

# St. Louis College Ministry

*Keeping you Connected to the Fam*

## FORMED<sup>®</sup> IN MIND TRANSFORMED IN HEART

### ST. LOUIS CHURCH



Merry Christmas from the College Ministry!  
We know you have a crazy next couple of weeks ahead, so we wanted to send you some holiday cheer as well as some materials to help with your exams.

Enjoy some hot chocolate as you mark up those study guides!

Before you get in the heat of exams, make yourself an Advent plan so that you don't neglect to prepare spiritually for Christmas this year. Ideas are still at the bottom of the page!

-Pat, Katie, Marie, & Meg (The CYM Office)

#### DECEMBER 19, 7-9pm

Advent Prayer with Young Adults (18-35) from all over Baltimore will be held at the Basilica followed by a Christmas Cookie Social!

Come early to Katie's house at 3pm for cookie baking and a Christmas movie, then carpool together to the city. Carpoolers arrive by 6pm.

RSVP to Katie ([kerskine@stlouisparish.org](mailto:kerskine@stlouisparish.org)) by December 18.



How will you be  
**FORMED<sup>®</sup>**  
this Advent?

- 1 Pray the daily devotions in the **LITTLE BLUE BOOKS.**
- 2 Watch the 3 part series called *Anima* on FORMED.
- 3 Watch the 4 part series called *Advent* on FORMED.

Visit [stlouisparish.org/formed](http://stlouisparish.org/formed) for more information and instructions for how to log on. Each video series is set up so it can be watched with a group. It even provides discussion questions!

## Why is gift-giving legit?



### We don't need gifts. We need love.

Gifts can be expensive and, often, distracting to the meaning of Christmas. However, gifts are not intrinsically bad and exchanging gifts during Christmas celebrations can help us recall the *gift* of Jesus Christ or the presentation of the *gifts* to baby Jesus by the Wise Men. If we dismiss the entire tradition of exchanging gifts and call it “materialistic”, we are dismissing a valid and important way of demonstrating love.

### How do you give and receive love?

Gary Chapman is the author of *The 5 Love Languages* in which he explores the different ways that we communicate love to one another.

# The 5 Love Languages

**Be creative with showing love this Christmas!** The genius of the 5 love languages can completely transform the way you relate with friends, roommates, your family, your boyfriend/ girlfriend. Love is not just romantic. The idea is that because we each receive and give love differently, we must personalize our expressions of love to meet each others' needs. For example, it wouldn't mean that much to my roommate if I were to write her a nice note, but she would love help doing her chores. Think of some creative ways— gift giving and otherwise— to show love to your loved ones over break.



Write a personal note in a Christmas card, compliment a delicious meal or nice Christmas decorations, tell someone they look nice



Pay attention to what people say so you can give them a gift based off something they mentioned, hand make something special, put together something sentimental that reminds you of a good time you shared



Catch up with a friend over coffee, go shopping with someone, cook or bake with someone, have a legit one-on-one conversation with someone even if you're at a party



Help put up the Christmas decorations, clean the house for guests, carry gifts and food between the car and the house, offer to set the table or do the dishes



Give hugs to your friends/ family when you say hello or good bye (or whatever you call those manly handshake/ slap/ hug things), sitting close on the sofa during a movie, back massages

### Discover your love language

by taking the test at

[http://www.5lovelanguages.com/.](http://www.5lovelanguages.com/)



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StLouisCYM



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