



Boys Town Skill of the Week: Staying on task

1. *Look at your task or assignment.*
2. *Think about the steps needed to complete the task.*
3. *Focus all of your attention on the task.*
4. *Stop working only when instructed.*
5. *Ignore distractions and interruptions from others.*

Dear Blessed Sacrament Families,

Tomorrow is the annual "Day of Prayer for the Legal Protection of Unborn Children." *The General Instruction of the Roman Missal (GIRM)* urges Catholics: "In all the Dioceses of the United States of America, Jan. 22 (or Jan. 23, when Jan. 22 falls on a Sunday) shall be observed as a particular day of prayer for the full restoration of the legal guarantee of the right to life and of penance for violations to the dignity of the human person committed through acts of abortion."

Not sure how to observe this day of prayer and penance? Pick from the ideas below or offer some other prayer or sacrifice that you feel called to do:

- Go to Mass
- Abstain from meat
- Pray the Divine Mercy Chaplet
- Fast
- Pray a decade of the Rosary
- Give up TV and movies for the day
- Spend time in the presence of the Blessed Sacrament
- Sacrifice some of your free time to do a small act of service for someone else

In Jesus our Eucharistic King,
Sister Marie Caritas, CK

JANUARY'S LUNCH MENU: [BSS January Lunch Menu](#)

Congratulations to Morgan Meysenburg, the District 9 winner for the Grades 7-8 Keep Christ in Christmas Knights of Columbus poster contest! Her poster has moved on to the state level competition. We are proud of you, Morgan.

VOLUNTEERS

ANNUAL SAFE ENVIRONMENT RENEWAL – JAN. 2026

Training renewal opened Jan. 1, 2026. **All school volunteers**, please visit CMGconnect.org and log into your account to complete the 2026 renewal module that will be located under “Required Trainings” on your dashboard. If you need technical assistance, please contact jeff-hohlen@lincolndiocese.org (402-314-2899). **Thank you for completing this by Jan. 31, 2026!**

UPCOMING SCHOOL EVENTS

CATHOLIC SCHOOLS WEEK JAN. 25-30

See separate email for more details!

KNIGHTS OF COLUMBUS YOUTH FREE THROW CONTEST – JAN. 25

The Knights of Columbus are excited to host their annual Youth Free Throw Contest in the Blessed Sacrament Gym! No need to be a star basketball player – this contest is all about having fun and doing your best! Winners will advance to the District Free Throw Contest. We hope to see lots of young shooters there to join the fun! 🏀 🏆



Date: Sunday, January 25



Check-In: 4:30 p.m.



Contest Begins: 5:05 p.m.



Estimated Finish: Around 6:00 p.m.



Location: Blessed Sacrament Gym



Who Can Participate: Boys and girls ages 9–14



Cost: FREE and open to the public!



Parents/Guardians: Please plan to attend to sign the registration form before the contest begins.



Questions? Contact Jason Danner at 402-470-7929.

This event is sponsored by Blessed Sacrament Knights of Columbus Council #11001.

CLUBS

SOUTHSIDE TRAP TEAM – JUNIOR HIGH STUDENTS

The kick-off for the 2026 trap season is Sunday, Feb. 1st, from 12:00-3:00pm. Practices begin in Feb. Contact head coach, Jeff Dreith, for more information: jdreith1985@gmail.com or 402-202-6935.

THUNDERETTE DANCE CAMP – FEB. 22

Pius X High School is hosting a Dance Camp open to Pre-K through 5th graders on February 22nd from 1-4pm at Pius X High School's Gym! Registration is \$35 for the first dancer, \$25 for the second dancer, and \$15 for the third and any additional dancer. The camp will close with a performance for friends and family! Register today using the QR code below.



THUNDERBOLT WRESTLING

Looking for a sport that builds strength, discipline, and faith?

Join **Thunderbolt Wrestling Club** — a supportive, family-centered team where boys and girls grow on and off the mat. All experience levels welcome!

📅 Preseason practices now through Dec. on Monday 6:30pm, regular season starting Jan. 2026

👤 Ages K-8th grade, boys and girls with separate coaches/practices at the same time

📍 Pius X High School Wrestling Room, entrance doors located next to Tennis Courts.

🔗 www.thunderboltwrestling.info

✉ Marg Bohy – bohyboymom@yahoo.com

✉ Jerry Clinch – jer@bccine.com

VOLUNTEER OPPORTUNITIES

ADULT FEMALE VOLUNTEER NEEDED

We are looking for an adult female volunteer to work with a female elementary student through the **Teammates Program**. The volunteer would meet with the student at the school 2-4 times a month for 30-45 minutes. Please contact Anena Rolofson, Student Service Coordinator at Blessed Sacrament School, for more information at 402-476-6202.

SCHOLARSHIPS

GOOD SHEPHERD SCHOLARSHIP APPLICATION OPENED JAN. 1st

Find information [here](#) about the Good Shepherd Scholarship for 2026-2027. **This application must be completed to receive any scholarships from Blessed Sacrament School.** We are very happy to assist you in this process. Simply contact the school office to schedule a time!

- FACTS Scholarship **must be completed by Mar. 31, 2026.**
- Families must submit the required tax documentation through FACTS to be considered.
- The Good Shepherd Scholarship covers families up to 225% of the Federal Poverty Level.
- Award amounts are \$1,800 for grades K–8 and \$2,100 for grades 9–12.

ADDITIONAL ITEMS

SPIRIT CATHOLIC RADIO SUPERSTAR CONTEST

Celebrate Catholic Schools Week by voting in Spirit Catholic Radio's *Superstar Contest*! The Superstar Contest encourages families to discover all that a Catholic education has to offer. **Vote for Blessed Sacrament School Jan. 26–Feb. 6** at <https://spiritcatholicradio.com/superstar2026> to make us a Superstar Catholic School!



Sr. Marie Caritas, CK

Principal

www.blessed-sacrament-school.com

(402) 476-6202

1725 Lake Street

sr.marie-caritas@cdolinc.net