

St. Louis College Ministry

Keeping you Connected to the Fam



A Note from Katie...

Hello and Happy New Year! We had (and are still having) a great break at St. Louis with College Ministry! Here are just a few areas where you were involved- the Deep Creek Lake Retreat, serving brunch at Grassroots Crisis Intervention Center, making a promo video for College Alumni Ministry, meeting to begin planning for Habitat for Humanity and summer college events, ministering to the homeless in DC, and helping with Confirmation meetings. You make a huge difference at our parish- and beyond. I am praying for your new semester!

"It's okay when you mess up. God still loves you."



"I learned that I am not alone in the struggles I face at school."

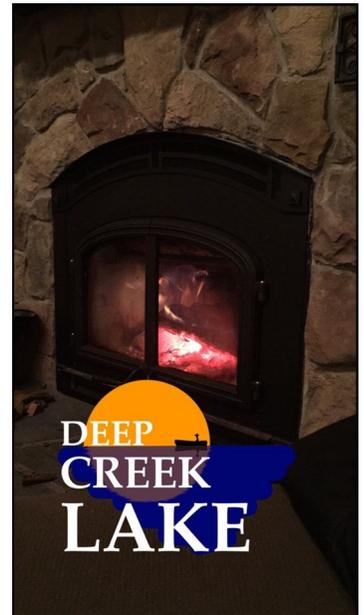


What are you taking home from DCL17?

"It's okay to let yourself take a break."



"There is always healing."



"There is a group of people at St. Louis who share your values and who are here for you."



The theme for St. Louis Parish this year is Keep the Sabbath Wholly. Last semester, College Ministry explored this theme by focusing on “whollyness” in **mind, body, and spirit**.

This semester, we are going to be experimenting with... *drum roll*... **“Taking Back Sundays”!**

See the quote above: “Our calendars are statements of faith.” This was a line in a book I read called *Sabbath in the Suburbs* and it has been ringing in my mind ever since I first saw it. **“Our calendars are statements of faith.”**

In response to this statement, I took a calendar inventory. I plotted my activities on a spreadsheet, using different colors to distinguish them. I wanted to be able to glance at my calendar and quickly see what activities dominated the majority of my time. Was it homework? Meals with friends? Netflix?

I challenge you to do the same and see what you learn about yourself. What does your average week say about your priorities, your “god”, your values?

Sunday	
6am	SLEEP
7am	
8am	
9am	
10am	SHWR
11am	MASS
12pm	BRUNCH
1pm	
2pm	FREE
3pm	
4pm	HW
5pm	
6pm	FREE
7pm	DINNER
8pm	HW
9pm	
10pm	
11pm	
12am	SLEEP



No homework on Sundays (!?)

Yes, yes, I said: “no homework on Sundays.”

Just think about it.

When I was in college, I made a resolution for Lent that I was not going to do any homework on Sundays as a part of keeping “wholly” the Sabbath. It was hard. So hard. And I didn’t always succeed. However, I took a shot at my goal and I found myself being overall more at peace and relaxed because I gave myself the gift of a weekly mandatory break– free of guilt. Would you consider giving it a try? *Just think about it.* More information next month.

Taking Back Sundays– An Experiment for Lent by St. Louis College Ministry

No homework on Sundays

Weekly small group over video chat (time TBD)

7 Weeks: March 5-April 9



St. Louis College Ministry



StLouisCYM



kerskine@stlouisparish.org