human vision).

Many of the saints refer to creation as a book God has written for us.

These little mantids are a delightful reminder that no matter how many times we “read” creation, there’s always something new and wonderful for us to discover.

For more information on mantids:

<https://www.treehugger.com/why-praying-mantis-wearing-tiny-glasses-4866510>

<https://hort.extension.wisc.edu/articles/praying-mantids/>

SCHOOL RESOURCES



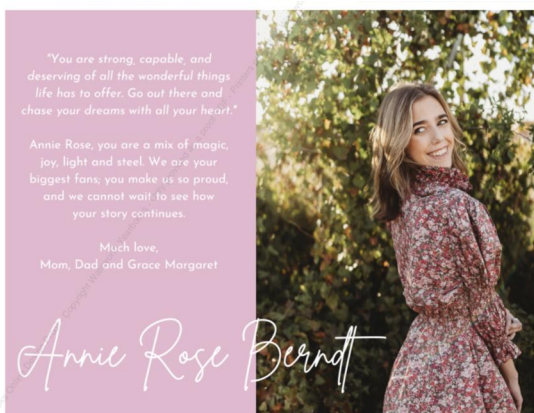
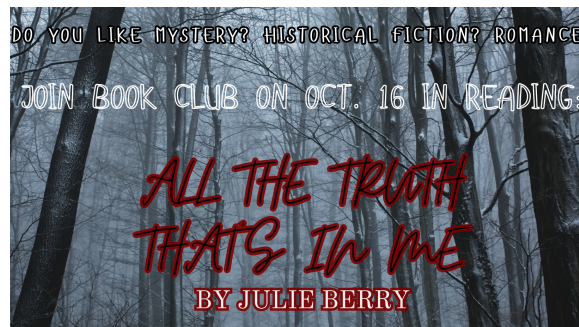
PROJECT LEAD THE WAY
PLTW

🚀 Attention Engineering Parents and Students!

📖 Did you know that PLTW (Project Lead the Way) students have a golden opportunity to earn college credits, scholarships, waived tuition, and more at participating colleges and universities? 🎓 By simply enrolling in PLTW courses and achieving a grade of 3.0 or higher, students can unlock these incredible opportunities. 🌟 To find out if your college of choice offers these credits, check out this [link](#). If you have any questions or need guidance, feel free to reach out to Ms. McGreal at jmcgreal@nchstx.org. ✉️ Don't miss out on the chance to supercharge your academic journey and your future! 🌟

Book Club

The next Book Club meeting is Monday, October 16 before and after school in the library. They just started reading All the Truth That's in Me by Julie Berry, a romantic murder mystery set in early colonial America. See Mrs. Ochs if you need help locating a copy.



Senior Portraits

Senior parents, Yearbook deadlines are coming fast! November 24 is both the deadline for Senior Portraits and Senior Tribute ads! [Click here](#) to book your portrait session, or call 817-292-8989. *If you don't schedule a session, your student will not have a formal portrait in the senior section of the Lepanto Yearbook!* To purchase a senior ad, go to <https://tinyurl.com/mr2a4vxh>.

Guidance

Virtual Financial Aid Night for Nolan Catholic Parents

Join us to learn how to complete the FAFSA (Free Application for Federal Student Aid) on Wednesday, November 15, from 6:00 PM to 6:45 PM. The session will be presented by the Financial Aid Office of Texas Christian University. Details including the Zoom link and passcode will be sent to you at a later date. For those unable to attend, a recording will be made available. Both students and families are invited!

[Senior College Counseling Newsletter, October 2023](#)

Stay on task to complete your college applications by reviewing the October to do list:

- Request transcripts
- Financial aid (FAFSA) information Scholarships!

[Junior College Counseling Newsletter, October 2023](#)

- College News and Events
- Financial Aid and Scholarship Information



Lunches by ECI

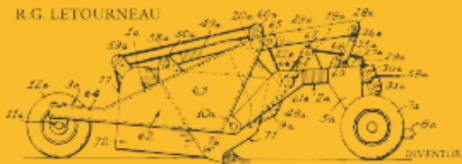
Need to add funds to your student's account for cafeteria purchases? You can do so by [clicking here](#). [Click here for next week menu](#)

Engineering & Aviation PREVIEW

Saturday | March 2, 2024

LeTourneau University

www.letu.edu/visit



YOUR STORY IS BUILT HERE



This Saturday event is a great way to see LETU first hand. This is our largest preview event with different schedules for Engineering and Aviation students. Saturday will include facility tours, a student organization fair, academic sessions, and presentations about student life, admissions and financial aid. We will also have optional campus tours on Friday. LeTourneau preview events are free and there will be plenty of students, faculty and staff to interact with throughout the event.

(Due to space constraints, students should be at minimum high school aged.)



**NOLAN CATHOLIC
HIGH SCHOOL**
2023-2024 ADMISSIONS EVENTS

COFFEE TALK - 9:15 AM

SEPTEMBER 22	DECEMBER 15
OCTOBER 20	JANUARY 26
NOVEMBER 17	

CAMPUS TOURS - 6:00 PM

OCTOBER 5	DECEMBER 7
NOVEMBER 2	JANUARY 11

PARENT INFORMATION NIGHTS

SEPTEMBER 27	NOVEMBER 8
OCTOBER 25	

OPEN HOUSE

DECEMBER 3



SIGN UP FOR AN EVENT OR TOUR AT [NOLANCATHOLIC.ORG/EVENTS-AND-TOURS](https://www.nolancatholic.org/events-and-tours)



www.nolancatholic.org

ADMISSIONS OFFICE
admissions@nchstx.org
817.451.7486

LET'S GO! GET INVOLVED



POOR YORICK'S CORNER

Do you love music? Do you play an instrument or love to sing with others? Then join "Poor Yorick's Corner," a folk music club, where we will learn and jam to historic folk songs. We'll have fun and prepare for all-school winter bonfires (Surprise! More details on bonfires coming soon!).

When: Collegium period

Day: TBD

Where: Classroom TBD

What to bring: Your voice (if you are a singer), guitar, fiddle, banjo (if you have one), or small percussion instrument.



If interested, email principal@nchstx.org.

HELP MAKE OUR CAMPUS BEAUTIFUL!

ECOVIKES

WHO ANIMAL, PLANT, & ENVIRONMENT LOVERS!		WHEN 1X PER WEEK BEGINNING MID-SEPTEMBER
WHERE MR. GARNETT'S CLASSROOM (B12) MOSTLY FUNDRAISING & WORKING OUTSIDE IN COURTYARDS		WHAT MAKING OUR CAMPUS INTO A HOME FOR WILDLIFE (E.G. HUMMINGBIRDS, MONARCHS)

Email 24mendres@student.nchstx.org to join!

COME TINKER IN stem Club!

Meetings:

When: Fridays, 2:45–3:30 pm

Where: IDEA 113

Contact: jmcgreal@nchstx.org



Snacks provided!

MAKERS gonna MAKE



FALL 2023 SEASON

ROCKET LEAGUE Elevated eSports

Danny Johnson

Jackson Schuster

Danny Cantarella

ART CLUB

Meeting
Wednesday
Art Studio 2:40pm

SCHOOL HIGHLIGHTS




TAPPS One Act Play Competition
 Congratulations to our Nolan Catholic Theatre Department at the One-Act Play District Meet. The following students won individual awards:

- Best Techie - Penelope Sauer
- Honorable Mention All-Star Cast - Sarah Breclaw, Rae Vo, Christa Farry
- All-Star Cast - Aidan Souder, Ty Wise
- Best Actress - Electra Cabello

All Hallow's Eve



Go with the "Flo"



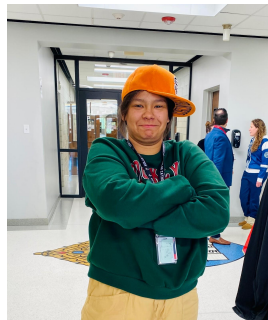
CareBears



Bob Ross



Anyone need a Doctor?



Mario & Luigi





Marching Band: STATE CHAMPS AGAIN!

The Nolan Band competed at the TPSMEA State Championship on Saturday, October 28th. The band again earned the overall 1st Place Grand Champion Award and Most Outstanding Musical Effect, Percussion, Color Guard, and two 1st Division Superior Ratings.

Art Class Update

AP Art & Design

AP Art & Design students enjoyed some time at the Fort Worth Zoo. Students worked on observational gesture drawings of the animals and their environment. These drawings will be further worked on in the studio and incorporated into their AP portfolio submission in May.



Ceramic Class

The ceramic class is learning all about the Potter's Wheel. Some students are finding the wheel to be a natural extension of themselves and it is very therapeutic. Other students would prefer to stick to homebuilding. Either way, every student will end the semester with a wheel turned bowl and mug as well as two hand-built plates.

ART COMPETITION

NCHS Christmas Card Cover



11.27.2023

CALLING ALL NOLAN ARTISTS

This is an open art competition in search of the 2023 Nolan Catholic Christmas card cover. The design should reflect our Catholic beliefs. All submissions should be turned into Ms. Hamende.

DUE: November 27, 2023
Any Traditional Medium or Digital Work
Minimum Size: 9" x 12"
Should be in a rectangle format

PRIZES

**1ST: \$75 ART SUPPLY CREDIT &
200 HOUSE POINTS**
**2ND: \$25 ART SUPPLY CREDIT &
200 HOUSE POINTS**
3RD: 200 HOUSE POINTS

AD OVERTIME



Angel Wings

Dear Nolan Catholic families,

As the holiday season approaches, we are excited to participate in Angel Wings, Nolan Catholic's Christmas outreach program to help needy families served by the Youth Advocate Programs of Tarrant County. This is an excellent opportunity for us to spread "Christmas cheer" throughout the metroplex.

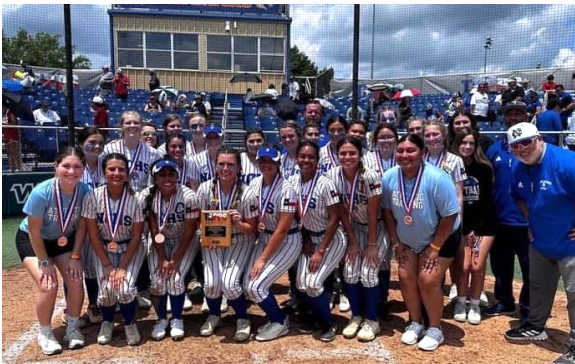
To make a more significant impact this year, we have requested all athletic teams to sponsor a family, with some of the larger teams sponsoring two families. Your coach will send out "Christmas lists" and needs for that family, so we can thoughtfully pick out a gift for someone who needs it the most.

Instead of just ordering a gift on Amazon, we urge you to understand the needs of others in our community and be thankful for our fortunes.

Please keep an eye out for an email from your coach regarding this program, and sign up to help someone in need this Christmas season.

Thank you,

Aaron Mattox



Softball Tryouts

Spring Softball Season is just around the corner. Come out and join this awesome winning program. Tryouts will be in December. Contact softball Head Coach Alan Nagid for details.

UPCOMING ATHLETIC EVENTS



Get ready for a semester full of sports excitement! The Fall Semester Season Pass is your golden ticket to all the action at Nolan Catholic's home games until December 24, 2023 (note: playoff games are not included). Grab your pass now for non-stop fun! Head over to [NCHS Online Box Office](#) to secure your spot in the stands! 🏈🏀🏈🏈 Don't miss out on the games!



Congratulations, Matias!

We were informed by his parents that this summer Matias attended the FC Barcelona camp in Round Rock. Out of 6,000 soccer players nationwide only 5% were invited to train with the FC Barcelona youth academy in Barcelona, Spain. Matias was selected and just spent the week of Oct. 16-23rd being coached by the best. This is a once in a lifetime opportunity. Congratulations to Matias.

THE VIKING CLUB



Upcoming Volunteer Opportunities

VOLUNTEERS NEEDED: We have a lot of volunteer opportunities coming up this week and next!! Click [HERE](#) to view the upcoming events and sign up. All proceeds from concession sales go directly to the Viking Club, which in turn supports our NCHS-approved athletics/organizations, and we can't do it without YOU!



UPCOMING VIKING CLUB MEETING: Save the date for our next Viking Club meeting on Nov 15th @ 6pm. Location to be determined....stay tuned!!!

**BE A PART OF
THE AWARD-
WINNING
MARCHING
BAND**

Email Us

Band Director, Philip Carpenter
pcarpenter@nchstx.org



PROMOTING OUR COMMUNITY



ST. JOSEPH SEMINARY COLLEGE
COVINGTON, LA

NOVEMBER 3 - 5, 2023

*Vocations Weekend Retreat for Men
in High School and College
Ages 16 and Older*

MASS

COMMUNAL
PRAYER

DISCERNMENT
STORIES

SEMINARY
TOUR

NO COST. Transportation provided to and from seminary. Please register no later than October 27, 2023. For those who are or will be 18 years of age at the time of the event, you will be required to register and complete the Safe Environment training.



For more information, please email or call the vocations office. Vocations@fwdioc.org 817-945-9321

ST. JOSEPH CATHOLIC SCHOOL

KNIGHTS ON THE GREEN

26th Annual **GOLF**

November 10, 2023
1 p.m. Shotgun Start

-Tournament-

Dinner Only Tickets Available!

ON SALE NOW

MANSFIELD NATIONAL GOLF CLUB 3750 NATIONAL PKWY. MANSFIELD, TX 76063	MATT KERTZ CHAIR MCKERTZ@GMAIL.COM
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Scan for Sponsorship Opportunities and Tickets



Nolan Catholic High School is a ministry of the Diocese of Fort Worth providing a college preparatory education and evangelizing students to be tomorrow's servant leaders through

EDUCATION IN FAITH | FORMATION IN HOPE | PERSEVERANCE IN CHARITY

4501 Bridge St.
Fort Worth, TX
76103
817-457-2920

