

ST. PATRICK CATHOLIC HIGH SCHOOL

DAILY ANNOUNCEMENTS

Tuesday, January 23, 2018

Today's Prayer and Reflection:

David . . . came dancing before the Lord with abandon. (2 Samuel 6:14)

Prayer can take many forms. Consider the scene in today's first reading, when David brought the ark of the covenant to Jerusalem. He not only had many sacrifices offered, but he also danced before God with childlike abandon. This probably wasn't what most people expected of their king. They were likely surprised at his lack of decorum. Yet David was so filled with joy that he couldn't help but dance freely before the God who had been so good to his people.

Our prayer, too, can and should take many forms. Don't you sometimes feel like dancing before God in your prayer time? Go ahead! How about singing a song? Give it a try. What about marching around the room like the Israelites marched around Jericho? Or walking meditatively through the forest, delighting in God's gift of the created world? Or letting out a big laugh because the Lord has made you joyful? Or maybe kneeling before the Lord, saying the name of Jesus over and over again?

These, as well as so many other forms of prayer, can be just

as valid as sitting before God in silence, praying the Rosary, or talking to God as familiarly as you would talk to your neighbor.

We can sometimes feel constrained by structured forms of prayer. Certainly, traditional prayers have their place and can be very effective in helping us build up our relationship with God. But God also wants us to feel free to express ourselves spontaneously. An unscripted expression of praise, love, or gratitude may very well help us break through to a deeper relationship with God.

Remember that God is your Father. He loves you as his very own child. Children are naturally spontaneous and free, and you can be this way before God. He delights in seeing his children coming before him in many different ways. Why not take a chance and become a little spontaneous as you let your Father know how much you love him?

"Jesus, as you rejoiced in the Holy Spirit, teach me also to express my joy and worship. You are great, O Lord, and I take delight in you!"

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Today's Announcements:

- ★ There is an NHS meeting Wednesday at 7:45 in the auditorium.
- ★ Make-up tennis tryouts will be held this Friday from 3:45 until 5:00 at Bayou Bluff. Please plan to attend if you did not make the first tryout.
- ★ Our arts and literary, *Aisling*, will accept any of your photography, writing and artwork through tomorrow. Please submit online through the school's website or bring to Mr. Hewes in room 105.

- ★ Attention Interact Officers--Due to the mock trial competition, the date for the officers picture has been changed. Your pictures will be taken before school Friday at 8am in Ms Lawson's room!

- ★ Key Club members, please come by Mrs. Sutherlin's room sometime during the day today to vote for next year's Key Club officers.