

Campus Ministry Weekly Update

January 24, 2022

"So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand."

Isaiah 41:10

"Lord, help me to live this day, quietly, easily. To lean upon Thy great strength, trustfully, restfully. To wait for the unfolding of Thy will, patiently, serenely. To meet others, peacefully, joyously. To face tomorrow, confidently, courageously."

- St. Francis of Assisi

Joyful Monday!

As we begin the new semester we can often feel overwhelmed. This can cause us to fall into unhealthy habits we convince ourselves are for our self-care but in reality could be burying us even deeper in stress. That's why this week we're focused on caring for our mental health. Read on for some tips and opportunities to strengthen your own!

This semester we're starting something new. Following the Noon Mass on Mondays we will be offering Adoration-time for prayer in Jesus' presence. We begin today and would love for you to join us. Come by Madore Chapel any time between 12:30-1 pm!

We're also back with How to Wednesdays every Wednesday in the Campus Center from 11:30 am - 1:30 pm. This week we're partnering with the Health & Counseling Center. If you haven't met Isiah, the new Mental Health Counselor, yet make sure to stop by and say hi!

God Bless,
Campus Ministry

4 Self Care Tips for a New Semester

Bubble baths and Netflix binges are great, but the key to surviving the semester is swapping occasional indulges for sustainable solutions. So this semester, try to replace these quick-fix "treat-yo-self" habits with more effective self-care sessions.

Instead of: going on an online shopping spree

Try: spending your money on something that will benefit your mental health. When you're in the mood to treat yourself by buying something that'll make you happy, think about what will benefit your well-being in the long run. Buy a prayer/meditation app, something for your favorite creative hobby or something for someone else in need!

Instead of: spending a free afternoon binge-watching

Try: fueling your body with something healthier. A 10-minute prayer or meditation session or a half-hour walk around campus will do a lot of good for your headspace. Or take your favorite podcast or audiobook with you to the gym and burn off some of the stress that would only build if you were to lay in bed watching shows!

Instead of: procrastinating

Try: setting deadlines. Within each deadline you set, determine how much you need to get done and how long it takes you to do those tasks. I.E. 1,500 word essay due in 2 weeks? If it takes you an hour to write 250 words then you need to spend 3 hours a week writing it! That way you can stay on track and still have plenty of break times.

Saint John of God

The legacy of Saint John of God continues to inspire people to provide good and compassionate medical care for people who live with mental illness. Saint John of God lived in Spain in the 15th century. In his mid-life his mental health deteriorated, and he was sent to Royal Hospital in Grenada, Spain, a psychiatric facility. As was typical at that time, his care was harsh and inadequate. Despite this treatment, over time John recovered and he was able to visit with other patients and help the nurses in their care. After he was released from the hospital John dedicated himself to help the poor, sick and homeless, who often lived with a mental illness. He drew followers who were inspired by his holiness and compassion. Today his followers are known as the Hospitaller Brothers of St. John of God. The Hospitaller Brothers continue his mission of caring for the poor and those with mental illness by operating hospitals and medical care facilities in over 50 countries.

Taken from VaticanNews.va

St. John of God, pray for us!

Upcoming Events

DAILY MASSES

Monday - Thursday

12 PM | Madore Chapel

Adoration following Mass on Monday

WEDNESDAY, JANUARY 26th

How To: Find Light in the Darkness

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

SUNDAY MASS

5 PM

Madore Chapel

