



MISSION MATTERS

monthly



No. 3 Vol. 1 | September 5, 2022 | Student Edition

QUOTE OF THE MONTH

"Compassion urges us to move out of our comfortable niches of security. Compassion stretches us and asks us to let go of apathy and indifference. Compassion refuses to accept excuses of busyness, ignorance or helplessness. Compassion invites us to reach out to those who suffer."

Joyce Rupp A CUP OF LIFE

CATHOLIC Q&A

A Catholics view on gun violence and the sadness of our teens...

click [here](#) to hear more

INTERFAITH CALENDAR

click [here](#) for more information

09/01: New Year - *Orthodox Christians*
09/08: Nativity of Virgin Mary - *Christian*
09/11: New Year - *Rastafarian*
09/14: Elevation of the Holy Cross - *Christian*
09/23: Fall Equinox - *Neo-Pagan*
09/25: Rosh Hashanah - *Jewish*
09/26: Navaratri begins - *Hindu*
09/29: St. Michael and all Angels - *Christian*



THREE WAYS TO RENEW YOUR SPIRITUAL LIFE

by Allison Rockhold

One day, in the middle of sharing my sorrows with a friend, I realized the problem: I was playing it safe in my relationship with God. It was scary to share the deeper, messier parts of me, so I was sticking to the "safer prayers" instead. Somehow, I had forgotten that I have the freedom to fully express my needs, wants, and desires in God's presence. After all, God is surely big enough to handle anything I can throw at him.

So, I've found myself in the interesting position of praying about my prayers. As I've asked God for help in my battle against broken-record prayer syndrome, he has been faithful to answer.

Here are three ways God has helped me reinvigorate my prayer life:

1. Enter the silence

Morning prayer time is often rushed. I sit on the couch and quickly jump right in, one eye on the clock to make it to work on time. Sometimes I'm running so late that I pray in the car or over the phone. While God surely accepts these offerings, it isn't a conducive environment for deep, heartfelt prayers.

So, I'm making a few small changes in my morning routine to allow myself to enter more fully into prayer time. The alarm goes off a bit earlier and the coffee machine is set on auto-brew. I sit down knowing I have plenty of time to pray.

2. Be a detective of grace

Being a detective of grace requires giving up my addiction to rushing, running, and cramming my schedule so overly full. Detectives need time to fully evaluate situations, look around, and take stock of what they see.

God's presence is all around us, yet we so often miss the treasure in plain sight. When we start to look for signs of God's love in this world, he is faithful to reveal it to us. And once we start recognizing God at work, we find more and more to pray about and be thankful for every day.

3. Practice gratitude

Practicing gratitude is a way of breaking that negative bias by forcing myself to keep track and recall the good things that occur each day. There are many ways to do this:

- Write down five things I'm thankful for each day
- Pray an examen to review where I saw God in the past 24 hours
- Keep a tally in my planner of every time I smile in a day
- Sit for a few minutes before lunch and thank God for each person I interacted with that morning
- Pray with my senses by thanking God for something I saw, touched, smelled, heard, and tasted that day

Entering the silence, being a detective of grace, and practicing gratitude are not ingredients in a magic potion. They are not a fix or a cure. Their purpose is to put me in a position of listening to, waiting on, and seeking for God's loving presence. It is there that I receive healing for my broken-record prayer syndrome.

Click [here](#) for full article.

Join us for:

Mass of the Holy Spirit, Thursday, September 8th at 11:15am in college chapel.

Interfaith Peace Prayer Service to commemorate the 9/11 attacks, Friday, September 9th at 11:15 am in front of staircase of the Main Building



OUR CORE VALUES

*Solidarity with
People in Need*



Transformation



COMPASSION



*Respect for
Human Dignity*



*Justice
and Peace*

2022-2023 Focus

PUTTING *COMPASSION* INTO ACTION!

Justice, justice shall you pursue. Today the call for justice must focus on fairness and respect for working men and women in jobs across the country who do not earn enough to support themselves and their families. The situation confronting not only fast-food workers but also home health care aides, adjunct professors, airport baggage handlers and other low-wage workers is simply untenable in one of the richest societies in human history.

We call on our elected officials to raise the minimum wage to \$15 per hour, linked to cost-of-living increases so that the lowest-paid among us are able to earn a living wage.

The current federal minimum wage of \$7.25 per hour is nothing close to a living wage. If someone earning the minimum wage is fortunate enough to be able to work full-time hours (and many are not), she or he would earn only \$15,080 / year, which is under the poverty line for a family of two. At the current minimum wage, workers struggle paycheck-to-paycheck, and if they are able to pay all their bills at the end of the month, they are not able to save anything for an emergency, let alone for their retirement, or additional education.

Today's rock-bottom federal minimum wage is holding millions of Americans back from being able to reach their highest potential. Sadly, many people who have started community college or career education programs have to drop out after getting their hours cut at work or when an unforeseen emergency made tuition impossible to afford. With a \$15 per hour minimum wage, many would be able to finally afford to advance their educations.

Rising wages will allow millions of people across the country to lift their heads up and look towards the future with hope. But it will also benefit our economy at-large. A \$15 per hour minimum wage will inject billions of dollars into local economies as many are finally able to buy basic necessities they couldn't afford before. It will also ease state budgets, as millions who currently rely on state assistance will finally be able to afford groceries and rent without public assistance.

While a number of communities across the USA have passed ordinances to raise their minimum wages to \$15, and more cities and states have passed smaller minimum wage increases that are an important first step for improving workers' lives, our obligation is not over until every working person has the ability to support their family without undue burden.

CLICK [HERE](#) TO SIGN PETITION!

HISPANIC HERITAGE MONTH

Each year, Americans observe National Hispanic Heritage Month from September 15 to October 15, by celebrating the histories, cultures, and contributions of American citizens whose ancestors came from Spain, Mexico, the Caribbean and Central and South America.

The observation started in 1968 as Hispanic Heritage Week under President Lyndon Johnson and was expanded by President Ronald Reagan in 1988 to cover a 30-day period starting on September 15 and ending on October 15. It was enacted into law on August 17, 1988, on the approval of Public Law 100-402

The day of September 15 is significant because it is the anniversary of independence for Latin American countries Costa Rica, El Salvador, Guatemala, Honduras, and Nicaragua. In addition, Mexico and Chile celebrate their independence days on September 16 and September 18, respectively. Also, Columbus Day or Día de la Raza, which is October 12, falls within this 30 day period. Click [here](#) to learn more.

ROSH HASHANAH AND YOM KIPPUR

Rosh Hashanah and Yom Kippur, together referred to as "The High Holy Days," are the two most important holidays of the Jewish year, the former celebrating the coming of the New Year and the creation of the world, the latter (ten days later) beginning the new year with a Day of Atonement for one's wrongdoings. Synagogue services on these days are the most well attended of the year; they involve the blowing of the shofar (a ram's horn), and, on Yom Kippur, a day of fasting.

The High Holy Days stand alongside the three festivals of Sukkot, Passover, and Shavuot as the five major festivals of the Jewish year during which one is commanded to lay aside work completely. Rosh Hashanah and Yom Kippur fall in the lunar month called Tishrei. On the first and second days of the month, Rosh Hashanah celebrates the new year and the birthday of the world. Ten days later, Yom Kippur begins the new year with a Day of Atonement for one's wrongdoings. The stretch between Rosh Hashanah and Yom Kippur is called "The Days of Awe," a period of judgment and repentance, forgiveness, and spiritual renewal, of standing in awe before God. Click [here](#) to learn more.



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