

The Inland See

NEWS FROM

August 17 – 23, 2024

FOR THE DIOCESE OF BURLINGTON

All Saints Catholic Academy students learn value of growing own food



Bottom photo: Last spring students were photographed planting a garden along the edge of the new outside eating area. — Submitted photo

The idea of a school garden at All Saints Catholic Academy in Morrisville grew out of a desire to celebrate the school’s “outstanding” food service program, nurture students’ understanding of the importance of healthy eating and simply have fun growing vegetables and herbs.

Last year was the first year for the garden, planted by students and staff along the edge of the new outside eating area.

“In the fall of 2022 we finished construction on our multi-purpose room renovation and kitchen addition. Part of this construction project was to include an outdoor patio with picnic tables where students could enjoy lunch outside and also a built-in garden space,” explained Jennifer Nordenson, vice principal/director of enrollment and marketing. “It was the dream of our awesome kitchen crew to utilize this garden space to grow food and herbs that could be used in our school meals program.”

The choice of what to plant in the spring of 2023 was deliberate: nothing that would have to be harvested earlier in the season when school was out for summer vacation. But when they returned in August, students saw the fruit of their June planting labor: tomatoes, eggplant, cucumbers, green peppers and lots of herbs like basil, rosemary, parsley, oregano, thyme, and sage. There were plenty of sunflowers too. Students painted rocks to line the edge of the garden.

Nordenson and Heather Gentle, director of food services, occasionally checked the garden in the summer, but Mother Nature did a good job watering it. Some of the basil was harvested and frozen for use during the school year in pesto, soups, or sauces.

“Beautiful” donated soil made the garden beds, Gentle said. No fertilizers or pesticides were used.

She estimated the garden saved about \$200 in the food service budget.

Jacob Atwood, a sixth grader from Morrisville who has experience in the garden at home, took charge of ridding the tomato plants of hornworms, a job no one else wanted. He likes to garden and finds it satisfying to put the work into the garden and then “eat your work.”

He said local food tastes better. “God lets the plants grow; God is gifting you your garden,” he added.

Getting students involved in growing the food they eat helps them take pride and responsibility for the food, said Head of School Carrie Wilson. It also helps them develop healthy eating habits, sets them up for good nutrition as adults, and exposes them to sustainable living.

And once the garden is planted and “you do everything you can do, then it’s in God’s hands,” Nordenson said.

VTC • Cori Fugere Urban

Upcoming Events



08|21, 28 St. Anne's Shrine Summer Reflection Series 2024

St. Anne's Shrine, Isle La Motte • 11:15 am

The programs begin with 11:15 a.m. Mass followed by a presentation. Lunch is available for purchase in the café. As always, you may bring your own picnic lunch to eat outside. All are welcome!

Wednesday, August 21 • Fr. Richard Berube, SSE
Who did you say? Lesser-known followers of Jesus in the Gospels

Wednesday, August 28 • John Kenney, Emeritus Professor, Religious Studies, Saint Michael's College
Who was Saint Augustine and What did he confess?



09|01 SUNDAY Eucharistic Healing Service

St. John the Evangelist, St. Johnsbury • 3 pm

Join us for Adoration of the Most Blessed Sacrament along with praying over by Father Lance Harlow.



09|06, 07 FRIDAY & SATURDAY Guiding Star Cycle Show

Colchester Meeting House, Colchester

Parent Presentation: Friday 7-8:30 pm

Workshop for Girls: Saturday 9 am - 2 pm

For Girls Ages 9-12. The Cycle Show helps to reduce the fear and anxiety surrounding getting their period for the first time. It promotes body positivity and self-confidence during what can be an awkward phase in a girl's life. To learn more or to register please visit: www.guidingstarproject.com/cycle-show/ or email Valerie Parzyck at vparzyck@vermont-catholic.org.



09|07, 10|05 FRIDAYS Free Community Dinner

St. John the Baptist Parish Hall, Enosburg Falls
5 - 6:30 pm

Please join us for a Free Meal. Open to anyone who would like a Hot Meal.



09|15 SUNDAY Bereavement Ministry

St. John the Evangelist, St. Johnsbury • 1 pm

An opportunity to pray with and to share with others who have experienced the loss of a loved one. We meet the third Sunday of each month in the rectory. We invite our own parishioners and those from other parishes to join us. All discussions are confidential. For additional information, please call Deacon Pete Gummere (802) 274-0942.



09|15 SUNDAY Eileen George Book Study

Most Holy Name of Jesus, Morrisville • 2 pm

Meets the third Sunday of the month in the Crosby Center. Fr. Lance Harlow will continue the book study of Eileen Georges' first book, *Beacon of God's Love*.



09|19 THURSDAY BINGO

St. John Vianney, S. Burlington • 6:30 - 9:30 pm

Doors open at 4:30 and the first game begins at 6:30. Come join the fun with friends and family. Bring a non-perishable food item(s) and receive two free game sheets for the "winner take all" game. All food items are donated to the local food shelf.



09|21 SATURDAY Men's "Cor" Formation

St. John Vianney, S. Burlington • 10 am

Calling all men to fellowship, prayer and a deeper faith! All men welcome. Coffee and donuts provided. COR Formation will be held on third Saturday of the month.



09|29 SUNDAY Music of HOPE — Dave Pettigrew

St. Francis Xavier, Winooski • 6 - 8 pm

Part of the proceeds benefit the music ministry at St. Francis Xavier and Brittany's Hope in memory of Brittany Elizabeth Goyette. \$20 a ticket, available online at: northeastccc.com/events/winooski-vt-an-evening-of-worship-with-davepettigrew

F R E E W I L L

August is National Make-A-Will Month, and there's so much you WILL accomplish by creating an estate plan. From protecting your loved ones close to your heart to making a generational impact on the Catholic organizations that have shaped your life, you WILL ignite your legacy for decades to come. To start your documents today scan the QR code provided below (it takes about 20 minutes), or visit bit.ly/MAWM_VCCF.

If you have any questions about the FreeWill software or the VCCF in general, please feel free to contact VCCF Executive Director, Melanie Sheehan, at 802-556-4458 or email: melanie@vtcatholicfoundation.org.



Pilgrimage to Rome April 28 – May 8, 2025

Consider joining Fr. Matthew Rensch on a pilgrimage to Rome, Assisi, Orvieto, Cascia, and Norcia, among other sites. The pilgrimage will visit the Eucharistic Miracles and three incorrupt saints. A ProRome tour manager will accompany the group. Private bus transportation, four-star hotels, Catholic tour guides, all tours and tickets, daily breakfast are all included in the price. First payment due in October.

Details here:

www.prometours.com/fr-matthew-rensch/



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