

St. Louis College Ministry

Keeping you Connected to the Fam

> Just a little painting
I whipped together...



... JK, D'angelo!

A Note from Katie...

Hey everyone! I hope you are all doing well at school. Can you believe that, for many of you, you are a month into the semester?! I have enjoyed getting to visit a couple of your schools over the last two weeks. Your parish is praying for you- reach out if you need anything!

JMU **UMCP** **FUS** **UMBC** **MSM**



Keep the Sabbath Wholly



The theme this year for St. Louis Parish is a spin off the 3rd Commandment: Keep the Sabbath WHOLLY. This theme can be broken down in many ways:

- A) Taking the Sabbath Day (Sabbath meaning ‘rest’) into your entire life;
- B) Focusing on being *wholly*– complete, balanced, fully alive human beings (body, mind, and spirit);
- C) Taking back Sunday (catch the band reference?!) as a day for God.

For September, slap the “Do Not Disturb” sign on your room and have some sabbath “rest”! Leave yourself some time to be “re-created”. Over the next three months, we will be using this painting above to explore the theme.

It's Not Too Late...

If you haven’t been going to Mass while you’re at school and are kind of on the fence about it, consider these points Stephanie (one of our student Habitat for Humanity leaders from this past summer) gave during a talk.

- 1.) **God is the only place you will find peace.** College is stressful. Let God help. You may be surprised how giving one hour of your time to slow down, relax, pray, and turn your worries over to God can result in internal peace.
- 2.) **Spiritual death happens one compromise at time.** “Well, at least I’m living better than that person...” “It’s okay for me to skip out on Mass this weekend because I’m super busy with school.” You only hurt yourself when you compromise. Don’t let others set the bar for you.
- 3.) **You don’t have to be perfect to go to Church.** Yes, it’s uncomfortable to go to Mass after you know you haven’t exactly been living a Christian lifestyle on the others days of the week. But what’s the alternative? Church isn’t for the saints, it’s for the sinners. God loves you no matter what. Don’t let a guilt trip keep you from coming home!



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StLouisCYM



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