

weekly collection

Our weekly collection will be given to the Campus Ministry International and Domestic Service Immersion Trips. Each week, we will highlight one of the six trips that will be offered this fall, spring and summer. All proceeds will be distributed among participants, each of whom are responsible for their own fundraising to cover travel, accommodations, meals and a donation to the service site.

Trips:

Spring Break: Habitat for Humanity Collegiate Challenge

Summer: Cardinal Kelvin Felix Archdiocesan Pastoral Centre, St. Lucia

Wind River Indian Reservation, Wyoming

Carmen Pampa Fund, La Paz, Bolivia

Cardinal Kelvin Felix Archdiocesan Pastoral Centre Gros Islet, St. Lucia

Just after the end of the semester, we will travel to the Caribbean to work at Gros Islet's multipurpose Pastoral Centre, working alongside its St. Lucian staff, and Sr. Frances Nosbish, OSF. At the Pastoral Centre, we will work on whatever projects staff finds most pressing at the time - this may be anything from painting and varnishing, to cleaning, yard work, and paperwork. We will also have the opportunity experience the community in St. Lucia, visiting various Diocesan ministries including a nursing home, and an after-school program for students.

Sign up!

Search Retreat (for Upperclassmen)

Friday, November 11-Sunday, November 13

@neuministry



this week in campus ministry

October 23, 2016

I am a runner. Not a competitive runner per se, but, a runner who runs for the meaningful life metaphors which this simple yet epic activity represents. Imagine: you are running through an empty park on a crisp fall evening after a long day of rushing between classes and work. Dusk is just on the horizon; you are surrounded by rolling green hills against the backdrop of a cotton-candy sunset sky. A gentle breeze pushes you steadily along on the trail and breathes new life into your drained, overstimulated psyche. Your attention eases into focus; to the movements of your body, the power of your muscles, the breath circulating through your lungs, the steady beat of your heart, and the feel of the grinding gravel beneath your feet. The anxieties of the day begin to peel away. You are in the moment, absorbed in the present activity and the beauty of the landscape which surrounds you. Time seems to fade away and you begin to think deeply. You are tired, but you barely notice; for you are alive and running and free, grateful for this simple run; this movement which awakens an energy and focus within you that no other activity on this earth can do for you.

What you are experiencing is flow; a state of complete immersion in an activity or being deeply involved in something merely for its own sake; an optimal experience of presence and aware-

ness. We all have our own ways of tapping into states of flow. For some, it is art, or music, or writing, or poetry. Others experience it through sports and physical exertion. Yet, even random activities such as cleaning or gardening, can ignite a spark of flow within us. Some of us have yet to find what guides them into this distinct state, yet we all have a unique and individual niche within us; all of us have the potential to tap into this presence of aliveness and awareness. The key is in finding an outlet and nurturing it until it grows a life and energy of its own. The Greeks had a name for this type of awareness of being in time: *kairos*. Unlike the way our modern world measures time and presence - through chronological clock time or *chronos* - the Greeks understood that it was in the present moment that our lives are most fully lived out.

The reason that I run is for the feeling of aliveness it brings, the energy it promotes, and the peace that it often brings to my days. It helps me to simplify and creates a certain perspective on viewing the world. A well-known Gandhi quote comes to mind here: "live simply, simply so others can live." When you realize that your body and mind can endure through hard moments, you realize that the material things in life are so small compared to the essentials that matter most: family, friends, loved ones, faith. As a runner, it can be tempting to put on

Reflection by Megan McDermott '18

Interested in writing a reflection for this weekly newsletter? Talk to Maria or Patrick or email campusministry@neumann.edu

what you may have missed...



Service at Assisi House



Next trip: November 2 at 1:45



Reading Reflection (Continued)

headphones to block out "distractions," but running can be moving meditation and powerful prayer. It can be an amazing way to cultivate mindfulness into your life. I use my time running to take in the sights and sounds around me, follow the pattern of my breathing, and listen to the beat of my feet as they pound the pavement.

Running is a simple activity yet an epic way to ground and center yourself. In a way, I believe it is similar to going to Adoration or saying the Rosary. Like running, prayer is an exercise that takes repeated practice. I have noticed that if I don't pray one morning, it is more difficult to return the next day. This is the same if you miss out on run days while training for a race. During a run, a run without earbuds or distractions, in the beauty of nature, I experience an inner peace. I pray, listen, and try to meet God. Running guides me in contemplating the essential aspects of life, it pulls me out of my comfort zone, and pushes me

further mentally, physically, and spiritually. Paradoxically, when I run, my train of thought slows down. Anxieties subdue and I am able to be more present to others afterwards.

In Sunday's second reading, Paul writes to Timothy from prison about perseverance: *"I have competed well; I have finished the race; I have kept the faith."* Here, he does not talk specifically about winning or glory which are often attached to images of running. No, he states that he has **competed well**. He has **finished** the race. And through all of this he has kept the faith. In God's eyes, it is not about winning or losing. It is about showing up, letting ourselves be vulnerable, trusting, and trying our very best. To grow, you have to get outside and GO. Whether you want to walk farther, run faster, or simply drink in the scenery more appreciatively, cross every bridge with a brave and open heart. Persevering means to keep moving forward; to keep putting one foot in front of the other. Finish the race; don't give up!

...what you CAN'T miss

Monday, October 24

House of Joseph - 5:00PM - 6:30PM, meet in Campus Ministry

Come spend an hour visiting the residents of House of Joseph, a shelter in Wilmington for those affected by HIV/AIDS. Sign up online!

Thursday, October 27

Interfaith Candlelight Vigil for Peace - 7PM beginning in Sacred Heart Chapel

Join us in prayer in honor of World Day of Prayer for Peace.

Saturday, October 29

Providence Animal Center's Bark in the Park- This dog-friendly event includes a 5k run, a 1 mile walk and a festival that features fun for the entire family. This is an "all hands on deck" event for Center staff and volunteers. For more info or to sign up, email Megan Camp (campm@neumann.edu)

Sunday, October 30

Mass—7PM, Sacred Heart Chapel

Hunger and Homelessness Awareness Week
November 13-20, 2016



Our Hunger and Homelessness Awareness Committee led by Olivia Gilbertson and Kelsey Sullivan is working hard to put together a great Hunger and Homelessness Awareness week! Events such as a sleep-out for homelessness, a hunger banquet, and more will take place during the week of November 13-20.

Interested in the events or the planning?

Contact Olivia and Kelsey, or email campusministry@neumann.edu!