

YOUTH NEWS

December* www.stpatrickismauston.com * (608)847-6054

Maintaining Peace in the Midst of a Pandemic

by RACHEL PENATE

Is it just me or has 2020 just felt like a whole lot of noise? Log online for 10 minutes and it seems everyone has an opinion on everything. And everyone wants you to hear all of their opinions, all the time, very loudly. I found myself for a good portion of this year listening very closely to all of these voices, constantly asking myself: Am I doing enough? Am I believing the right things? Am I caring for my neighbor correctly? I was seeking out good, but the longer I let those voices drive my discernment, the more confused I got. Brilliantly (in God's typical fashion) a book fell into my lap this summer that has changed the course of my year for the good. **"Searching for and Maintaining Peace"** by Father Jacques Philippe is a short, instructional-like-manual on interior peace and it PACKS A PUNCH. Philippe describes the fruits of interior peace as follows, "The more our soul is peaceful and tranquil, the more God is reflected in it, the more His image expresses itself in us, the more His grace acts through us." (P. 5) After beginning this journey with interior peace, I realized I wasn't stepping back and quieting the human voices in my life long enough to actually listen to God, Himself. I wasn't seeking interior peace within my soul. And, this disquiet was driving my everyday interactions with the world around me. My restlessness, my fear, my frustrations, my anger was in the driver's seat and it was costing me my peace. If I could summarize this book (and really the year, 2020) into one line, it's this: **when the world gets louder, my interior self must get quieter**. Here are some practical ways that we can set the stage for our relationship to grow with God and then subsequently welcome His peace into our lives:

•**Sit in silence for 10-15 minutes a day.** Some things you can do in that silence are as follows: Pray, Do a breathing exercise, Repeat "Come, Holy Spirit" over and over again, Simply contemplate the goodness of God, Sit outside and allow the sounds of nature to create a space of calm, or Meditate deeply on one line of Scripture

•**Memorize a Scripture verse to call to mind anytime you are fearful or anxious or unsettled.** Having a "go-to verse" in tough moments is particularly helpful in achieving interior peace. The following are some of my favorite verses: "Be still, and know that I am God." (Psalm 46:10), "Have no anxiety about anything, but . . . let your requests be made known to God." (Philippians 4:6), "Even though I walk through the valley of the shadow of death, I fear no evil; for you are with me. . ." (Psalm 23:4), "Do not be conformed to this world but be transformed by the renewal of your mind." (Romans 12:2)

•**Seek out a friend or mentor to speak peace into your life whenever you need.** If you're anything like me, you know that sometimes it's easy to get lost inside of your own head. Having a friend or mentor you trust that can speak truth into your life is incredibly important. If you can't think of anyone right now, pray that the Lord might reveal the right person to you who can be a great buddy on this journey of faith.

•**Know what steals your peace and actively say "no" to those things taking up space in your heart and mind.** This can be a person, a media source, an item of technology, or just a negative thought that you keep coming back to time and time again. Remember that we are mind, body, and soul. Sometimes the peace of our hearts can be thrown off by the imbalance of our mind and body. Be mindful of your entire health nurturing all of your needs — and, if necessary, don't be afraid to seek professional help via a therapist, a doctor, a dietitian, or a fitness coach.



DECEMBER

- 5th ~ Advent Prayer with Music 6:15pm-7:30pm
- 6th ~ Advent Prayer with Music 11:15am-1:30pm
- 8th ~ "Soup with Substance" Mass @ 5:30pm then Soup and discussion till 7pm
- 9th ~ RE Classes 4pm-5pm /MASS @ 6pm /RE classes 6:30pm-7:30pm
- 15th ~ "Soup with Substance" Mass @ 5:30pm then Soup and discussion till 7pm
- 16th ~ RE Classes 4pm-5pm /MASS @ 6pm /RE classes 6:30pm-7:30pm
- 17th ~ Communal Penance 7pm
- 19th ~ Christmas Basket Handout @ Faith Christian Church 9am-11am
- 22nd ~ "Soup with Substance" Mass @ 5:30pm then Soup and discussion till 7pm
- 23rd ~ No Classes! Merry Christmas!
- 30th ~ No Classes! Happy New Year!



A FAMILY OF FAITH

Family Catechesis
for Our Parish

This year we are incorporating a Family Catechesis portion for our Religious Education Program. Each month is focused on a Saint, a Scripture verse, and a theme. There are activities that go along with each month to help build up the faith in everyday family life. Our theme for November was: Conscience~ God's Law on our Hearts. God gave us a Conscience which is His law written on our hearts. A well-formed conscience makes it possible to live a moral life. Here's what some of our families had to say! 😊

I really enjoyed these activities! I feel like the questions lead to some great discussions as a family.

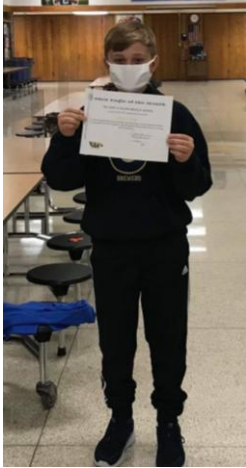


We never thought to pray while we were deer hunting!

We talked about what a conscience is, what Freedom and Conscience means, we talked about the Precepts of the church, and have discussed some real life scenarios... this has been great!

December's Theme: The Cardinal and Theological Virtues

Religious Ed Students in the News:



Congrats Johann Wolf on being named October Golden Eagle of the Month at OMS. These students are nominated by staff for being great examples of students who exhibit safe, responsible, and respectful behavior.



Congratulations to Olivia Lulich for representing Wisconsin in the Miss Teen USA Pageant in Memphis!

Eli Boppert made the 1st Team All State Team with his 7th place finish at the 2020 WIAA Division 2 State CC Championships. He is the first MHS CC runner to make 1st team All State and is the only sophomore on the 1st Team. He also earned Academic All State honors... Way to Go!



Matthew Gunther, a member of the Mauston Supermilage Team, is shown receiving a donation from Molly Scully and Kim Walsh of the Bank of Mauston. This donation will go towards materials, registration fees, matching professional team uniforms, and customizing their team trailer. The team works to build highly fuel efficient cars.



Congratulations to MHS Senior, Emma Incaprero, on her commitment to play collegiate volleyball at Wisconsin Lutheran College next Fall! Emma was a 4 year letter winner in volleyball for the Golden Eagles, and received multiple All-Conference honors.