



# Knights of Columbus Council 9542

THE CATHOLIC UNIVERSITY OF AMERICA

Washington, DC 20064

*In Service to One, In Service to All*

This past week has been a very trying time for my patience, my endurance, and unfortunately even my faith. I have had busy weeks, but this week has shown me a whole new definition of the word "busy". Between writing a time consuming research paper, going to class, and keeping up with all of my club commitments I'm starting to learn a new definition of the word "overcommitted" too. I often had to remind myself that God only gives you what you can handle, but sometimes that was still not sufficient enough to relieve the stress.

At times throughout this week, I felt like from the moment I woke up to the moment I went back to sleep I did not have a single minute to relax or do something that I wanted to do. My days have been planned out to the second between class, meetings, and events with just enough time to walk to each and the occasional break to eat if I was lucky. At first I was frustrated by my lack of time to spend with friends or call home and talk with my family, but then I noticed the serious problem that I was not addressing. The busier I became, the less time I made for my faith. I only attended mass because I was scheduled to serve in some way or because I felt I had to. I treated it more like a chore or another line item on my growing To-Do list. Sitting in mass, my mind was not focused on prayer, but instead I was worried about what I had left to do or pre-stressing about what I had to do the next day. As much as I tried to pull myself into a place of prayerful meditation, my mind could not stop racing.

If nothing else, I learned a valuable lesson from this week. It has given me a new source for reflections on my daily life. In fact, I have this daily planner that is paired with weekly readings and journal sections to reflect upon different topics. Each Sunday, there is a section that asks "How were you in awe of God this week?" and I want to share with you what I wrote for this week:

*This week I was in awe of God's unceasing love. Even when I fail to keep God first in my life, He always continues to shed His blessings on me. In every moment of stress and frustration, God was always with me, even when I failed to pray for His aid. The Lord listened to me even when I*

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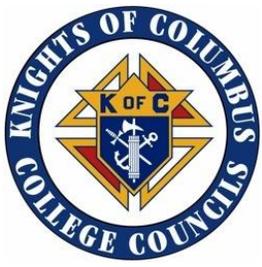


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*treated prayer as a chore. I am so grateful of God's ability to see past my flaws and shortcomings and always forgive.*

I know that I am not the only one to ever experience busy weeks and stress during college. I am not sharing this experience with you in search of pity or sympathy. In fact, quite the opposite actually. I know that all of you experience this at some point. If you haven't already, you will...sorry. My hope is that you will be able to acknowledge when it is happening and take a moment to reflect on it and make the necessary changes. Where have we prioritized God in our lives this week? Have we made time lately to strengthen the bonds between each other and our families? Even in the midst of our insanely busy lives, have we stopped to truly thank God for our simple blessings and given Him the glory he deserves? These are just a few of my reflections for the week, and I invite you all to think about them as well as we grow closer and closer to the close of this academic year.

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