



MISSION MATTERS

monthly



No. 5 Vol. 9 | May 5, 2025 | Student Edition

Blessed Mary Angela Says: (Foundress of the Felician Sisters)

"Strive rather to do something with your life, to use the time and the prudence which comes from God ... Time was given to us for doing good."

CATHOLIC Q&A

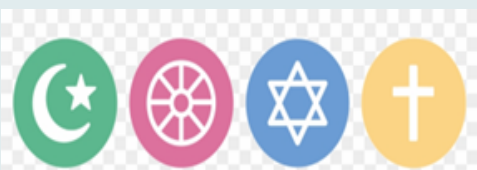
"What happens at a Papal Conclave?"

Click [here](#) for the answer

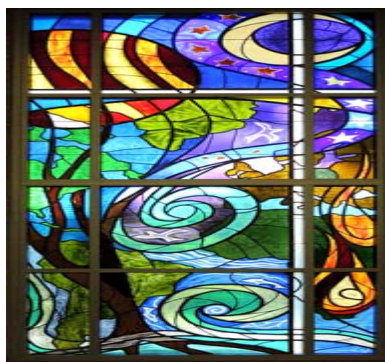
INTERFAITH CALENDAR

Click [here](#) for more information

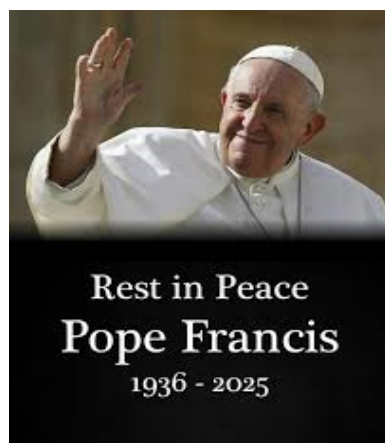
05/01: Twelfth Day of Ridvan - Baha'i
05/01: Beltrane - Pagan
05/03: Feast of St. Phillip & St. James - Christian
05/12: Vesak (Buddha Day - Hindu/Buddhism
05/14: National Day of Prayer - USA
05/16: Lag B'Omer - Judaism
05/23: Declaration of Bab - Baha'i
05/29: Ascension of the Lord - Christian



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 2, 2025



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](#) to read full article.

OUR CORE VALUES

*Respect for
Human Dignity*



Compassion



**SOLIDARITY WITH
PEOPLE IN NEED**



Transformation



*Justice
and Peace*

2024-2025 Focus

Solidarity With People in Need Learning About Diversity through Catholic Social Justice teachings

The Church's social teaching is a rich treasure of wisdom about building a just society and living lives of holiness amidst the challenges of modern society. Modern Catholic social teaching has been articulated through a tradition of papal, conciliar, and episcopal documents. The depth and richness of this tradition can be understood best through a direct reading of these documents. In these brief reflections, we highlight several of the key themes that are at the heart of our Catholic social tradition.

Catholic social teaching is a central and essential element of our faith. Its roots are in the Hebrew prophets who announced God's special love for the poor and called God's people to a covenant of love and justice. It is a teaching founded on the life and words of Jesus Christ, who came "to bring glad tidings to the poor . . . liberty to captives . . . recovery of sight to the blind" (Lk 4:18-19), and who identified himself with "the least of these," the hungry and the stranger (cf. Mt 25:45). Click [here](#) to learn more.



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<https://www.instagram.com/villamariacampusministry/>

**JOIN US FOR BIBLE STUDY NEXT SEMESTER
@11:15 AM IN THE CAMPUS MINISTRY OFFICE.
OPEN TO STUDENTS AND STAFF**

Congratulations to the Class of 2025 Some Words of Wisdom...

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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