



# Notre Dame Academy

## *Spiritual Component*

Theology Classes, Four-Year Retreat Program, Christian Service



## *Sisters of Notre Dame*

The Sisters of Notre Dame are one of the oldest, religious orders ministering in education since 1850. Since its founding in 1904, the Sisters of Notre Dame have staffed Notre Dame Academy. With Rome as the location of their Generalate, the Sisters are part of the Toledo Province of the Sisters of Notre Dame. Mary is the Patron Saint of Notre Dame Academy.

### Educational Cornerstones of the Sisters of Notre Dame

- The dignity of the teacher
- The worth of the individual student
- The thoroughness of instruction in all subjects
- The centrality of religion

## Developing Young Women's Spirituality

### Freshmen

**Theology** – Freshmen study Faith and Revelation / Who is Christ? as an introduction to Catholicism, including the spirit of the Sisters of Notre Dame and Mary, the Mother of God -- our Patron Saint.

**Retreat** – The freshman retreat is a one-day bonding experience as a class in the spirit of Notre Dame Academy. Girls mix in different ways, meet their classmates, and share their spirituality and beliefs.

### Sophomores

**Theology** – Sophomores study a semester of Hebrew Scriptures (Old Testament) and Christian Scriptures (New Testament).

**Retreat** – The sophomore retreat is a one-day retreat, off campus, where students work together to help those in need throughout the Toledo area community alongside local agencies. The girls perform Christian service in small groups and learn to live the school's mission.

### Juniors

**Theology** – Juniors discuss Theology of the Body (one semester) that challenges God's call in their lives through an examination of relationships and dating, responsible sexuality through Church teachings, and discerning the vocation of single, married, and religious life. Juniors also take a semester of Morality where they examine the complex problems of faith and morality in the modern world.

**Retreat** – Junior retreat is an overnight, off campus retreat that allows small groups to get to know each other in a more intimate, spiritual way by sharing their individual stories. Students complete a life graph and through their sharing build community and trust with each other.

### Seniors

**Religion** – Seniors take a semester of Church where they discover the Church as the living body of Christ while examining a survey of Church history from Apostolic times to present day. Seniors also choose another semester course from electives such as Eschatology (death and loss issues), Faith in Action, Women of Vision: The Feminine Genius, Nuts and Bolts of the Spirited Life, Prayer, World Religions, and Honors Bioethics.

**Retreat** – The powerful *Kairos* (the Lord's time) Retreat is a four-day, three-night off campus retreat where young women bond and develop their own self awareness while deepening their spirituality with God.

## Other side for Christian Service & Worship

## **Christian Service**

All young women must complete 50 hours of Christian Service before May 15 of their junior year. Many of our young women do much more. You'll find Notre Dame Academy students serving at soup kitchens, working in parishes and churches, coaching sports teams, and teaching religious education classes. They also serve at hospitals, hospice, elder care centers, and throughout northwest Ohio and southern Michigan wherever there is a need.

## **Special Projects**

Young women serve in Appalachia bringing Christmas to the families of Harlan, Kentucky. Notre Dame Academy students and their families donate gifts for almost 600 adults and children. They set up a toy store at the parish for families to secure Christmas gifts for their children and also host a family party where every adult and child receives a gift.

During the course of the year students of all grade levels serve others at longer periods of time. Students have spent spring breaks doing service work in Kentucky and New Orleans. Summer is also an important time for special service projects. Students work alongside the Sisters of Notre Dame ministry with migrant workers in rural northwestern Ohio. Students also serve those in need of Toledo through the Youth Elect Service (YES) project. Plans are underway for an international service project.

## **Community Service Course**

Seniors have the option to take an intense semester-long course performing service during the school day in conjunction with the school's mission to form women for leadership and service. Students must perform a minimum of ten hours to the poor in the Toledo Community. Important components to the course include reflection, discussion, and journal writing.

## **Pastoral Core Team**

*Composed of 15-20 young women of various denominations, they are the spiritual leaders of the school handling such projects as the Junior Academy retreat, school liturgies, and Founders' Day Activities. They are also actively involved in the Spiritual Activities and Global Concerns Committees with their fellow students.*

The **Spiritual Activities Committee** plans all prayer services, liturgies, and reconciliation services.

The **Global Concerns Committee** plans service and outreach such as the school's work at Queen of Apostles, March for Life, and educates the student body on social justice issues such as homelessness. They encourage students to be physically involved to make a difference. Students solicit organizations with special needs and arrange collections to meet those needs whether it is money, clothing, canned goods, or other items.

## **Worship Opportunities**

Weekly liturgies during lunch

Reconciliation is twice a year and offered at most retreats

Prayer Services

All School Liturgies

Liturgies at all retreats and at other various times

Daily whole school prayer

Prayer before class begins

Chapel is always open for worship

Stations of the Cross (Lent)

May Crowning

Grandparents Day Mass

Prayer before lunch as a school