

St. Louis College Ministry

Keeping you Connected to the Fam

REST HERE.

FOR A MINUTE.
IT'S OKAY.

The Sabbath People

So I'm looking over this balance check list, thinking about which point I want to write about, and I get stuck on time for "leisure and rest". It made me actually LOL.

I have already written about "being busy" in past newsletters. It's a chronic problem. And it's such an annoying problem because everyone seems to have it and everyone seems to want to have it the worst. Am I right?! Do you ever get into conversations where you're trying to out-boast another and prove who is the busiest?

God is smart. And he knew we would be busy, hence, the whole "Keep holy the Sabbath" commandment. But how many of us actually make Sunday a special or holy day?

I recognize this commandment is wise. And serious. And necessary. Yet, I find myself simply unable to fulfill it without dropping the ball on something else in my life. How do I get more time?! And not only more time, but an entire day's worth of more time?

Pray. Pray in this slightly unconventional, potentially odd-sounding way: give your to-do list to God. In fact, make your to-do list with God! I fall in and out of the habit of doing this, but over the past two weeks, I used the formulation of my to-do list as a prayer. I sit down with my phone (which has a notes section and a calendar) and open up in prayer, "Okay, Lord, what have I got to do this week?" Then, still in conversation with him, I start looking through my calendar and writ-

Happy Easter from CYM!

We can keep saying this until May 15 because Easter is actually an entire season on the Church calendar. We are praying for you as you enjoy some warmer weather!

ing down all the things I have to do. I include personal items like working out and doing my chores, work items and deadlines, projects and homework for school. Once I've got it all out there in my notes section or on a pad of paper, I say to God, "Alright, how do I get all this done?" After I have said this, I start re-arranging and thinking through the most efficient way to complete my to-do list. I sincerely believe that the Holy Spirit helps me figure out which items are a priority and which ones can wait. I believe he helps me determine the order that I should visit stores during my errand runs. I believe he motivates me and focuses me so that I can get my work done faster. And I believe he puts me at ease when the long list of "MUST DO TODAY" seems overwhelming.

It's not a magic trick, but it's a way of inviting God to be a part of something I do almost every day. And hey, the more we can pray, the better! Plus, the whole point in sharing this prayer method is to say I have found, in committing my to-do list to God, I actually have more time. And the more time I have, the more time I have for Sabbath.

I know how insanely busy college can be. Making Sunday a special and holy day is difficult. Culturally, Sunday is a day for recovery, homework, chapter meetings, team dinners. The weekend comes to a close and it's time to get ready for the week. I get it. I understand. Even in my post college life, Sunday is my homework day. And work day. And laundry day. And grocery store day.

Yet, Sunday is for much more than this. The fact is, we need Sunday to be a Sabbath. Need! The word "Sabbath" comes from the Hebrew word meaning "rest." We have to rest, otherwise, we burn out.

How does our Church celebrate the Sabbath? With Mass. It's interesting to reflect: do you see Mass as a time of rest, relaxation, and restoration? Why or why not? If Mass is NOT a time for these things, what can you do to change that? Some suggestions I have are getting enough sleep the night before, going to Mass at a time that is convenient for you, making sure you have done enough of your work that you don't have to be distracted by the to-do list while you're in church, participating more fully so that you connect with God. Maybe you could make your Sunday experience special by developing traditions with your friends like always going out for brunch or dinner afterwards.

It's hard to believe that the end of the semester is upon us! How quickly an entire year goes! As exams approach and the end of the year activities begin, it will be just as important to make sure that you leave some time for rest!

Balance Check List

- _____ Enough Sleep
- _____ Eating healthily
- _____ Exercising 3-4 times a week
- _____ Leisure & Rest
- _____ Studying Enough for Classes
- _____ Time to Pray & Attend Mass
- _____ Time for Fun & Friends
- _____ Service to Community

Come home and get involved!

You've already met two of our college student leaders, Brittany and Stephanie, who are planning our Habitat for Humanity trip. Additionally, we have two college student leaders who will be working with me to coordinate our summer events, an intern, and another student who just sent me a text saying "Hey! I'm gonna be around this summer, so let me know if there's anything you need help with!" By the way, I love those kind of people. Read below to get to know some of the crew and consider sending me a message if you will be home this summer and would like to be involved!



Hi! My name is Andrea Montanti and I am a sophomore at Mount St. Mary's University. CYM has been a part of my life ever since I can remember. I have volunteered with many service events through CYM, and a couple of my favorites have to have been Lunches to the Homeless and serving at the Grassroots Shelter. Seeing the appreciation on the faces of those we serve is amazing. It's hard to exactly articulate what I feel, but my heart feels really full and joyful knowing that in that moment I am serving God's people.

For this summer, I was asked to be one of the student leaders for the College and Young Adult Ministry activities. I am going to help plan, organize, and run the different events that are going to occur. We have so many fun and different ideas, but the one that I am looking forward to the most is Whitewater Tubing on June 18th! I have never been Whitewater Tubing, nor have I really done anything of this caliber, so I am really excited to try something new and outside of my comfort zone. This is going to be really fun, so make sure you look out for details!

I have been in college for almost two years (yikes!) at this point, and looking back on the time I have spent at the Mount, and even way back when to high school, I wish I would have gotten more involved with activities and events outside of my comfort zone. I tend to stay where I think I will have the most fun, all the while totally discrediting the possibility of finding new passions. I really, really encourage you all to come and join us on these fun events! I have no doubt that you will have a blast while making new friends. Try something new and step out of your comfort zone! You won't regret it!

Hi, my name is Matthew Hostutler. I'm a freshman at Franciscan University of Steubenville. CYM has made a huge impact on my faith life. I've been involved with CYM since freshman year of high school. The first event I would go to with CYM was Open Gym. I attended most of the open gyms with my best friends, the first Fridays of every month. It was an awesome time to eat pizza, play dodge ball, basketball, hockey, along with many other sports, and hangout with great people. I wasn't into my faith too much when I started going to open gym freshman year, but it was perfect because I didn't need to be in order to go. As high school continued I began getting more and more involved with Foster the Faith, CYM Leadership Team, ACTS, and Summit Lake, and through these, my faith grew.

This summer I'm going to be involved with College Ministry and many of their events including Habitat for Humanity, Sports night, CYM Adoration, Whitewater tubing, Praise and Worship, and the CYM American themed cookout.

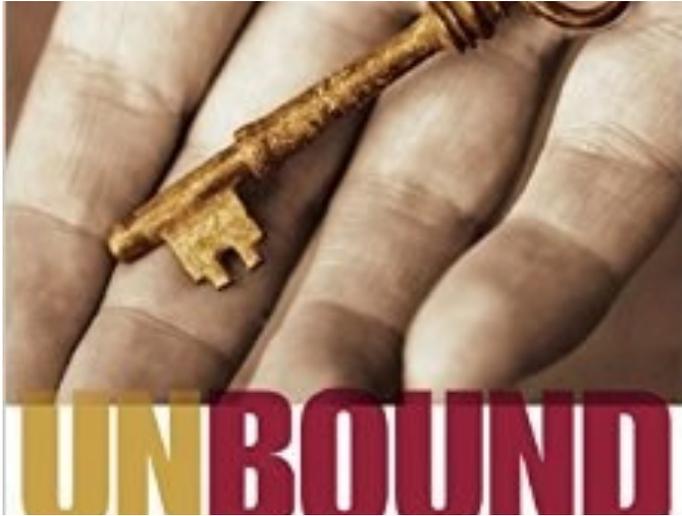
CYM has made such a big difference in my life. I would encourage everyone to get involved with at least one CYM event this summer.



Hi everyone! I'm Ally McHale and this Fall I will be a freshman at Franciscan University studying Multimedia and Theology. I love bringing my faith alive in video which I have been able to do through CYM, making videos for High School Retreat Ministry and for a trip I took with Pat to NCYC this past November. I have also taught the Creed Sacrament prep class for the past two years which has been amazing! This summer will be my second year the Teen Acts retreat team and I cannot wait. Along with being on retreat I will also be the CYM college intern this summer, mainly working on communications aspects in the office. Faith is something that grows tremendously when you have a strong community around to grow with you. That has been the biggest lesson for me with my involvement with CYM here at St. Louis. I encourage you all to get involved and form a faith community to grow around you! It can honestly change your life like it has changed mine!

Make Mercy a SPORT

Saints—Pilgrimage—Opening Doors—Reconciliation—Tangible Works



Reconciliation= Freedom

We have friends for different reasons. Sometimes, we are friends with someone simply because we see them often. Maybe we are friends because we hold common interests, or better values. Maybe we are friends with someone because we need them.

I need my friends. I first learned this in high school when problems got “real”. A few girls in my class gradually became my closest companions. We related to one another’s struggles and we were there to support one another when times were tough. Our common ground was that we had been hurt by people we looked up to.

I learned one of the most important lessons through a girl in that group. After seeing me struggle with pain and unforgiveness for a long time, she shared with me this quote I will never forget: “You don’t need someone to say that they’re sorry in order to forgive them.”

I realized that I was waiting for the person who hurt me to apologize, and in the meantime, my soul was dying. I had to stop allowing this situation and this person to hold me back in growing closer to God. As Christians, we cannot harbor unforgiveness. It goes against everything every thing Christ stood for. He died so that we might be reconciled to the Father. He bestowed his priests with the authority to hear confessions and absolve in his name. He left us these words in the Our Father prayer: “Forgive us our trespasses as we forgive those who trespass against us.” Jesus is pro-forgiveness.

The word reconciliation means to restore friendly relations between. We all are in constant need of reconciliation with God, with others, and even with ourselves.

After receiving the advice from my friend, I made reconciliation and forgiveness an intentional part of my prayer life. I recognized that I was the one in control of what I harbored in my heart.

Lists to Forgive

What did an intentional effort at forgiveness and reconciliation look like? It looks different for everyone, but since I journal a lot, I used my journal to write lists. If I had a tumultuous situation with a friend or family member, I would take time to go mentally go through the situation and write down everything that hurt me. Then, I would read the list, either aloud or in my head, and say “I forgive ___ for doing _____.” Sometimes, I would have to read this list many times for many days before I felt true forgiveness in my heart.

I later learned that I did not invent this idea of listing out things I need to forgive. Unbound is a “deliverance ministry”- those who wrote the Unbound book and created the Unbound conference desire to help others unlock the power God gives us to do 5 specific things:

- 1) repent of our sins
- 2) forgive those who have hurt us
- 3) renounce evil in our lives
- 4) take authority in Jesus’ name
- 5) receive the Father’s blessing

I had heard of the Unbound book through my grandfather who highly recommended it. Then, my parents and my aunt attended the conference and it changed their lives. Yet still, I resisted both reading the book and attending the conference. I expected the experience was going to be “messy”- I was going to have to dig through my past and pull up a lot of crap. My expectations were proven true, but worth it.

As I read through the book, I was prompted to make many lists: not only lists of wrongs against me that I had to forgive, but lists of sins that I perpetually commit, lists of evil qualities such as “impatience” and “rejection” that I feel had latched onto me. When I was ready, I reached out to Unbound ministers in my area. I took my lists and met up with them so that they could lead me in a prayer that followed the 5 actions above.

For me, the forgiveness and reconciliation part was the most difficult but relieved the most pain. And that’s why forgiveness is freedom. Furthermore, that’s why forgiveness is an act of mercy and one of the key areas Pope Francis asks us to focus on during this Year of Mercy. Mercy is taking pains to relieve a pain. Going through my past was painful but it relieved a pain in my heart and healed relationships in my life. Extending mercy to others relieved pain in their hearts as well.

Mercy is receiving something that you don’t deserve. We don’t always deserve the forgiveness God offers us and often times, those who have hurt us may not seem deserving either. When I feel like I am too weak, bitter, hurt, etc. to forgive someone, I ask the Lord for his Spirit so that I may have the strength to do as he asks me.

I believe we are all challenged to be Christ-like in forgiving others. Let’s make an effort to meet this challenge more fully during the year of Mercy!

**YOUR PARISH IS
PRAYING FOR YOU!**

Our CYM Office:

Pat Sprankle
Maggie Fischer
Katie Erskine
Marie Denissen

Office Contact Information:

Phone: 410-531-6668
Website: [stlouisparish.org/
cym](http://stlouisparish.org/cym)
Katie Erskine's Email
(College Minister):
kerskine@stlouisparish.org

**REGIONAL EVENTS IF
YOU ARE HOME**

**May 1st- Deadline for Habitat
for Humanity Registrations!!!**

**May 1st- Praise and Worship
Prayer Meeting; 7-8:30pm;
Social Hall**

**Every Wednesday evening,
except the last week of the
month, ChristLife Young
Adult Gathering from 7-9pm
at the Shrine of St. Anthony**

THE EASTER PEOPLE

After Jesus Christ died, rose from the dead, and ascended into heaven, his followers –under the guidance of the Holy Spirit-- continued meeting and carrying out Jesus' mission. Early Christians, then known as "the Way", began meeting in people's homes. "The Way" was very different from the way of the culture at that time, especially in regards to wealth and possessions. The beginning of the Book of Acts tells us a lot about this new "Way":

"And all who believed were together and had all things in common; and they sold their possessions and goods and distributed them to all, as any had need." (Acts 2:44-46)

"Now the company of those who believed were of one heart and soul, and no one said that any of the things which he possessed was his own, but they had everything in common... There was not any one needy among them, for as many as were possessors of lands and houses sold them, and brought the proceeds of what was sold and laid it at the apostles' feet; and distribution was made to each as any had need." (Acts 4:32, 34-35)

No needy people? Sounds incredible! Sounds utopian... or communist if the members are not motivated by the Spirit... but is this God's vision for the Church?

I have been thinking about these early Christian communities for several months, so for our high school youth group, I decided to do an experiment. The point of the experiment was to model an early Christian gathering and see if it was possible, in an imaginary sense, to meet the needs of all the people gathered. Each teen was given a slip of paper that might look something like this:

Name: Leila

Description: A convert from Judaism, well versed in Scripture, elderly

Need: recently widowed

We went around the room, first giving everyone a chance to introduce themselves. Then, we went around again, and one by one, each character shared their need with the group. The coolest thing happened (well, I think it was the coolest thing...): each person's need was met in far more ways than I could have ever planned. For instance, these were some of the responses to Leila's need: "I am young and strong so I can help bury your husband." "I am a seamstress so I would be happy to sew a burial cloth." "I have a lot of property. You are welcome to use my land for the burial." "I am also a widow. I would love to be your company." "I am very wealthy and would like to help support you financially."

College life is going to look a little differently from the early Christian gatherings. I visited my cousin at school recently and while we were out at dinner, she goes "Oh! It's so weird to see children.. and old people..." While college may seem like a hiatus from "real life" in some senses, it cannot be a hiatus from Christianity. Think of your room mate(s). Are you in the habit of helping one another, sharing food, etc? If you have a car, do you give rides to people who don't? If you are knowledgeable in a topic, do you offer to help someone study who may struggle? These are just some little ways that you might ensure that no one goes needy among you and I'm sure you can think of more!

The experiment was very eye opening. One of the teens reflected aloud about how there is enough (money, resources, talent) to go around, but we have to a) be humble enough to let others know our needs and b) generous enough to care for others. I think the example of the early Christians is important because they truly were an Easter people-- many of them, if not eye witnesses themselves, received the Gospel from eye witnesses of the Resurrection. I believe that if we allow the reality of the Resurrection to impact our hearts, we will become true Easter people as well. That is my hope for all of us!

With love, Katie