



MISSION MATTERS

monthly



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QUOTES OF THE MONTH

“Success is stumbling from failure to failure with no loss of enthusiasm.”

Winston Churchill



CATHOLIC Q&A

Can a Christian believe in evolution?

click [here](#) to hear more



INTERFAITH CALENDAR

click [here](#) for more information

- 05/01: Beltane - Neo Pagan
- 05/02: Twelfth Day of Ridvan - Baha'i
- 05/04: National Day of Prayer - Interfaith
- 05/18: Ascension of the Lord - Christianity
- 05/24: Declaration of the Bab - Baha'i
- 05/25-27: Shavuot - Judaism
- 05/27: Visakha Puja - Buddhism



HAVE A GREAT SUMMER: GOOD LUCK TO OUR STUDENTS ON YOUR FINAL EXAMS, PAPERS & PROJECTS



**THIS WILL BE THE LAST
EDITION OF MISSION
MATTERS MONTHLY FOR THE
SEMESTER - WILL RETURN ON
SEPTEMBER 4, 2023**

SIX TIPS TO BALANCE YOUR LIFE

By Dawn Demers

Bringing life into balance and maintaining it is a key factor in having peace and joy in life. When we are living a balanced life we are more productive and more successful. If one aspect of our life is off balance it throws off the whole system, having a huge impact on the quality of our life. To live life to the fullest we want to be functioning at our best by taking care of ourselves in every area of our lives. If we focus too much on one area of our life or neglect an area for too long our life falls out of balance. When we are out of balance we lose perspective and suffer the consequences as our life falls into disarray.

The following six tips will help you to bring balance back to your life so that you can live well and with peace of mind.

- 1. Where Do You Need Balance?** Identify which part of your life needs to be brought into balance. You intuitively know what this area is. It is probably the first thing you thought of when reading this sentence.
- 2. Set Priorities.** Look at your to do list for the day. Prioritize the things that are really important to you and your balanced life. This includes prioritizing time for you. Do what is important first.
- 3. Set Boundaries.** This may include the use of that word 'no' from time to time. It is not necessary to say yes to every request and every good cause.
- 4. Keep a Positive Attitude.** Go with the flow of the universe and be flexible. Trust that somehow things will work out, new opportunities and solutions will present themselves. Keep your eyes open for them to appear.
- 5. Let Things Go.** Yes this can be much easier said than done but so critically important to maintaining a balanced life. Turn off the flow of overwhelm and let things go.
- 6. Relax.** Take time to relax. In today's world we are all living life at a fast pace. Many of us are so used to feeling overwhelmed it has become our normal state of being! Take time to relax.

Click [here](#) for full article.

OUR CORE VALUES

*Solidarity with
People in Need*



Transformation



COMPASSION



*Respect for
Human Dignity*



*Justice
and Peace*

2022-2023 Focus

PUTTING *COMPASSION* INTO ACTION!

Take a Stand Against Food Insecurity

The cost of food is rising — and it's pushing many families to the brink of hunger.

A poll of voters in rural America found that 77% of parents fear they won't be able to feed their children this year.

Without help, those hungry kids could miss out on the bright futures they deserve.

Tell Congress: Nutrition is getting harder to afford — and families need more support. Rising food prices are pushing families across the nation to the brink of hunger especially in rural America.

A recent poll conducted by Save the Children and Save the Children Action Network found that 77% of small-town voters worry they won't be able to feed their families this year.

That's why the Supplemental Nutrition Assistance Program (SNAP) is so critical. It ensures 42 million people in the U.S. — about half of them children have access to nutritious food.

But at current levels, research shows that households redeem more than half of their SNAP benefits within a week of receiving them.

To prevent more kids from going hungry and suffering delayed development, we must protect SNAP in the next Farm Bill.

For every \$1 spent on SNAP, roughly \$1.50 goes back into local economies and farmers' pockets — which is significant, as SNAP accounts for about 8% of expenditures on food consumed at home. This program also boosts the purchasing power of beneficiaries by freeing up money for other basic needs, like diapers and hygiene essentials.

Click [here](#) to learn more and sign the petition!



CONGRATULATIONS TO THE CLASS OF 2023!

There is no passion to be found in playing small, in settling for a life that is less than the one you are capable of living. — *Nelson Mandela*

We do not need magic to change the world, we carry all the power we need inside ourselves already: we have the power to imagine better. — *JK Rowling*

Do not follow where the path may lead. Go, instead, where there is no path and leave a trail. — *Ralph Waldo Emerson*

Fortune does favor the bold, and I promise that you will never know what you're capable of unless you try. — *Sheryl Sandberg*

A person's greatness consists in their ability to do, and the proper application of their powers to things needed to be done. — *Frederick Douglass*

The future belongs to those who believe in the beauty of their dreams. — *Eleanor Roosevelt*

Learning is the only thing the mind never exhausts, never fears, and never regrets. — *Leonardo da Vinci*

Sometimes you find out what you are supposed to be doing by doing the things you are not supposed to do. — *Oprah Winfrey*

You are braver than you believe, stronger than you seem, and smarter than you think. — *A.A. Milne*

Never bend your head. Always hold it high. Look the world right in the eye. — *Helen Keller*

Intelligence plus character—that is the goal of true education. — *Martin Luther King Jr.*

Success is not the key to happiness. Happiness is the key to success. If you love what you are doing, you will be successful. — *Albert Schweitzer*



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