

# St. Louis College Ministry

*Keeping you Connected to the Fam*



## A Note from Katie...

Before you know it, holiday season will be here- starting with Thanksgiving and ending with New Year's Eve. When I was in college, all of these holidays were hard to "get into" especially with exams and without my mom's decorated house. If you have the same situation, let me help you out. Starting on November 25, check out my **Advent Hacks** videos on our Facebook page. I will be posting one a week until Christmas. I hope to see some of you over Thanksgiving break!

**Duquesne**  
**UMBC**  
**St. Vincent**



# Don't miss it!



**DCL17**  
Deep Creek Lake  
Jan 3-5, 2017

**30 person lodge.  
Sleeping In.  
Hot tub.  
Hiking.  
Not your average  
retreat.**

[stlouisparish.org/deepcreeklake](http://stlouisparish.org/deepcreeklake)  
Register by Dec 1

# Keep the Sabbath Wholly



Being wholly is being healthy in mind, body, and spirit. Last month, we focused on being healthy in mind by taking a rest from the constant creating we do on a daily basis. This month, we are going to focus on our **bodies**.

Above on the left, you see Adam in all his uncensored glory. Adam and Eve— before they sinned by eating the apple— represent the way that humankind was created to be. Before they sinned, Adam and Eve experienced **harmony** with their bodies. After they sinned, Adam and Eve hid from God in the garden. When asked why they were hiding, Adam replied, “I heard you in the garden; but I was afraid, because I was naked, so I hid myself” (Gen 3:10). Adam and Eve’s shame wasn’t just because they were physically naked, but from that moment on, man and woman have experienced **disharmony** and **shame** with their bodies.

**Think about some of the ways we, as people, experience disharmony and shame in our bodies:**

- Some of us may feel as if our bodies are not strong enough, thin enough, beautiful enough.
- Some of us may feel as if our greatest value is in our bodies and use our bodies to get attention and love from others.
- Some of us may feel as if our bodies don’t reflect our sexuality.
- Some of our bodies may be objectified or abused by our own or other’s decisions.
- Some of us may be suffering emotional or psychological distress which manifests itself in our bodies.

These issues are vast and deep, affecting individuals differently. This is my encouragement to all of us: let us do some self-reflecting and bring our issues to God. Let us not allow self-inflicted shame to keep us hiding from God, as did Adam and Eve. If you are experiencing anything serious you would like to talk about, I would love to speak with you! It’s time for a **wholly** you.

## Wholly Advice



Plant **SEEDS!** Success starts with a healthy body!

-From David Horsager, Business Strategist and Best Selling Author

**S**– Sleep Well || **E**– Eat Healthily || **E**– Exercise || **D**– Drink Water || **S**– Source for Stress (May be faith, meditation, etc)



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StLouisCYM



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