

May 14, 2017
5th Sunday of Easter



Mass Schedule:
Sunday 10:00 a.m.
(interpreted)
5 p.m.

At Masses we
remember:
10 am: Al Webber
5 pm: Maria Sigismondi

05/07/2017 collection:
\$503.51
Thank you for
your support.

**Center for Religious Life
Newman Catholic Community**

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Baccalaureate Mass

Are you graduating this year? Newman @ RIT will celebrate Baccalaureate Mass on Thursday, May 18th at 7 pm in the Allen Chapel. Graduates wear cap and gown. This Mass is for guests and family members of graduates. Sign up at Mass or email: amncpm@rit.edu

Throughout the summer, Newman continues to have the 10 am Mass. If you are on campus or in Rochester, come join us!

RITNation

Each week, at the end of Mass I remind students that we are here for them....you remember, "catch my attention - send me an email, a pizza or flowers!" That still goes...we at Newman are here for you-as you navigate the landscape of finals week know that you can stop by for a quick conversation, a piece of candy, a prayer and even encouraging words! Yes, this week can be difficult, it is stressful and you will find yourself balancing many things.

I have a few suggestions that might make this week a bit easier: 1) *drop your shoulders* 2) *breathe* and 3) *remember you are in the presence of God*. Let's start with the first...drop your shoulders....many of us carry stress in our back and shoulders. Right now, think about your shoulders...are they tense or loose? Simply drop your shoulders and let the stress and anxiety fall to the floor. Number two: breathe. After you drop your shoulders, take a few deep cleansing breaths. Fill your lungs and let it out. Let that O2 get to your brain so it can function well. Number three: remember that you are in the presence of God. Whether we have thought about God or not today, God is still around, behind, above and below us. God's presence does not go away, simply our awareness of God does. In the midst of the easy stuff and challenging stuff this week, the God that created you, loves you, forgives you and invites you to be the person you were born to be walks right alongside you through it all.

You might want to remember the Merton Prayer as you go into this last week of the semester....***"My Lord God, I have no idea where I am going. I do not see the road ahead of me. I cannot know for certain where it will end...***(if you want the whole prayer, stop by the table outside the Allen Chapel - you can find prayer cards with the entire prayer on the backside.) Sometimes I quietly say these words to myself and just stay with the first three sentences....when I am stressed or overwhelmed, I begin thinking I need to know where this journey will end...and often, when I take a moment of quiet, it typically comes back to me that no, I am living the journey...it's not over yet. And so, soak it in, enjoy the process, take in the journey and maybe I might benefit from letting go of and worrying about arrival at the destination. Each day is an opportunity, a chance to see all of creation at work before me...including my own creation and recreation! And so, as you enter this week of finals and finishing projects, know that the feeling of unfinished business might be exactly where you are supposed to be for now! Drop your shoulders, breath and remember you are in the presence of God!

We are here for you....you've got this!

Peace and good,

Alice amncpm@rit.edu & Deacon Dave dhudzinski@outlook.com