

# ST. PATRICK CATHOLIC HIGH SCHOOL

## DAILY ANNOUNCEMENTS

Friday, March 3, 2017

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### Today's Prayer and Reflection:

*Is this not, rather, the fast that I choose...Is it not sharing your bread with the hungry, bringing the afflicted and the homeless into your house; clothing the naked when you see them... Then your light shall break forth like the dawn... and the Lord will guide you always and satisfy your thirst in parched places, will give strength to your bones and you shall be like a watered garden, like a flowing spring whose waters never fail. (Isaiah 58)*

We always hear of the latest fad diet. Fat-burning diets, raw food diets, low carb diets. Name the problem, and there's a specialized diet for it. Sometimes the diets offer conflicting advice, making it hard to decide which one is best. But despite their differences, they all have one goal in common: to make you a slimmer, healthier version of yourself.

The people of Israel had a goal for their "dieting" as well: they wanted God to hear and answer their prayers. But fasting is not like dieting, where we simply reduce our food intake to get the results we are looking for. Fasting is an invitation to strip off distractions and make more room for God.

It may not sound appealing at first, but fasting is one of the greatest blessings God gives to us during Lent. Our distractions are too numerous to count. When we eliminate one or more of them—snacks or TV time or gossip—we open up time and space for God. We move beyond the thing we are giving up and embrace the gift that God has for us. Perhaps it's a word of encouragement from Scripture or an insight about someone we love or a softer heart toward a difficult neighbor. Fasting can open the door to these gifts simply because we are more able to recognize them in our lives.

There's another blessing to fasting, one that we don't often think about. That same time and space that we give to God is also a sacred gift that we give to ourselves. When we set aside this time and space, we are asking the Lord to be more present to us. We are asking him to give us a deeper taste of his love and a deeper sense of his comfort and healing.

So pray about what types of things might be good for you to fast from. Remember, this is a season of grace, and God is more than willing to shower his blessings on you as you seek him.

*"Father, through my fasting and prayer this Lent, help me to glimpse the glory you have promised."*

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### Today's Announcements:

- The Interact Club continues to collect Mardi Gras beads. The collection will take place until March 8. This will help fund the Bethel Free Health Clinic. The first period class with the most beads collected will win a king cake.
- NHS Members: Please start bringing your items for St. Jude.
- There will be a high school dance in the cafeteria on March 11 from 7pm to 9pm. The theme is glow in the dark, and admission is \$5. If you are bringing an out-of-school date, make sure to pick up a form from the front office

and return it by Thursday. The form may be downloaded from the "Student Life" page of the website. Late forms will not be accepted.

- Today will be the last day Mrs. Buckley will accept new member dues and senior cord money for National English Honor Society.
- Bible club t-shirts are in. See Ms. Wilkinson.
- Seniors, please make sure you check the school website for scholarship deadlines. The O'keefe Scholarship is due Monday. See Ms. Wilkinson if you have any questions.
- Here are the results from yesterday's varsity track meet: Top Irish finishers were: Jack Magandy, first in high jump; Marie Seicshnaydre, third in long jump; Lindsey Hoye, fifth in long jump; Dylan Gutierrez, third in pole vault; Ryan Hymel, fifth in discus; Laura Johnson, third in discus; Jordan Pete, second in 3200m run; Isabel Leatherman, second in 1600m run; and Cade Meyers, fifth in 3200m run.
- The junior high track team will have practice today for Saturday's track meet.
- Congratulations to Will McMackin, Tyler Jackson, and Richard Springer for placing fourth chair, fifth chair, and fifth chair, respectively, in the William Carey Honor Band.
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- The Pennies for Patients totals are in! Together, we raised \$3363.47 for the Leukemia and Lymphoma Society! Coming in at third place was Mr. Hedman's class with \$344.60. In second place and winner of one of the Olive Garden lunches is Ms. Williams' class with \$566.26. Finally, in first place and winning the final Olive Garden lunch is Mr. Lee's class with \$671.54! Congratulations! Mrs. Buckley will coordinate with the first and second place teachers to schedule the catered lunches. Thank you to everyone who participated!