



*Catholic Schools Week
January 30 – February 5, 2022*

Dear School Leaders and Staff,

I come to you in this Catholic Schools Week 2022, full of gratitude for all you have done for our Catholic schools. For two years, faced with unprecedented challenges posed by this pandemic, you have innovatively ministered to your students, parents, and each other. You have been tested, and you have persevered! I stand alongside the many students and parents to thank you for your continued presence in the lives of our students and to applaud your extraordinary efforts to keep them connected with Jesus and provide them with an excellent education.

We all need to nourish our souls and our relationship with Jesus to live out our vocations. I'd like to give you that time to nourish your soul. On Friday, March 11, I am granting a Mental Health Day to all our educators and staff in our Catholic schools throughout western Washington. This is a day for you to be with God and to focus on your own wellbeing, as surely more will be required of you during these pandemic times. Please take this time to visit with the Lord, whether through personal reflection, reading of scripture or spiritual works, or other renewing activities, so that you might deepen your personal relationship with Him and receive the benefit of his love and graces. This mental health day is a gift for you.

I also encourage you to seek and secure mental health resources that can assist you at those times when life feels overwhelming. The Archdiocese of Seattle's [Mental Health Ministry](#) has worked tirelessly to secure mental trainings, events, and resources to assist our communities as needs arise. The Office for Catholic Schools, with excellent collaboration of our Socio-Emotional School Counselors, has also vetted [mental health resources](#) to support all members of our faith communities. While these times are challenging, it is a time of opportunity to walk with our brothers and sisters to ensure we are united with a true sense of hope and purpose.

Please know that I pray for each of you, as you pray for me. May God bless you abundantly for all that you do, each and every day, on behalf of our young people.

Assuring you of my great esteem and fraternal care, I remain,

In The Heart of Christ,

Most Rev. Paul D. Etienne, DD, STL
Archbishop of Seattle