



Saint Agnes School
Arlington Catholic
High School

Alumni Newsletter

November 2024

A Word from President Keough

Dear Saint Agnes School/Arlington Catholic High School Community,

I don't bounce back from things the way I used to. A few weeks ago, I attended my granddaughter's baptism, which was a beautiful experience, but it took place in Maryland, requiring an eight-hour drive each way. By the following Tuesday, as I made my way into work, I was feeling tired. By Wednesday morning, exhaustion had set in, and I faced a full day ahead. I wondered how I would manage to get through it. However, as often happens, what initially seemed like an overwhelming load became lighter with each passing moment of the day.



On my way to work, instead of letting the morning traffic get to me, I listened to my Spotify playlist—specifically Tyler Childers and Watchhouse—and suddenly my mood shifted from down to upbeat. As the morning went on, I attended a talk for our high school students on leadership. The speaker shared how he uses his spirituality to lead with conviction, believing in the goodness of others. His message resonated with me, reminding me how fulfilling it is to work with young people and serve others. Once again, my day and outlook began to improve.

Later in the evening, we had our Open House, and I honestly wondered how I would make it through without running out of steam. But to my surprise, I ended up having a great time—laughing over dinner with members of the high school staff, chatting with parents who were visiting and supporting the event, and then heading to Saint Agnes School for their Open House.

At Saint Agnes, I was warmly greeted by several 8th-grade "tour guides" who were genuinely happy to see me after my long absence (I recently moved my office across the street to 1 Chestnut Street). Their enthusiasm immediately lifted my spirits, and I felt re-energized. I spent time talking with current and prospective parents, catching up with my teacher colleagues, and sharing pictures of my granddaughter. Then, when I learned that the tour guides were "starving," I managed to find some

leftover pizza for them. We laughed and chatted as they ate, and I couldn't help but think of the biblical phrase my mother often says when she's had a joyful day: "My cup runneth over." It's her way of expressing gratitude, knowing that God has been especially good to her.

As I drove home, I couldn't help but chuckle to myself about how my "exhausting day" had actually turned out to be quite rejuvenating. I'm grateful that God places moments like these in my life, and that I've been surrounded by such good people along the way. I also think I'm beginning to understand why so many students and families are drawn to Saint Agnes School/Arlington Catholic High School. There's a sense of family that permeates the schools—something that has been passed down through generations and can't easily be replicated.

As I mentioned at our Leadership Reception last week, I spent my entire career in public schools trying to capture that same sense of security and connectedness that comes naturally at Saint Agnes/Arlington Catholic, but I never quite succeeded. Whether our students recognize it in their daily lives or not, they are truly fortunate to be part of this community—and so are we.

I hope this letter finds you well and that you are enjoying the cooler temperatures of fall!

Sincerely,

Andrew

Alumni Spotlight: Patrick Langan '05

I am currently a firefighter within the City of Boston. I have been in this role for the past eight and a half years. Prior to this I was a police officer for just under two years within the same municipality. Jumping back about 15 years, I taught briefly after getting my BA in Education but felt I needed to embark on a different course so I enlisted in the United States Marine Corps.

My time at Arlington Catholic was great. It molded me into the person I am today. It introduced me to many qualities like leadership, selflessness, integrity and commitment. Acquiring these core values encouraged me to place the needs of others before my own. Fast forward twenty years, I can say that I have dedicated my life to the service of others and the AC "experience" definitely prepared me for that.

I would not say that I necessarily had a favorite teacher, as they were all motivating and encouraging in their own way, but two who stood out to me for sure were Ms. Linda Butt and Mrs. Mary O'Conner. There were countless mornings where these women made it a point to arrive early so that I could come in for extra help in Science and Spanish. I played sports all three seasons and was a member of various clubs so afternoons were tough for me to stay for help. I had to make a commitment to

getting up early, ride three buses and get to school on time if I wanted to make improvements for my studies.

Arlington Catholic's core values directly impacted my overall decision to enter into public service as a first responder. The mentoring I received from leaders in the community, and the friendship and relationships I cultivated during my time at AC paved the path to where I stand today. I learned the importance of seeing the value in every individual and treating others with compassion and respect. As a first responder, many times when I'm interacting with people, I'm walking into someone's worst day. It's my job to provide a sense of support and safety in moments of uncertainty and fear.

My advice to current students is to not to put too much pressure on yourself right now. Work hard to achieve your goals, but also don't forget to enjoy the moment. Back then I did not know where my journey would take me, but I can honestly say that my life has turned out better than I could have ever imagined. Ultimately, if it were not for AC I would not be where I am today both personally and professionally. I met my wife there, and it opened my eyes to a lot of great opportunities and experiences while interacting with some amazing people.



We are committed to featuring SAS/ACHS alumni and their lives after graduation in future editions of our alumni newsletter. Do you know of fellow alumni living the mission of SAS/ACHS in their professional or personal lives who would be open to being interviewed by Sister Barbara McHugh and featured in a future alumni publication? Please email Sister Barbara directly at sbarbara@achs.net to nominate an alum or yourself!

Class of 1979 - 45th Reunion

The Class of 1979 recently gathered to celebrate their 45th Reunion, enjoying the opportunity to reconnect and reminisce about cherished memories. The event also included a heartfelt tribute to classmates who are now with God in eternal peace. It was a joyous occasion for all who attended.

We are deeply grateful to the Class of 1979 for their incredibly generous donation of \$2,300 to Saint Agnes School/Arlington Catholic High School. This generous gift comes from the proceeds of their Reunion and will make a meaningful impact on our community.



Class of 1984- 40th Reunion

The Class of 1984 celebrated their 40th Reunion, and it was an absolute blast. It was held on November 9th in Arlington, MA. It was a night filled with laughter, memories, and reconnecting with old friends. The celebration allowed everyone to relive cherished moments from our high school days while creating new memories to take with us. It was an

unforgettable experience, and we're all grateful for the effort that went into making it so remarkable. A big thank you to the reunion committee for their hard work organizing such a memorable event—it made the evening special!



Campus Happenings

Blessing Bags

Our high school students generously collected donations to fill "blessing bags" — bags containing essential personal care items and supplies to support those in need during the colder months. Thanks to their kindness and dedication, we were able to assemble over 200 bags, which were then donated to the Salvation Army in Cambridge.



We're Hiring!

Alumni and Parent Engagement Manager

We are seeking a dynamic and passionate **Alumni and Parent Engagement Manager** to strengthen our connections with our alumni and parent community. In this role, you will develop and implement innovative strategies to enhance engagement, foster relationships, and promote a sense of belonging. We want to hear from you if you are enthusiastic about building meaningful connections and driving initiatives that support our mission! Join us in creating lasting relationships that inspire and empower our community. Please submit your resume to Michelle Famolare Casey [@mcasey@achs.net](mailto:mcasey@achs.net)

Click here for the full job description!

Upcoming Reunions

4's and 9's...It's Your Reunion Year!

Reunions are held every 5 years so if your graduation year ends in '4 or '9 your reunion year is 2024!

CLICK HERE to view a message from our Alumni Relations Ambassador, Sister Barbara McHugh about planning for your upcoming reunion.

Class Agents

We need Class Agents for the following classes: 1965, 1966, 1968, 1973, 1976, 1981, 1986, 1991, 1992, 1993, 1994, 1997, 2003, 2004, 2005, 2007, 2012, 2021, 2022, 2023, 2024

Click below if you are interested!

Become a Class Agent

Class Notes and In Memoriam

Submit your class note for the next edition of Fidelitas!

This is a great chance to let your fellow alumni know what is happening in your life. Whether you've just hit a major life milestone, recently traveled somewhere new, or began a new business venture, we want to hear about it!

Click below to submit a class note today!

Submit a Class Note

In Memoriam

If you are aware of a graduate of Saint Agnes School or Arlington Catholic High School who has passed away, we would be most grateful if you would kindly email Sister Barbara McHugh at sbarbara@achs.net.



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