

# St. Louis College Ministry

*Keeping you Connected to the Fam*



A Note from Katie...

The most wonderful time of the year is upon us! And no, I don't mean exams. But speaking of exams- message me your exam schedule and I will commit to praying for you on the day of your test! And to keep you focused on the WONDERFUL part of this season, look out for my **Advent Hacks** videos on our Facebook page. You are in my prayers and I hope to see you over winter break at one of our events (see back)!

**DCL17**  
Deep Creek Lake  
Jan 3-5, 2017

**Registration is full!  
Please pray for  
those attending.**

## Towson

**College  
Ministry  
on Tour!**



## Retreatants

Maddy- Tennessee

Robert- Fort Meade

Amelia- UMCP

Will- St. Vincent

Ryan- MSM

Dominic- UMCP

Sam- Virginia Commonwealth University

Matthew- Franciscan

Rebecca- Notre Dame

James- HCC

Jaison- UMBC

Mike- Work

Jenna- MSM

Allie- HCC

Peter- Franciscan

CJ- UMCP

Melissa- HCC

Lauren- MSM

Lizzy- Duquesne

Vicky- Duquesne

# Keep the Sabbath Wholly



This semester we have been focusing on “wholeness” of our minds, bodies, and spirits by using the image above for meditation. Last month, we reflected upon the different ways our relationship with our bodies is challenged and how we can incorporate God into the healing. This month, we are focusing on having a “wholly” **spirit**.

In the painting above, a delicate and intimate interaction is taking place— that between Adam and God. Look at their gazes. Look at their hands. Look at how close the two are.

In the understanding of the Church, the spirit is that which makes us different from the rest of creation, such as plants and animals. Because we have a spirit, we can be in relationship with God. Let me repeat: **We can be in relationship with God!** Such a casual sentence, but an amazing truth!

Consider your relationship with God, or in other terms, the health of your spirit. Would you describe yourself as close to God, as Adam is in the painting? Or do you perhaps feel far away?

King David, to whom the Psalms are attributed, writes about the closeness of God’s Spirit. Even though King David committed egregious sins, God was never far from him. I share King David’s psalm below as an encouragement to those of us who feel our spirits are far from God. Remember He loves you.

*“Where shall I go from your Spirit? Or where shall I flee from your presence? If I ascend to heaven, you are there! If I make my bed in Sheol, you are there! If I take the wings of the morning and dwell in the uttermost parts of the sea, even there your hand shall lead me, and your right hand shall hold me.” Psalm 139:7-10*

## Winter Break Activities

### Monday, December 19

11:30am Confession at the Shrine of St. Anthony, followed by Mass at 12pm

Following Mass, lunch at Anthony’s in Clarksville.

*RSVP to Katie appreciated*

### Sunday, January 8

11:30-1:30pm Preparing & Serving Brunch at Grassroots Crisis Intervention Center

*4 people needed, RSVP to Katie*

### Tuesday, January 10

9am-4pm Cocoa, Cookies, and Conversations with People who are Homeless through A Simple House in DC.

*Up to 10 people accepted, RSVP to Katie*



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StLouisCYM



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