

ST. PATRICK CATHOLIC HIGH SCHOOL

DAILY ANNOUNCEMENTS Wednesday, February 12, 2020

Today's Prayer and Reflection:

The things that come out from within are what defile. (Mark 7:15)

Nutritionists are often telling us to be careful about the amount of sugar, sodium, and fat in our diets. But staying away from unhealthy foods isn't enough. We also need to focus on eating healthy foods. And we can, by taking advantage of the many alternatives that are out there. It just takes a little bit of effort.

We can apply this approach to Jesus' words in today's Gospel. How many times a day do we find ourselves doing, saying, or thinking something we know isn't quite right? But if we spend all our time exercising our willpower to fight sin, we're going to get pretty exhausted! Not only that, but we'll begin to reduce the Christian life to a matter of saying and doing the right things. We'll lose sight of the purpose of all these commandments—to help us enjoy God's love and peace. So instead of just saying no, we need to actively say yes: yes to virtue, and yes to God's grace.

It's not as hard as it may sound. Choose just one area to work on. Maybe it's anger, or impatience, or gluttony.

Think of something you're well aware of and that God keeps reminding you about. Then find ways you can build up the opposite virtue or habit.

Suppose you are impatient and easily agitated when you have to wait for someone. Obviously, you want to try and be more patient. But don't just make a vague resolution. Pick some concrete ways that will help you grow in patience.

For example, when you find yourself beginning to lose your patience, try praying a Hail Mary for whoever is holding you up. Ask the Blessed Mother to bless that person and to help you react more calmly and peacefully.

You may not see immediate results, but that's okay. Change takes time, and God's mercy is always available to you. He knows you are trying, and he is pleased with your efforts. Little by little, with his grace, you will start to see changes.

"Lord, when I'm tempted to sin, give me the grace to grow in virtue instead."

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Today's Announcements:

- Happy birthday to Natalie Stafford!
- Today is day 3 of the advisement schedule.
- The baseball team is in need of a game announcer and broadcaster for home baseball games. Please see Coach Buckley or Coach Williams if you are interested.

- Don't forget your money on Friday! Student Council will be sponsoring a bake sale on Friday, February 14th during both lunches in the cafeteria. Each treat will be from \$1 to \$2. All proceeds will go toward our ongoing Pennies for Patients fundraiser. Your homeroom will also receive credit toward the Olive Garden pasta party with every purchase that you make during the bake sale.
- All Science Olympiad members need to stop by Ms. Moon's room to pick up a permission slip for this Saturday's event.
- All math team members advancing to district in the MathCounts competition need to see with Dr. Casey Thursday morning at 7:50am in room 118. Please do not be late!
- St. Michael Catholic church is now accepting applications for the 91st annual Shrimp Queen scholarship pageant. Contestants must be between the ages of 16-19 and a descendent of someone involved in Mississippi's Seafood Industry. Please see Mrs. Aldrich in the library for an application.
- All students attending the ACT practice session after school today, please go to room 200, Mrs. Williams.
- There will be a choir rehearsal today immediately after school in the band hall
- The following clubs will take photos immediately after mass in the gym on Thursday.
 - Quiz Bowl
 - National Honor Society
 - National Junior Honor Society
 - National English Honor Society
 - National Science Honor Society