

The Eagle Express Newsletter

October 26, 2016

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Patience

Waiting without getting upset.

I Will...

Wait my turn.

***Not complain when I don't
get my way.***

***Accept what cannot be
changed.***

Use my time wisely.

Try and try again.

*A person's wisdom
yields patience; it is to one's glory
to overlook an offense.
(Proverbs 19:11)*



Words of encouragement during difficult times...

Giving words of inspiration to people who are grieving is not an easy task. It can be difficult to put into words all the thoughts and emotions you are feeling at this difficult time.

Losing a loved one is a difficult time for everyone who knew the person who passed away. Using words of inspiration in a condolence letter or sympathy message can help to reduce the grief an individual is feeling over the loss of a loved one.

Death is inevitable and people cannot prepare themselves for it, nor avoid it. At some point in everyone's life, he or she will experience grief over the death of someone that is close to his or her heart. When that time comes, sadness, grief, and depression takes over, and with that, people themselves cannot explain what they truly feel. They are at loss for words, and most of the time, they can relate themselves with the quotes of other people. These kinds of situations are the times when words of inspiration are very helpful.

*Those we love don't go away,
They walk beside us every day,
Unseen, unheard, but always near,
Still loved, still missed and very dear.*

*I Did Not Die
Do not stand at my grave and weep;
I am not there. I do not sleep.
I am a thousand winds that blow.
I am the diamond glints on snow.
I am the sunlight on ripened grain.
I am the gentle autumn's rain,
When you awaken in the morning's hush,
I am the swift uplifting rush
Of quiet birds in circled flight.
I am the soft stars that shine at night.
Do not stand at my grave and cry;
I am not there. I did not die.*

*It is in dying that we are born to eternal life.
- St. Francis of Assisi*

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What's for Hot Lunch?

Thu: Beef Soft Tacos

Fri: Pizza

Mon: Hamburger/
Cheeseburgers

Tue: Taquitos

Wed: Hot Dogs



OCS Eagles

Isaiah 40:31

*But those who hope in the Lord will renew their strength. They will soar on wings like eagles;
They will run and not grow weary, they will walk and not be faint. -- Isaiah 40:31*

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Matthew 5:4 "Blessed are those who mourn, for they will be comforted."

John 14:1-4 "Let not your hearts be troubled. Believe in God; believe also in me. In my Father's house are many rooms. If it were not so, would I have told you that I go to prepare a place for you? And if I go and prepare a place for you, I will come again and will take you to myself, that where I am you may be also. And you know the way to where I am going."

Romans 8:16-17 The Spirit himself bears witness with our spirit that we are children of God, and if children, then heirs—heirs of God and fellow heirs with Christ, provided we suffer with him in order that we may also be glorified with him.

2 Corinthians 5:6-8 So we are always of good courage. We know that while we are at home in the body we are away from the Lord, for we walk by faith, not by sight. Yes, we are of good courage, and we would rather be away from the body and at home with the Lord.

1 Thessalonians 4:16-18 For the Lord himself will descend from heaven with a cry of command, with the voice of an archangel, and with the sound of the trumpet of God. And the dead in Christ will rise first. Then we who are alive, who are left, will be caught up together with them in the clouds to meet the Lord in the air, and so we will always be with the Lord. Therefore encourage one another with these words.

1 Thessalonians 5:9-11 For God has not destined us for wrath, but to obtain salvation through our Lord Jesus Christ, who died for us so that whether we are awake or asleep we might live with him. Therefore encourage one another and build one another up, just as you are doing.

Because of Calvary, We Live! Because He lives, we can face tomorrow! Because we have hope, we can encourage one another!

Dr. Keene

A Prayer to help us stay connected...

I come before you today with a heavy heart. For however long this season of sorrow lasts, I pray that you would show me more of your love and grace. Help me to trust that you are at work and to rest in your faithfulness. Help me to rejoice in Christ even as I grieve. Envelope me with the peace and comfort only you can provide. Use me to encourage and bless someone else who must walk a similar path. Help me to point them to you as the God of all comfort. I know that you are always with me and that your love never ceases. Help me to find refuge in you and nowhere else. In Jesus' name I pray, Amen.

SPORTS

Boys Basketball



Grades 5-8. Season runs Nov. 14 to Jan. 12.
Practices start on November 1.

PTPF – EVENTS

FAMILY MOVIE NIGHT - Fri., Oct. 28 @ 6:30 pm in the Music Room: Wear your jammies and come watch "The Peanuts Movie." PTPF will provide FREE popcorn, licorice and water. Students are welcome to bring a pillow and blanket. *This is a family event and parents need to stay with their students throughout the movie.*

THANKSGIVING FOOD DRIVE - Wed., Nov. 16 bring a canned food item to donate to the Hope Center. The donations will be picked up by the Hope Center on the 18th.

Grandparents' Day Chapel

November 18, 2016 at 10:30 a.m.

Invite your grandparents to join us as we celebrate them!

School Calendar of Events

- 11/8 HST Meeting @ 6:00 pm (Room 12)
- 11/10 Veteran's Day Chapel
- 11/10 NOON DISMISSAL
- 11/11 NO SCHOOL
- 11/18 Grandparent's Day Chapel (10:30 am)
- 11/18 NOON DISMISSAL
- 11/21-25 Thanksgiving Break - NO SCHOOL

Next PTPF Meeting:
Mon., Nov. 7
5:00 p.m. @ Starbucks

Next School Board Meeting:
Thurs., Nov. 17
@ 6:00 pm, Library