“Do nothing out of selfishness or out of vainglory; rather, humbly regard others as more important than yourselves, each looking out not for his own interests, but also for those of others.”

-Philippians 2:3-5

If someone asked me the meaning behind the above quote from today’s second reading, while I was a student starting off my college career, I do not think I would have been able to answer. But today, as a graduate student, I would be able to answer rather confidently, due to my experiences as a student at The University of Scranton.

Looking back to the past four years, I have been involved in many activities on campus that have helped me to learn, understand, and foster the ideals of the Jesuit mission; specifically, the ideal of being men and women for and with others. This means caring for others and acting in ways that benefit, not only yourself, but other members of our community as well. Today’s second reading emphasizes this Jesuit ideal perfectly, “humbly regard others as more important than yourselves.”

I think the meaning beyond this passage is in line with the meaning of being men and women for and with others. It is about living a life full of service, justice, and compassion. It does not mean that you need to give up all your possessions and give them away to others. Nor does it require you to give up all your personal interests in order to do service. Instead, it encourages us to focus on others in our daily lives and routines. It can be very simple. For instance, how often do we sit down and listen to the stories elders have to share, write a letter to Congress regarding an issue of justice or even stop and really listen to someone who is having a rough day?

Being men and women for and with others, and taking others’ interests into perspective is about doing things in your life that will make positive impacts. It is not about changing the entire world or who you are as a unique person.

I encourage you to go out and join a team, club, or activity that embodies the ideals of the Jesuits. Take the time to become familiar with the terms cura personalis, magis, service of faith and promotion of justice, finding God in all things, men and women for and with others, and discernment. I suggest this because I know that these ideals have changed the person I am today, a graduate student at The University of Scranton, and I feel that whatever I do next year, I will take these ideals with me.

Your time as an undergraduate student is the time to explore new things and embark on new adventures. It is a time to discover who you are, and to become a man or woman for and with others. Once you graduate and begin graduate school or a career, you will be so grateful you took the time to learn all you could as an undergrad. Ask a graduate student you know, and I bet they will agree.

Mollie Vita
Graduate Assistant, University Ministries
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!

Check out our new webpage at www.scranton.edu/volunteers for a complete list of current opportunities, agency information, upcoming events and more!

**American Diabetes Association – Step Out Walk to Stop Diabetes:** Sunday, October 30, 2011 – Nay Aug Park. Volunteers needed in many capacities including, traffic control, walker registration, rest stop crew and cleanup crew. Contact Dawn Fernandez, 1-888-342-2383, ext. 4625 or email dfernandez@diabetes.org.

**American Lung Association:** Fight for Air Walk. Volunteers would do set up, refreshments, registration table, kids table with face painting and kiddie tattoos and juggling, take pictures, musicians, artists encouraged to interact with families, tear down of event. Saturday October 8 from 8am to 12pm at Nay Aug Park. Contact Donna Ray-Reifler at dreifler@lunginfo.org or call 570-823-2212.

**Big Brothers Big Sisters:** Ongoing, Mentor, be a friend to a child – go for walks, to ballgames, shop, bake, play basketball – have fun! Flexible times and unlimited volunteers. Contact: Cindy Beeman, 570-347-5616.

**Boys & Girls Clubs of Northeastern Pennsylvania:** After School Activity Aide, September 26th through November 30, 2011, 4 to 8 p.m., five volunteers needed. Contact: Laura Gentile, 342-8709 ext. 114.

**Boy Scouts of America – NEPA Council:** “Scout Reach” – assist in providing leadership to inner city youth around Scranton and in housing developments. Includes Cub Scouts, Boy Scouts, Venturing and Explorer Posts. Time commitment: Monday and Tuesday afternoons and/or weekends. Contact Dana Healey, Scout Reach Director at 570-207-1227 ext. 230 or dhealey@nepabsa.org.

**EFFORT:** University of Scranton’s Excessive Food for Others Recovery Team. Help pick up (Mon, Thurs evenings, Fri mornings) food from local vendors and deliver (Tues, Fri mornings) to local food pantries and shelters. Your own car or able to drive our service van (over 19 and certified only). Contact Kathleen Lavelle at lavellek3@scranton.edu or stop by The Community Outreach Office DeNaples 205B.

**The Jewish Home of Eastern PA:** Ongoing, visiting residents, daily, 10-11:30 a.m./1-4:30 p.m./6-8 p.m., unlimited volunteers. Ongoing, speak Russian or Yiddish with residents, daily, 10-11:30 a.m./1-4:30 p.m./6-8 p.m., unlimited volunteers. Ongoing, feeding residents, daily, 11:30 a.m.-1 p.m./4:30-6 p.m., unlimited volunteers. Ongoing, musical entertainment, daily, 2:30-4 p.m./6-8 p.m., unlimited volunteers. Ongoing, read to residents, daily, 10 a.m. – 8 p.m., unlimited. Contact: Sharon Strunk, Nursing HR Coordinator, 570-344-6177 ext. 140.

**Junior Achievement:** Taste of Success Gourmet Fundraiser, Thursday, October 6, 2011. Contact Barbara Vitcosky 570-602-3600.

**Make-A-Wish Foundation:** Ongoing, Events, office and wish granting assistants, flexible hours, unlimited volunteers. Contact Maggie O’Brien, 341-9474.

**Marley’s Mission** is a non-profit organization that provides equine-based therapy free of charge to children, and their families, who have experienced trauma. Interested volunteers should email helpnow@marleysmission.com. Visit www.marleysmission.com to learn more.
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<tr>
<th><strong>Liturgical Ministries Training</strong></th>
<th><strong>The EXAMEN</strong></th>
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| Training Sessions are held in *Madonna della Strada Chapel* at the dates & times listed below. **Even if you are already trained, YOU ARE REQUIRED to attend these training sessions.**  
**Lector Training**  
Sunday, September 25, 2011  
1:30 – 4:30 PM  
**Ministers of Hospitality**  
The training for this ministry, therefore will be incorporated in the sessions listed above. **Makeup dates for Liturgical Ministers' Training**  
Lectors: Wednesday, September 28 – 7:30 PM  
Extraordinary Ministers - Thursday, September 29 - 7:30 PM  

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<tr>
<th><strong>Spring Break Service Trip</strong></th>
<th><strong>Connections: A Retreat for Freshman</strong></th>
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| If you are interested in doing service over Spring Break, please attend one of two information sessions on:  
  
  Tuesday, October 11 at 8:00 pm  
  &  
  Thursday, October 13 at 12:00 noon  
  in the Moskovitz Theater  
  4th floor of DeNaples.  

  For more information, please contact Lori Moran in the Community Outreach Office at 941-7429 or moranl7@scranton.edu.  

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<th><strong>CLC for Graduate Students</strong></th>
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| Grad CLC is for graduate students seeking to be part of a small group of students desiring to share faith on a weekly basis. To learn more about this new possibility, please attend one of our information sessions scheduled for:  
  
  **Tuesday, September 27 at 11:30am in De Naples 214 (located in the Forum)**  
  **Wednesday, September 28 at 7:30pm in University Ministries (2nd floor of De Naples)**  
  **Friday, September 30 at 1:00pm in De Naples 214 (located in the Forum)**  

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<tr>
<th><strong>The EXAMEN</strong></th>
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| Are you looking for some quiet time to spend with God?  
Come spend 20 minutes in a reflective form of Ignatian Prayer....  
**Every Thursday at 9:45 PM in Sacred Heart Chapel**  
**Please join us on September 29!**  

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**Connections** is a retreat created for first year students to help with the transition to college life. It begins on Friday at 4:30 pm and ends on Saturday evening. Transportation to and from our retreat center at Chapman Lake will be provided. Cost is $10.  
**Connections** will be offered on the following dates:  
  
  October 7-8  
  October 21-22  
  October 28-29  

To register for **Connections** come to the University Ministries Office located in the De Naples Center, second floor at the beginning of the Fall Semester with $10 cash or on your Royal Card.  
For more information contact Amy Hoegen in University Ministries at (570)941-5510 or hoegena2@scranton.edu.
Weekly Collection

This week’s collection will be given to Safe Trick or Treating in the Residence Halls and Halloween Party for local children in need held on campus Oct. 30 from 1-3.

Last week’s collection of $448 was given to Cancertacular.

Sunday Mass Presiders

Sunday, September 25
11:00 AM Fr. Sweeney, SJ
7:00 PM: Fr. Roach, SJ
9:30 PM: Fr. Cadigan, SJ

Saturday, October 1—Family Weekend
Byron Center
4:30 PM: Fr. Quinn, SJ

Sunday, October 2
11:00 AM Fr. Mohr, SJ
7:00 PM: Fr. Malloy, SJ
9:30 PM: No Liturgy