

## REFLECTIONS & ANNOUNCEMENTS - DECEMBER 7, 2022

SUBMITTED BY	ANNOUNCEMENT-SCHOOL RELATED
Stefanutti	Attention Prom Committee members. We are meeting TODAY at lunch. Please arrive on time as we have a lot to discuss.
Albano	The Sacrament of Reconciliation will be available on December 13, 2022 at 2:00 p.m in the school chapel. Students or staff wishing to participate, please inform Ms. Albano of your intent so she can make this a seamless day. Following confession, staff and students are invited to attend mass in the Chapel at 2:30 p.m.
Albano	“Don’t Trust Anyone” Actors! Mandatory rehearsal on Wednesday after school. Please meet at the cafeteria doors.
Albano	First pick up of non-perishable items will be tomorrow for our annual non-perishable food drive. Please share with those families in need of a helping hand. If you can help her out today during your lunch, please drop by her office today or on your spare.  Don’t forget, if Ms. Albano have you a permission form, please return them by Friday.

### DAILY REFLECTION

**In the name of the Father, Son, and Holy Spirit. Amen**

**A reading from the Gospel of St. Matthew**

***“At that time, Jesus spoke to the crowds and exclaimed: ‘Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest.’”***

To some ears, the following statement will sound contrived or something on a shirt, but as I heard in a homily this past Sunday, take all your burdens to the Lord. For those present at mass, Father was encouraging all of us during this Advent season to go to confession, and in our daily life, to take time and spend it with the Lord. Why? Because God knows you don’t want to carry the weight of the world on your shoulders and invites you to share them with Him.

As human beings, this is difficult for us to hear and believe. Why? We live in a world that encourages us to be self-sufficient and capable of solving problems. To a degree, yes, God makes us his stewards in this world, but the weight of life’s pressures from the praise and criticisms, from the isolation and being part of the community, is unbearable. God knows this and offers his ear and hand to sit and let you rest. As the priest asked all of us, why do you continue to carry the anxiety, your stress and problems on your own when you have a place to rest from them and find peace and rest in the Lord.

Let us all seek God in this time and find the rest we need with the faith and hope that a rested heart and mind is open to receive the grace of God in their lives to bring peace into this world. For those who can, find healing in the Sacrament of Confession when it is offered as a gateway for the fullness of God’s grace and mercy awaits you to be released from those burdens. May our wrestling team have a safe and victorious day tomorrow. Let us keep in our prayers all who are fighting for what is right and just in our community, and in every corner of the world, especially in Iran and Ukraine. Let



us never forget the words of Jesus at the Ascension, remember I am with you always. Amen. In the name of the Father, Son, and Holy Spirit