

# St. Louis College Ministry

*Keeping you Connected to the Fam*



## A Note from Katie...

Happy Fall Y'all! It has been great to see some of you home over Fall Break. If you haven't had your break yet, please feel welcome to stop by our Youth Office at St. Louis. We would love to see you. We are continuing the parish's "Keep Holy the Sabbath" theme on the back and below, exploring some Pro-Life efforts in honor of October being Respect Life month. Enjoy and remember, I am praying for you!



**4 St. Louis Parish Siblings launch new national Pro-Life clothing brand: LifeCulture Apparel!**

Check out [LifeCultureApparel.com](http://LifeCultureApparel.com)

to see all the Cunningham's work and support the cause!

There is also a link to their promo vid on the College Ministry Facebook Page.



October is Respect Life month. As Christians, we are called to respect life all the time, in every circumstance. The "pro-life movement" has political connotations but let's open our minds further. The leaders behind LifeCulture and Students for Life know that being truly pro-life is more than being anti-abortion or focusing on any one "life issue". Being pro-life is advocating that all human beings (young, old, and those in between) are created (by God) with dignity and need to be treated with dignity. Being pro-life requires a *pro-lifestyle*, if you will—advocating for those without a voice and respecting all persons equally through our actions. I thank both groups for their work for life!

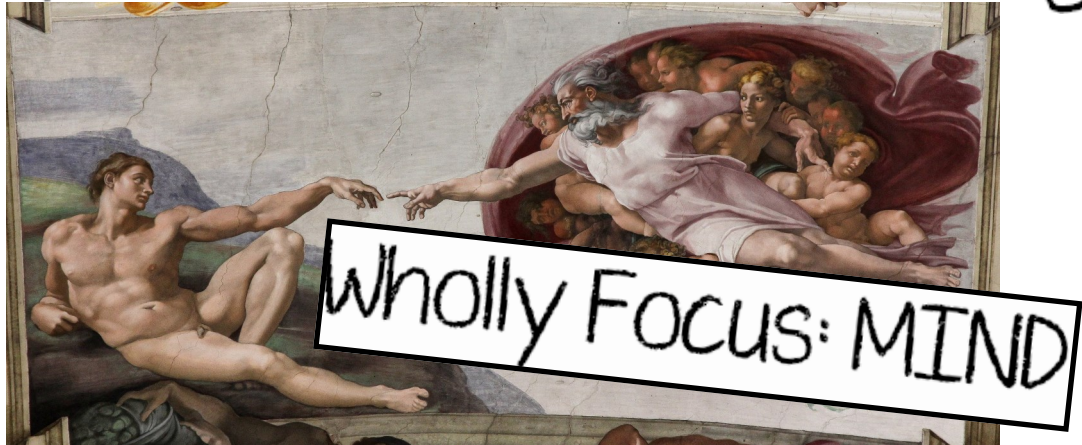


**Students for Life President, Rachel Morin, organizes a diaper drive for the local Arbutus pregnancy center!**

The Arbutus Pregnancy Center is a non-profit organization that, among other things, provides for the needs of parents with necessities such as diapers, wipes, teething toys, bottles, and shampoo.

**UMBC Students**— Check out the UMBC Students for Life Facebook Page directly or see the link on the College Ministry Facebook Page. **\*Event on October 29!\***

# Keep the Sabbath Wholly



Part of being wholly is being healthy in mind, body, and spirit.

This month, our focus is on the *mind*. Take a look at the image above. This is Michaelangelo's painting of Creation— Adam being on the left, God on the right (which, hopefully was obvious to you). Notice the object behind God. Many have interpreted this to represent the *mind* of God.

Ponder this: all that God creates, starts as an idea in his mind. Every person was, at a point, a thought. Jeremiah 1:5 supports this: “Before I formed you in the womb, I knew you.”

All that we create, begins in our minds, too. You may not consider yourself an artistic type, but ALL people are creative. We create conversations, plans for the night with friends, exercise habits, daily routines, meals.

God took a rest from creating on Sunday- the Sabbath- and not because He was tired (because God doesn't get tired). Yet, God still found it important to stop and do something different with his mind on the Sabbath.

Maybe our own creativity and productivity depends on us resting as God did.

## Learning from Google

Let's take a lesson from Google. They have won a reputation for one of the most innovative work environments. Jordan Newman states their goal as to “create the happiest, most productive work environment.” If one were to take a tour of their office space in Manhattan, one would find themed conference rooms, standing desks with treadmills, massage rooms, fun restaurants and eateries. Google offers its employees a 2 hour break in the middle of the day— for lunch, working out, running errands, etc— and has found that employees often use this time to either a) work on “fun” projects relating to their job or b) recharging so that they can focus better later. Google understands that creativity comes from your mind and your mind needs a break from the hum drum of work.

So, college students, give your mind a break! When doing *anything*, let your mind have some variety and maybe it will help to make you be a more creative, productive, and holistic person!

Sources: *How Google Works* by Schmidt and Rosenberg; “Looking for a Lesson in Google's Perks” by Stewart



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