Prayer and Action

In both the second reading and Gospel today we are called to “remain with God”. And if we remain with God, we are promised that God will remain with us. Hmm, sounds easy enough. If God is in all things than we should be able to “remain” with God in everything we do. Well now that we have that figured out we can move on to the bigger questions of the universe.

Just for fun though, let’s look at this a little deeper and see what “remaining with God” really entails for our daily lives in two specific ways: prayer and action. Making time for prayer sounds like something we all want to do, like running a 5k. Sure it sounds like a good idea and for a couple of days we might go the gym or go running every day to get ready, but then gradually if the motivation isn’t there or the results aren’t evident we stop doing it as often and then one day in the middle of a Storage Wars marathon you realize you haven’t been running for weeks. This can happen in our prayer lives too. It takes dedication and grace to pray every day, to want to pray every day. Every one of the Jesuit values that are the basis for our University has it basis in prayer and a desire for a deeper relationship with God. Prayer helps look honestly and deeply at our lives and how we are living them, it may not always be easy, but it is always worthwhile, even if we can’t see the “results”.

For St. Ignatius, you might remember him as the founder of the Jesuits, one of the most important ways of “remaining with God” in prayer was through the daily examen. He thought this simple prayer was so important that he wanted Jesuits to do it at least twice a day. The examen involves five steps, you could even go to a guided examen every Thursday at the Sacred Heart Chapel at 9:45 PM. The steps are:

1. Become aware of God's presence.
2. Review the day with gratitude.
3. Pay attention to your emotions.
4. Choose one feature of the day and pray from it.
5. Look toward tomorrow.

All these steps invite us to look deeper at our own actions, words, relationships, emotions and the presence of God in all of them. Our remaining with God in prayer must lead us to remaining with God in our actions. This requires that we follow the great commandment “love one another as we have been loved”. If it sounds like a tall order, that's because it is. This challenges us to live in a way that is completely counter cultural. But there’s good news, deep inside most of us there is the desire to want to be good people, people who live lives of love as Jesus commands. We’re human, we make mistakes, and if we have the desire to remain with God by our prayers and actions, God will remain with us.

Jason Downer, n.S.J.
“Today our prime educational objective must be to form men-and-women-for-others; men and women who will live not for themselves but for God and his Christ - for the God-man who lived and died for all the world; men and women who cannot even conceive of love of God which does not include love for the least of their neighbors; men and women completely convinced that love of God which does not issue in justice for others is a farce.”

Pedro Arrupe, S.J.,
28th Superior General of the Society of Jesus,
Valencia, Spain, 1973

The Community Outreach Office provides information on Volunteer Opportunities for individuals, groups, clubs, and residence hall floors. Our office is located in The DeNaples Center, Room 205B, and our webpage is www.scranton.edu/volunteers. We are also on Facebook! Like Us!

End of the Year Drive - starts Friday May 4 thru Graduation

The University of Scranton's annual End of the Year Drive collects all the items that students would normally discard at the end of the academic year. A team of more than 30 underclassman undertake the effort to collect, sort and distribute the donations, volunteering to stay on campus after final exams. Donations are given to area agencies in need such as Friends of the Poor, United Neighborhood Centers, Community Invention Center, Headstart, St. Clare's/St. Paul's food pantries and Safety Net.

What We Take:

- School Supplies
- Toiletries
- Cleaning supplies
- Household items
- Clothing
- Shoes
- Food
- Rugs
- Electronics
- Small furniture
- Candy
- Snacks
- Sporting goods
- Toys
- Holiday items
- Posters
- Games
- Lamps
- Desk chairs
- Books

Contact Ellen Judge at judgee2@scranton.edu for more info
Grief Support Seminar

May 8th
7:00 to 8:30pm
DeNaples 407 A

Sponsored by Hospice of the Sacred Heart in collaboration with University Ministries.

Students who have lost a family member or friend and are looking for support through their grief are encouraged to attend. Seminar will be led by Dave Hovey, student intern at Hospice of the Sacred Heart. Please contact Dave (david.hovey@scranton.edu) if you have questions or are interested in attending.

Sr. Carol Farewell Reception

Come and express thanks and well-wishes to Sr. Carol for her ministry among us for the past six years.

Monday, May 14th
3:00 - 4:30 p.m.
DeNaples Center #405

The Examen

Are you looking for some quiet time to spend with God?
Come spend 20 minutes in a reflective form of Ignatian Prayer....

Join us on:
Thursday, May 10 at 9:45 PM in Sacred Heart Chapel

SAVE THE DATE!

BOND of BROTHERS
An Experience for Sons & Fathers/Father Figures

September 14-16, 2012

Sponsored by University Ministries

Questions? Contact - Patrick Cassidy (patrick.cassidy@scranton.edu)
**Weekly Collection**

This week’s collection will be for Leahy Family Center.

Last week’s collection for the End of the Year Drive was $573.

**Sunday Mass Presiders**

**Sunday, May 6**
- 11:00 AM: Fr. Cadigan, SJ
- 7:00 PM: Fr. Sweeney, SJ
- 9:30 PM: Fr. McKinney, SJ

**Sunday, May 13**
- 11:00 AM: Fr. Mohr, SJ
- 7:00 PM: Fr. Malloy, SJ
- 9:30 PM: Fr. Malloy, SJ

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**SAVE THE DATE...**

**WILDERNESS CHALLENGE**

**October 5 - 6, 2012**

**Ricketts Glenn State Park, PA**

**Tent Camping**

8 mile Waterfall Hike
Cook-out
Campfire
Prayer & Reflection

Sponsored by University Ministries

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**UNIVERSITY MINISTRIES, DeNaples Student Center 200**

570-941-7419
www.scranton.edu/ministry

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