

ST. PATRICK CATHOLIC HIGH SCHOOL

DAILY ANNOUNCEMENTS Tuesday, August 20, 2019

Today's Prayer and Reflection:

Be calm, do not fear. You shall not die. (Judges 6:23)

How about looking at Gideon's story from a different perspective today? Let's take it as a sort of case study in dealing with anxiety.

Gideon was probably no stranger to worry. After all, he lived in enemy-occupied territory. He wasn't a prominent member of his tribe either. Just an ordinary man trying to eke out a living. In fact, Gideon's opening scene is a picture of tense nerves—he's holed up in a winepress, trying to protect his crops from the Midianites. Later, when God told him to deliver Israel, Gideon understandably fretted over his lack of qualifications. It took three miraculous signs from God to help him overcome all his doubts.

But God was always there to help calm Gideon's fears. He visited Gideon in his makeshift hideout. Twice he told Gideon, "I am with you." He patiently gave him all the signs he asked for. By the end of the reading, we see how far Gideon had come: he named his altar "Yahweh-shalom," meaning "the Lord is peace" (Judges 6:24).

Many of us can relate to Gideon's struggles with anxiety. Everyone has worries: children, money, health, or a host of

other concerns. Many people suffer from severe anxiety and need counseling and medical treatment. But whether our anxieties are major or minor, we can all learn something from Gideon's story.

First, it's okay to hide out every now and then. When we feel anxiety rising, we can pause, take a deep breath, and turn our attention to the Lord—even if it's just for a few seconds. This holy and safe space is always available to us. With a little practice, our "hiding place" can become a momentary refuge where, with the Lord's help, we gain a new perspective on our concerns.

Next, Gideon's story helps us stand firm in faith. Even if we can't feel or hear him, we can trust that God is with us, offering his grace. He is always ready to "speak of peace" with us (Psalm Response).

Finally, peace comes when we respond with worship. It's no coincidence that Gideon's peace was connected to the act of building the altar. For us, just saying "Thank you, Jesus" or "I love you, Jesus" can go a long way toward settling our hearts.

"Lord Jesus, you are my peace!"

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Today's Announcements:

- Happy Birthday to Mason McCullough!
- Today is DAY 7 of the advisement rotation.

- Make plans to attend our Meet the Teacher Night this Wednesday, August 21, beginning at 6:00 p.m. in the gymnasium. After introductions and announcements, parents will have the opportunity to walk their child's schedule and meet each of their teachers. Refreshments will be provided.
- Attention 10th through 12th grade students, this is a reminder that the interest meeting for Mu Alpha Theta is today after school with Mrs. Tavel in room 100. If you are already a member you are expected to attend. If you would like to try to become a member you must attend. It will start at 3:05 and should be about 15 minutes long. If you have any questions please see Mrs. Tavel
- There will be an interest meeting for the new junior high math club today after school with Dr. Casey in room 118. All seventh and eighth grade students are invited to join!
- Any seventh grader interested in running for a class officer position should pick up an application packet before or after school or during lunch from the front office or from Mrs. Williams in room 200. The completed applications are due Friday, August 23, by 3:30 to Mrs. Williams in room 200, immediately following the candidate meeting. Students must turn in a completed application on time to be eligible to run for a position. Please see Mrs. Williams with any questions.
- Students, if you received an application for NHS, please remember it is due Wednesday, August 21, to Ms. Wilkinson.
- Interact Club sign ups and voting for grades 9 through 12 will take place in Ms. Lawson's room on Wednesday, August 21, after school; sign ups for grades 7 and 8 will take place in Ms. Moon's room. The first Interact event will be the Katrina bridge walk with Key Club this Saturday, August 24.
- If you did not attend the Key Club meeting yesterday, and you would like to be a member of Key Club, please see Mrs. Sutherlin sometime today for an application.
- Any seventh and eighth grade girl who is interested in playing soccer and are not currently on the team please see Coach Smith in room 217. Also, any new student who is interested in playing women's soccer see Coach Smith in room 217.
- All students must have a parking permit at this time. There will be a checkpoint set up Friday morning. Any student without a parking permit will receive a detention and not be allowed to park.
- National Honor Society members, there is a meeting tomorrow at 7:45 in the auditorium.
- There will be choir rehearsal Wednesday after school in the Band Hall.
- There will be an interest meeting for juniors and seniors interested in joining the National Art Honor Society. Students may choose to attend the meeting on Friday, August 23 at either 7:45am or at 3:10pm. See Mrs. Benoit for additional details and an application.
- St. John the Evangelist is having a special XLT tonight at 7:00 p.m. featuring a talk from Fr. Mike Austin. All are invited and encouraged to attend. Eucharist adoration with praise and worship to follow - confession will be available.