

# St. Louis College Ministry

*Keeping you Connected to the Fam*

## FORMED<sup>®</sup> IN MIND TRANSFORMED IN HEART

### ST. LOUIS CHURCH

A Note from Katie...

Hello from St. Louis and College Ministry! Every month, you will be receiving a newsletter from our office upcoming events, pictures from school visits, and pertinent articles. Remember, our church is here for you, even while you're at school. This year, the theme at St. Louis is "Formed in Mind... Transformed in Heart." In your envelope, you'll see a business card with information about how to sign up for "FORMED"- basically a Catholic netflix. On FORMED, you can explore all the questions to your faith that you get hit with so much at college. Later in the semester, we are going to do an online small group via Google Hangout, using content from FORMED. Save the dates below!

Come out and join us!

**St. Louis College Ministry on Tour!**

**UMBC**  
Oct 8  
5:15pm Mass then dinner @  
Public Policy  
105

**JMU**  
Oct 14  
9:30am Brunch  
@ Golden Pony

**MSM**  
Oct 15  
4:30pm Dinner @  
Chubby's & Mass

**UMCP**  
Oct 22  
6:30pm Dinner  
@ Krazi Kebob & Mass

Let Katie know you're coming/ if you need a ride!

FORMED<sup>®</sup>  
IN MIND  
TRANSFORMED  
IN HEART  
ST. LOUIS CHURCH

Online Small  
Groups

Oct 29th

Nov 5th

Nov 12th

Times TBD

## It Sucks to be Sad: 5 (Holy & Healthy) Ways to Cope with a Broken Heart

There are a lot of you going through break ups right now... over 10% actually (and that's only counting the people who told me). Please don't feel called out if you're one of the 10%... I think the below is good for everyone. I am praying for you!

### 1. *Let it suck.*

If it hurts, don't pretend it doesn't. Suffering is a part of life. You are not weak or pathetic because you admit to feeling betrayed, upset, disappointed, etc.

### 3. *Find non-destructive outlets.*

When we are hurting, it's natural to look for relief. However, be smart about it. DO NOT DO THINGS THAT WILL HURT YOU MORE such as abusing substances, binge drinking, becoming emotionally needy with people over text/ Snapchat, hooking up with people. Do healthy things such as the following (in moderation): exercising, talking to a friend, praying and meditating, journaling, watching Netflix, allowing yourself to cry, setting new goals, etc.

### 2. *Keep it "clean".*

Four points here: 1) In most cases, it's often best to let a break up be a break up. If you beg someone to get back together with you, will you ever feel secure in that relationship? 2) Be nice. Nothing justifies being a jerk. 3) Don't reach out to your ex and say things you'll regret when you're sad, alone, tired, or partying. 4) Seek to forgive... it can take a while.

### 4. *Bless the mess.*

When you see her friends, when you find a note he wrote you, when you want to die looking through old pics, when Thanksgiving makes you sad because you spent last Thanksgiving with him/ her—bless that grief and be grateful that you had someone good enough to miss.

### 5. *Keep talking to God.*

You can scream at Him, you can cry in front of Him, you can tell Him you hate Him and you don't understand why this is happening. He can take it and He would rather you be real than be absent.



St. Louis College Ministry



StLouisCYM



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