

# Campus Ministry Weekly Update

April 25, 2022

"Come to me, all you who are weary and burdened, and I will give you rest."

*Matthew 11:28*

"Don't study because you need to. Study because knowledge is power. Study because they can never take it away from you. Study because you want to know more."

Study because it enhances you. Study because it grows you."

*- Anonymous*

Joyful Monday!

Congratulations to our 4 students who received the Sacrament of Confirmation last night at Assumption College alongside 12 other students from Assumption and Holy Cross! Katherine, Roger, Olivia, and Erica have been strengthened by the Holy Spirit just as the Apostles were on the day of Pentecost. May they find a new peace in their lives, no matter the circumstances, and a trusting in the gifts of wisdom, knowledge, understanding, counsel, fortitude, piety, and fear of the Lord.

As finals ramp up this week, we offer songs, snacks, & saints to help you through them! We'll also be giving out kites at our How To Wednesday this week so make sure to stop by so you can soar into summer properly :)

Finally, please join us for our FINAL Family Supper this Sunday following Mass. Let's end this semester with some good food and fun times together!

God Bless,  
Campus Ministry



# Best Study Snack to Power Your Brain!

1. Avocado
2. Almonds
3. Dark Chocolate
4. Fruit Salad
5. Oatmeal
6. Eggs
7. Popcorn
8. Chickpeas
9. Cheese
10. Yogurt
11. Peanut Butter
12. Dried Fruits
13. Smoothie
14. Pumpkin Seeds

So, now you know the healthy foods that can help your brain function at its best. Ready your notes, eat some optimal study snacks, and woohoo! — you're off to a great study time. Best wishes on your finals!

## 5 Saints for Studying

***St. Ursula - Patron of the Ursulines, a religious order founded for the education of Catholic women.***

***St. Albert the Great - He became one of the most famous philosophers, theologians, and educators.***

***St. Thomas Aquinas - He is known for his profound intelligence.***

***St. Joseph Calasanaz - founded a free school for deprived children.***

***St. Joseph of Cupertino - studied very hard and despite many hardships, still passed his exams.***

***All you heavenly Saints,  
pray for us!***

## Worship Song

[Holy Spirit](#)  
[by Kari Jobe](#)  
*(click above)*

*Use this song to enter into the presence of the Holy Spirit and be flooded by the peace and grace He brings into your life.*



# Upcoming Events

## *DAILY MASSES*

*Monday-Thursday*

*12 PM | Madore Chapel*

*Adoration following Mass on Monday*

*WEDNESDAY, APRIL 27th*

*How To: Soar into Summer*

*11:30 AM - 1:30 PM | Campus Center*

*THURSDAY, APRIL 28th*

*Christian Student Fellowship Bible Study*

*1:30 PM | Diversity Lounge*

*THURSDAY, APRIL 28th*

*AMCares Club Meeting*

*7 PM | Foundress 203*

*SUNDAY Mass*

*5 PM*

*Madore Chapel*

*SUNDAY, May 1st*

*Family Supper*

*5:45 PM | Southeast Dining Hall*



  
ANNA MARIA  
COLLEGE

## **FAMILY SUPPER**

MAY 1ST  
FOLLOWING THE 5 PM MASS

**CHICKEN WRAPS &  
DESSERT**

END THE YEAR WITH FAMILY!

Meet in the Southeast  
Dining Hall.  
All are welcome whether  
you attend Mass or not!

Sponsored by Campus Ministry