



Knights of Columbus Council 9542

THE CATHOLIC UNIVERSITY OF AMERICA

Washington, DC 20064

In Service to One, In Service to All

With the close of the semester, we are nearing the time of year where we may feel overwhelmed with projects, papers, and presentation. It may feel as though we have more work to do than we have time to complete it, and this may lead to feelings of stress, anxiety, and defeat. And while it would be easy for me to just share with you verses from the Bible, such as “God cares for you, so turn all your worries over to him” (1 Peter 5:7), or “Come to me, all you who are weary and burdened, and I will give you rest” (Matthew 11:28), it is much harder to actually put this into practice. You can pray with all your heart and soul for hours each night, but that final paper is still going to be due on Wednesday. God performs miracles, but turning your C into an A probably won’t be one of them.

God will not take these feelings of stress and anxiety away with the snap of his finger, for if he did there would be far less non-believers in the world and the Catholic University of America would have a much larger student body than just a few thousand. This goes to show that trusting in God and truly living the Faith is not easy. God doesn’t take our problems away, but rather helps us to deal with them. And so you may ask, “how can God help me with everything I have to do in the next week and help me pass my finals?” Although I cannot speak for God, I will say this: look for the opportunities that God is giving you to maintain your spiritual and mental health. It’s weeks like these that cause many college students throughout the world to drop out because they do not have the mental and spiritual stamina or endurance to pace themselves through copious amounts of work. So how do we build up this endurance to be able to persevere through troubling times? We care for our mental health just as we care for our physical health.

Mass can be the gym for our hearts and minds. Receiving the Eucharist is a restorative exercise for our souls. Each time we receive the Body and Blood of Jesus Christ, we strengthen our bond and relationship with Him. Sitting in peace and meditating on the Word of God allows us to clear our heads of unneeded thoughts and concerns, and allows us to put into perspective what matters most in our lives. So I

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encourage you, when you've reached your eighth or tenth hour in the library working on your papers and projects, to slip away for 20 or 30 minutes to attend a daily mass on campus. Leave behind your worries about what's due the next day and just relish in the peace and silence of the Lord's presence -- because he *will* be there, ready to relieve you of all stress and anxiety. Good luck on all of your final exams and assignments -- I will be praying for all of you over these next couple of weeks -- and I wish you all a Merry (and relaxing) Christmas with your friends and families over break!

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