

ST. PATRICK CATHOLIC HIGH SCHOOL

DAILY ANNOUNCEMENTS

Tuesday, January 24, 2017

Today's Prayer and Reflection:

Sacrifice or oblation you wished not, but ears open to obedience you gave me. (Psalm 40:7)

Did you know that half of the New Year's resolutions people make don't last past the end of January? Why such a high failure rate? Oftentimes, the problem lies in a gap between the external pledge many people make and their internal commitment to the resolutions.

This is something to consider as we look at today's readings. God makes it clear that he doesn't want us to make flimsy partial sacrifices that vanish with the first sign of difficulty. He wants internal commitments. He wants any changes we make in our lives to flow out of changes that are happening in our hearts. This is why he values "ears open to obedience" (Psalm 40:7).

According to studies, there are three steps we can take to help us internalize our goals and the changes to our lives that we want.

First, be clear about why you are adopting this goal. Write down why you want this change and the benefits you hope will come from it.

Second, give yourself the time to pursue this commitment. Make a concrete change in your schedule, like getting up earlier or cutting down on another activity.

Finally, remember that it takes between three to ten weeks to form a new habit. So it helps if you break your new commitment into shorter periods of time. Try it for just two or three weeks, and then revise your strategy as you need to. Keep on refining it until it has become a part of your life.

If you have set goals for this new year, now may be a good time to evaluate them. If you haven't, set one or two goals for yourself—and maybe focus one on your relationship with the Lord. Remember, every little step in the right direction is pleasing to God. He will reward you with a deeper sense of his presence and the assurance that he is forming you.

Today may not be New Year's Day, but it is the first day of the rest of your life. Take a look at your goals, and keep forging the path that will lead you closer to God and heaven.

"Jesus, give me the wisdom and grace I need to make my relationship with you my highest goal and my deepest desire."

Today's Announcements:

- We look forward to welcoming Dr. Snyder from the Honor's College at Mississippi State to campus today to meet with students who were invited. We will call students from class at the appropriate time.

- Applications for the National English Honor Society are now available in Mrs. Buckley's room. Membership is open for any sophomores to seniors who currently have a 3.0 GPA overall and in English. The list of current members is posted on Mrs. Buckley's door. Applications are due today.
- Those who signed up for varsity track last week, Coach Dellenger will have a team track packet for you to pick up at lunch or in his classroom.
- If you are attending the March for Life with your parish and not with the St. Patrick group, make sure you see Mrs. Whiteside by the end of the day today.
- There will be an FCA chapter meeting Thursday.
- We are continuing selling T-shirts to benefit the Farragut family for their daughter Ariana until this Friday. Also, representatives from the Good Fight Foundation will be on campus during lunches tomorrow to register students and teachers for the "Run for Ari 5k" to take place Saturday, February 4. Registration forms will be distributed this afternoon during sixth period.
- March for Life students, be sure to have your luggage and carry on bags in the auditorium tomorrow morning before school.