

# St. Louis College Ministry

*Keeping you Connected to the Fam*



## 5 Love Languages

So, I like to write a little bit about balance on this front page of the newsletter. If you knew anything about my personal life at the moment, you would probably think it was ironic that balance is such an important topic to me. Nonetheless, let me share my most recent thoughts.

One of the items on the checklist is "time for fun and friends". Under that category is relationships. There are different types of relationships: family members, classmates, friends, roommates, boyfriends, and girlfriends. All of these relationships require time, but that time can be spent in different ways. In fact, it *should* be spent in different ways depending on the relationship.

There is a book and a study called the "5 Love Languages" by Gary Chapman. The concept behind the study is that different people receive and give love differently. Chapman lists 5 languages, or ways, love is shown: acts of service, words of affirmation, gifts, physical touch, and quality time. Knowing your own love language and the love language of your friend can help you make sure the time you put towards that relationship is more effective. For instance, knowing that your friend likes words of affirmation, you might send her a meaningful note even if you can't seem to find a convenient time to hang out. Or, knowing that your boyfriend likes physical touch, you might reach out and hold his hand more often (even though it's not really your thing). Long distance relationships, romantic or otherwise,

### 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

Happy New Year from CYM! We are celebrating the Year of Mercy at St. Louis and are hoping you find some ways to do the same! We pray you have a smooth transition back to school. -The CYM Office

can be greatly improved through an awareness of love languages. If you can't spend quality time with your mom, you'll have to find another way to show her you love her!

My roommates and I have recently retaken the love languages quiz and it is already strengthening our friendship. I encourage you to take the quiz and ask your friends to do the same! The quiz can be found at: <http://www.5lovelanguages.com/profile/> Once you have taken the quiz, you will be emailed the results along with some advice. You can use the chart below as a helpful resource in improving your relationships.

### LIVING OUT THE FIVE LOVE LANGUAGES AT HOME

Love Language	Actions	Communication	Avoid
Words of Affirmation	Spoken words Written cards and letters	Encouraging words Compliments Affirming spirit	Emotionally harsh words Undue criticism
Quality Time	Running errands Taking trips Doing things together Going on walks Sitting/talking at home	Quiet places with no interruptions Undivided attention One-to-one conversations	Too much time with friends or groups Isolation Gaps of time between meetings
Receiving Gifts	Giving gifts Giving time Remembering special occasions Giving small tokens	Private giving of gifts Pleasant facial expressions	Materialism Forgetting special events
Acts of Service	Assisting with house chores Ongoing acts of helpfulness Exchanging of chores	Say: "What can I do for you?" "I will stop and get..." "Today, I did... for you." Making a checklist	Forgetting promises Over commitment of tasks Ignoring
Physical Touch	Hugs Pats Touches Sitting close	Pleasant facial expressions Mostly non-verbal	Physical abuse Corporal punishment Threats Neglect

\* Taken from Gary Chapman's *The Five Love Languages of Teenagers*

## The One Thing Conference

### Letting God Lead

Between Christmas and New Year's, I attended the One Thing Conference in Kansas City, Missouri. With most amazing experiences in my life, I decided to go kind of passively. I knew it was going to cost a lot of money, I didn't have a very clear idea exactly what the One Thing Conference was, yet I felt a gentle tug from God that I should attend. With certain things, that's all it takes— a gentle nudge from God. With other things, I need to be knocked upside the head. *If God is going to speak to you, what's the best way for him to do it?* It's important for me to share about my experience with you!

### A Charismatic Conference

I agreed to attend the One Thing Conference because I heard that it was "charismatic" and I wanted to grow in an area of the faith with which I am less familiar. The term "charismatic" comes from "charism", which is a special quality, virtue, or power. One who is charismatic is one who exercises the qualities, virtues, or powers of the Holy Spirit. Since the Holy Spirit is *God*, the charisms of the Holy Spirit are vast and include such things such as patience, wisdom, teaching, etc. However, when you hear of someone who is a charismatic Christian, he or she is usually someone who prays in a way that exercises the spiritual gifts such as "tongues", "prophesy", and "healing" (1 Cor 12:8-10). Charismatic prayer meetings often include praise and worship, where people hold out or raise their hands, feeling free to move as they are lead to do.

Praying in tongues, prophesying, and healing seem like pretty radical and even ancient practices— things you'd

read about in the Bible only. Well, they are radical and ancient practices, but they still occur today within communities that are open to them! They are gifts from the Holy Spirit for our good. At the conference, people participated in praise and worship openly. Some people spoke in tongues (Acts 2:4; Romans 8:26). People prayed for one another and at times, those who were sick or injured were actually healed by the prayers (Matthew 8:14-15).. I'm not lying. I have seen it!

Depending on your experience and exposure to charismatic prayer, what I just described may or may not seem crazy. It definitely did (and sometimes still does) make me feel uncomfortable because it is new and different. Yet, with more exposure, I have become more comfortable with charismatic prayer and have come to see it as essential for the life of the Church. For instance, there are many accounts of Jesus healing in the Bible (Luke 5:12-15; Mark 5:21-43; John 5:1-18). And there are even many accounts of his disciples healing in the Bible (Acts 3:1-10; Acts 9:32-45). I don't think Jesus wants the healings to stop. I think it is always his will that people are healed.

A Christian life without a relationship with the Holy Spirit, to me, is like try to move a ship without the wind in your sails. More likely than not, you will move with the current instead of in the direction you may want to go. I was encouraged at the conference to see so many people praying together who were open to the Holy Spirit. I am confident that the Holy Spirit is directing the Church!

### Christian Unity

The One Thing Conference was NOT a Catholic Conference. In fact, it was the first non-Catholic conference I have ever been to. Though the theme of the conference had nothing to do with Christian unity, the importance of Christian unity

was one of the most important messages that I brought home.

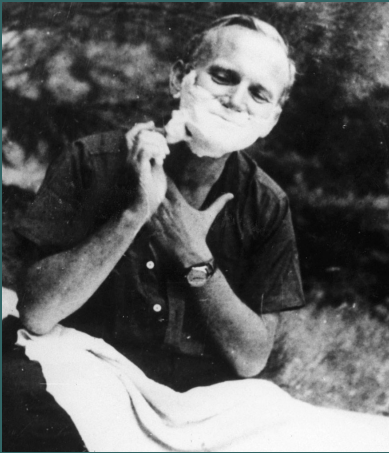
In the past, not many Catholics have attended the One Thing Conference. Unfortunately, there is a deep, historical rift between the Catholic Church and the Protestant or non-denominational churches that has led to many misunderstandings and challenges when it comes to worshipping together. This year, there was a push to get more Catholics to attend the conference through the creation of a "Catholic track", which I attended. I saw that, through speaking with some of the other attendees, I was able to clear up misunderstandings or at least give someone a personal, positive connection with the Catholic Church. I also saw how Catholics and non-Catholics actually *can* worship together, despite our differences in belief.

Two Scripture passages were striking to me throughout the conference. Firstly, 1 Corinthians 12:12-26, in which the Church is compared to a body. All parts of the body are necessary, and without all the parts, the body is not able to do what it is supposed to. So without all the members of Christianity together as one, the Church is not able to spread the Gospel as she is intended. Secondly, John 17:20-21, in which Jesus prays before his death to the Father, and prays that all of his followers may be one so that the world may believe. I was struck by the idea that an impediment to bringing people into the Christian faith is the very fact that there are SO MANY Christian faiths. That must be very confusing for someone who is considering Christianity.

I don't know how to achieve Christian unity, but I ask you to join me in praying that it can be achieved!

# Make Mercy a SPORT

**Saints—Pilgrimage—Opening Doors—Reconciliation—Tangible Works**



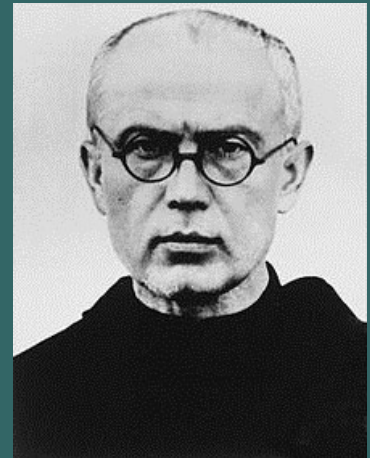
## St. Pope John Paul II

First things first— yes, this is a picture of Pope John Paul II shaving. Anyways, having lived through the horrors of the 2nd World War, JP II understood fully that mercy was the only solution to the problems of our modern times. While Pope, he canonized Sister Faustina Kowalska (below) who is responsible for the message of “Divine Mercy”. He also established the Sunday of Divine Mercy which takes place on the Sunday after Easter and by his spiritual authority as Pope, entrusted the entire world to Jesus’ mercy in 2002.

"Right from the beginning of my ministry in St. Peter's See in Rome, I consider this message [of Divine Mercy] my special task. Providence has assigned it to me in the present situation of man, the Church and the world. It could be said that precisely this situation assigned that message to me as my task before God."

## St. Maximilian Kolbe

Also canonized by Pope John Paul II, St. Maximilian Kolbe, too, experienced the rule of the Nazi regime and met his death in the concentration camp, Auschwitz. To deter people from trying to escape from the concentration camps, 10 prisoners would be sentenced to death as a punishment for the escapee's actions. This happened while St. Kolbe was at Auschwitz, and though he wasn't chosen as one of the 10, he offered himself in place of a father who still had a wife and children. St. Maximilian Kolbe was put with the other 10 in a holding cell to be starved to death. While there, he preached the Gospel to the other prisoners and lead them in singing hymns. After two weeks, St. Kolbe was miraculously still alive. He was then poisoned out of desperation on the part of the guards. Franciszek Gajowniczek , the man who St. Kolbe saved, was able to be present at St. Kolbe's canonization and spent his entire life speaking of the good works of St. Kolbe (he even visited the Shrine of St. Anthony).



## St. Faustina Kowalska

St. Faustina is the third Polish native on this page. She grew up during World War I and joined the Congregation of the Sisters of Our Lady of Mercy when she was 25. St. Faustina is considered a mystical saint because she received audible words and visions from Jesus. She recorded her messages and visions in her “Diary”. Her “Diary” is available for purchase. It can be used for spiritual reading— but be warned, it is heavy! In the diary, you will read of how Jesus spoke to her of his great mercy and asked her to promote this message in the world. He also gave her an image of Divine Mercy, which he asked her to paint so that the world may foster a devotion to his mercy. As implied above, St. Faustina's writings were extremely influential to the papacy of John Paul II. Now, the devotion to Divine Mercy is world wide. The entire globe celebrates the Sunday of Divine Mercy; there is a Shrine to Divine Mercy in Massachusetts; and weekly, a group at our parish gathers to pray the Chaplet of Divine Mercy, a prayer that uses rosary beads and takes about 7 minutes.

**YOUR PARISH IS  
PRAYING FOR YOU!**

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**REGIONAL EVENTS IF  
YOU ARE HOME**

**Wednesdays, 7-9pm: ChristLife Young Adult Meetings. They gather in the "Glass Room" at the Shrine of St. Anthony in Ellicott City. There are always signs on the property pointing to the meeting room and the group is extremely welcoming!**

**January 16, 8:45am-Noon: "Mercy-Me, Why Not You?" A talk on the Year of Mercy**

**January 27, 7pm in the Chapel: Charismatic Healing Mass**

## ALTERNATE IDEAS TO THE NEW YEAR'S RESOLUTION

As cliché as they are, new year's resolutions can be great! But have you ever considered doing something a little different? What about a new year's word, Scripture verse, saint, or virtue? A year ago, I was in a very different place emotionally and spiritually. To cope with a painful breakup, I put a lot of effort towards controlling what I could and keeping my life "together". For months without fail, I kept up an exercise routine, ate healthily, attended daily Mass, and set aside time to pray every night.

As 2015 approached, I began thinking of my new year's resolution. I was struggling to come up with a resolution that was a good fit, so I decided to pray (how novel!) about it. In my prayer, I felt like God told me NOT to make any resolutions for 2015. "You're already doing so much, Katie. You're exhausted." Furthermore, I felt like he was asking me to set aside all of my routines, habits, and practices so I could focus on some other things.

I continued praying and the word "energy" kept popping into my mind. Energy. Hm. Energy. Alright. That's it. That's my word for 2015! Energy.

The word "energy" served as a promise from God that he was going to supply me with the "energy"- strength, perseverance, motivation- to do some pretty big things. I moved out of my parents' house, took on more responsibilities as an independent adult and graduate student, and did a lot of difficult work with healing from my breakup. Whenever I became overwhelmed with life, I recalled God's promise and was given consolation that I could handle what was in front of me. With the grace from God, I found the hard things to be not so hard.

I had plans to choose another word for 2016, but instead, some words chose me! I was praying one morning when a particular Scripture verse caught my attention and resonated with me. Because it kept repeating itself in my mind, I decided that I would make it my theme for 2016. "I, the Lord, your God will teach you what is for your good and lead you on the way you should go" (Isaiah 48:17). Even

typing it brings me peace.

If none of those ideas sound appealing to you, I'm not done yet! Consider choosing a "saint of the year". As Catholics, we believe in eternal life, so saints are not *dead*. Furthermore, saints are active in the lives of us on earth. You can form a relationship with a saint and a saint can teach you a lot about how to follow Jesus. Choose a saint you'd like to learn more about or maybe choose a saint with whom you share a name. If you're stumped, there's even a saint name generator online that will help you!

Lastly, consider choosing a virtue that you would like to develop over 2016. To do so, you're going to have to be honest about your vices and what areas of your character you need to improve. For my junior year of college, I decided to focus on growing in humility. Remember that quote from the first newsletter? "Humility is the foundation of all other virtues hence, in the soul in which this virtue does not exist, there cannot be any other virtue except in mere appearance" (St. Augustine). I prayed for an increase in this virtue every single day, and I asked the humble Blessed Mother Mary- who loves to pray for us!- to pray for me to grow in humility even when I forgot to ask for it.

It is obviously past New Year's Eve, but I don't think it's too late to make a resolution... or choose a word, Scripture verse, Saint, or virtue. No matter what you decide to do for 2016, remember to ask God to help with your decision. I'll tell ya, it's the key to success!