

# ST. PATRICK CATHOLIC HIGH SCHOOL

## DAILY ANNOUNCEMENTS Wednesday, October 19, 2016

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### Today's Prayer and Reflection:

*Blessed is that servant whom his master on arrival finds doing so. (Luke 12:43)*

Did you know that your brain shapes itself? Neurologists have found that often-used pathways in the brain grow stronger, while pathways used less frequently grow weaker and are eventually deleted. Thus, the more you think about a particular subject, the more "brainpower" that subject will receive.

This can give us some insight as we look at today's Gospel message urging us to be vigilant for Jesus' return. Being vigilant means training ourselves to be constantly aware of what is around us and letting this awareness influence the way we act. So in the context of this passage, a part of this vigilance would involve paying attention to our thoughts as well as our surroundings. The research suggests that the more we intentionally focus our thoughts on the Master's return, the more we will naturally be alert to how prepared we are for that great day.

How to start? Perhaps you could try exercising a combination of internal and external vigilance.

Internal vigilance could be as simple as keeping the words of the Lord or images of him and our heavenly home in the forefront of our minds. The more we read, imagine, and reflect on these positive thoughts, the more the negative thoughts will be replaced.

External vigilance, while more time-consuming, is also extremely valuable. This involves filling our time with activities that are centered on serving the Lord and the people around us. It's also a matter of guarding the way we treat each other, the way we demonstrate love for our families, and the way we prioritize our time with the Lord.

Today, take a look at how you can use this two-pronged approach to help keep you ready and waiting for whenever Jesus comes. And remember, his coming is twofold: at the end of time and in your everyday life. Strive to fill your mind with thoughts of the Lord, and focus your actions on love and service. Everything else will fall into place.

*"Lord, help me keep my thoughts and actions fixed on you until you come again in glory."*

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### Today's Announcements:

- Today, we will be on the testing bell schedule. We will have the PSAT test this morning, and lunch will be during fifth period today. Students who are taking the PSAT will be called out by class in just a few minutes. You will need to bring two #2 pencils and your approved calculator. We want to wish good luck to everyone taking the test this morning.

- If you have any Irish raffle tickets and money with you, please turn it into Ms Dapremont in the office. Keep selling your tickets! All students who sell ten tickets by this Friday will receive a free dress day and ice cream party on Tuesday, October 25.
- We would like to congratulate members of our junior high cheer squad on their competition this past weekend. The girls placed first and were named “Grand Champions” of the Deep South Cheer and Dance Competition.
- St. Vincent de Paul School is seeking volunteers on Oct. 22 from 12:30 to 4:30 to assist with their fall festival. Any students who are interested in helping for service hours, please see Ms. Dapremont for more information.
- AP exam fees are due by this Friday, October 21.
- Seniors, Mrs. Farragut has extended the deadline for senior sibling pictures to today. If you do not get a picture to Mrs. Farragut by the end of the day, you will not be included in the yearbook for this page! Also, senior yearbook ad forms, money, and pictures are due this Friday.
- Students who are interested in trying out for the quiz bowl team need to pick up an application from Ms. Ladner in the library. The deadline is Friday, October 21.
- Our Lady of Fatima needs volunteers for their Halloween Carnival this Saturday, October 22 from 11:00 a.m. until 7:00 p.m. There is a sign-up sheet at Ms. Dapremont's desk broken into shifts. Fatima has a much smaller CYO this year and they really need our help. This is also a great opportunity for service hours which are part of your religion class requirements.
- There will be a Youth Leg. meeting on Friday after school in room 103. We will be reviewing procedures for the conference. If you are unable to attend, you must write Mr. DeSalvo a note or an email explaining why. If you miss the meeting without contacting Mr. DeSalvo prior to Friday afternoon, you will not be permitted to attend the conference.
- Congratulations to Morgan McCrea and J.R. Riojas - they have been named as Wendy's Heisman school winners.
- A big congratulations to our junior high football team on winning the Principal's Cup at Sacred Heart yesterday evening. The Fighting Irish junior high team finishes their season undefeated!