

ST. PATRICK CATHOLIC HIGH SCHOOL

DAILY ANNOUNCEMENTS Monday, September 9, 2019

Today's Prayer and Reflection:

For this I labor and struggle, in accord with the exercise of his power. (Colossians 1:29)

Athletes who perform at the highest level train constantly: stretching, running, lifting weights, and working out winning strategies. They dedicate all their physical and mental powers to their sport. Winning is always key!

There's no question that St. Paul also labored and struggled—but for the gospel. He traveled constantly. His bold speech prompted both Jews and Greeks to furious indignation. And he was beaten, imprisoned, and exiled because of his preaching. But for all his heroics, Paul had something more than the physical and mental drive of an athlete on his side. He had “the exercise of [God's] power” working within him (Colossians 1:29).

All this talk about laboring and striving can sound exhausting. But here's the good news: today's Responsorial Psalm offers us a glimpse of what it looks like for us to take hold of this divine strength. Interestingly, it begins with the word “rest” (Psalm 62:6). As we learn how to be relaxed, peaceful, and at ease in God's presence, we are filled with his strength and endurance. As we come before him to get

freed from guilt and shame, he tells us that he has always loved us, and he relieves us of our burdens.

What might this rest look like? Maybe it means confessing something you feel guilty about. Maybe it means setting aside, for a time, projects or activities that keep you too busy to relax in God's presence. It definitely means sitting quietly with Jesus: pondering a verse from Scripture, gazing on a crucifix or an icon, or quietly repeating his name. All of these can calm you and convince you that “the one who is in you is greater than the one who is in the world” (1 John 4:4).

Even if you don't “feel” more rested after being with the Lord, trust that his grace has filled you and will continue to fill you. It isn't always easy, and feelings might tell you that you cannot take the next step. Certainly Paul must have felt like that time after time, but he kept moving forward. God strengthened and supported Paul, and he will strengthen and support you too.

“Jesus, help me to rest in you so that I can work in the strength that comes from your power in me.”

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Today's Announcements:

- Happy Birthday to Emily Overstreet and Gabrielle Rizk!
- Today is day 6 of the advisement rotation.
- Out of school guest forms for grades 9-12 for the Homecoming dance are now available in the front office or on the website and are due back no later than Friday, September 20.

- Students for Life is a group that strives to encourage a culture of life at St. Patrick. Club members also have the opportunity to travel to Washington, D.C., in January for the March for Life. Students in grades 9-12 interested in signing up for Students for Life, please sign up today on Mrs. Cloud's door. There is also a sign up for those interested in running for an officer of this club.

- The first meeting of the Science Honor Society/Science Club is Tuesday, September 17. It will be held in Room 202. Since Rosters are due, please sign your name on the sign up sheet outside of Mrs. Worrel's room today. By the end of the day today, the names that appear on that sheet will be submitted as our roster. Sign up today since we will soon be preparing for our fall blood drive.

- Anyone in grades 9 through 12 that would like to sign up for Youth Legislature, Mock Trial, or eSports please sign up in Mr. Eleuterius' room 116 as soon as possible, today or tomorrow. Sign ups will end on Tuesday.

- Coach Dellenger needs all those who filled out an FCA officer application by tomorrow.

- Any 10th through 12th grade student who picked up an NEHS application last week, you will need to sign up today with your English teacher before lunch.