

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 fund-raising 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

Wind River Indian Reservation Wyoming

We will head to the Wind River Indian Reservation, where we will work with Sr. Teresa Frawley, OSF at 3 different parishes in the Wind River region. Neumann students have been traveling to serve with Sr. Teresa and the Shoshone and Arapaho tribes in Wyoming for almost 15 years. At the three parishes, we will help sister with various upkeep projects including yard work, painting, cleaning and organization. Participants will also have the opportunity to experience cultural practices of the Arapaho and Shoshone tribes.

Our donation website is up and running! If you would like to further support the 30 students participating in Service Immersion trips this spring and summer, visit:

www.neumann.edu/knightfunder

Thank you for your generosity and support!



@neuministry

this week in campus ministry

December 11, 2016

As the semester is coming to an end, many of us are anxious about turning in our assignments, cramming late study sessions to prepare for finals, or waiting until the last minute to do both. It is a time when many of us deal with stress and pressure and forget to just take a breath and look back at what we have accomplished so far this semester. This week, during this season of Advent, we light our third candle on the Advent wreath, the pink candle which represents joy. Instead of thinking about finals and last-minute assignments, we should take the time to reflect back on the moments that we found or received joy from our loved ones, friends, or the adventures we've experienced. Even though the stress I've been experiencing the past few days have led to mental breakdowns, I've tried to give myself a few moments to think about the things or people who make me feel happy. The memories allow me to feel better, laugh a little and get back on track with what there is left for me to do. If memories are not quite enough to make you feel happy, take a break and do something that brings you joy. Clear your mind, take a hot bath, or watch a movie. Remember

the pink Advent candle, and do something that will turn a bad day into a good day.

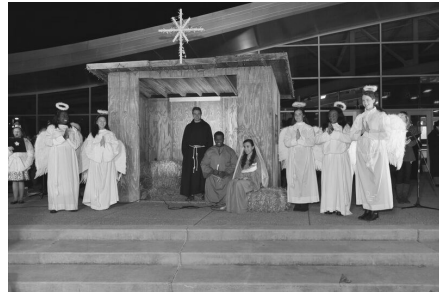
In the second reading, James mentions how we, as God's believers, should be patient for the coming of Jesus. This reading stands out to me because at times like right now, we are all in a hurry to get everything out of the way. There are people who do take the time to revise their papers or check their answers on their assignments to see if they understand the material, and then there are people who wait until the last minute and submit an assignment or paper without checking if it followed the rubric. During this time, patience is our best friend. Having patience can help us to reduce stress and pressure in order for us to do well on our exams. As believers, we believe that God will always be there for us, so believe that God will be with you when you are struggling to finish a paper or study for a history final. As the reading from the James tells us, we must also have the patience to await the coming of the Lord. His love towards us in unconditional and with His help, we are able to take a deep breath and know that we are in God's care.

Reflection by Nayeli Garcia '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...

Greccio



Last week, we gathered as we do each year, as Neumann community, to celebrate the Franciscan tradition of Greccio, the living Nativity.

...what you CAN'T miss

Giving Tree!

Take an ornament from the Christmas tree right outside of the Sacred Heart Chapel, and purchase the gift requested on the ornament. We are requesting hats, gloves, blankets, and \$5 gift cards to Wawa and McDonald's. These gifts will then be distributed throughout the winter by NU students to the homeless in our community. Gift cards can be dropped off in Patrick's office (BMB 135) or in Maria's office (BMB131), hats, gloves and scarves can be left, unwrapped in the box beside the tree.



Good Luck on Finals and have a Merry Christmas!

God of Wisdom,
I thank you for the knowledge gained
and the learning experiences of the semester.
I come to you and ask you to illuminate my mind and heart.
Let your Holy Spirit be with me as I prepare for exams,
guiding my studies and giving me insight
so that I can perform to the best of my ability.
Grant me the strength to handle the pressure of these days,
the confidence to feel secure in my knowledge,
and the ability to keep a proper perspective through it all.
Help me to keep in mind what is truly important,
even as I focus my time and energy on these exams.
Finally, may I sense your peace
in knowing that I applied myself to the challenges of this day.
I ask this through Christ our Lord.
Amen

St. Thomas Aquinas, patron of students, pray for us.
St. Joseph of Cupertino, patron of test takers, pray for us.