There are often days when I am driving to or from school, deep in thought about whatever happens to be on my mind that day, when suddenly, the perfect song starts playing. Sometimes it is a song that brings back a memory, sometimes it is one that fits my mood, but most often it is one that has lyrics that seem to be speaking directly to me. Regardless of how the song pertains to me at that moment, I am always amazed by and appreciative of the way that I happen upon a song to which I can directly relate.

Preparing to write this reflection, I looked over the scripture readings for this week. Having just come from a class in which about ten fellow Counseling majors and I discussed our ever-present anxiety about our post graduation plans, the second reading from Philippians spoke to me just the way that perfect song so often does. In his letter to the Philippians, St. Paul asserts, “I can do all things in him who strengthens me.” After the class that I mentioned, I was overcome by stress and overwhelmed by the uncertainty that lies ahead for me. These words were the exact reassurance that I needed. Granted, these few words did not instantly remove the worry from my mind or immediately relieve me of my anxiety, but they did something even more important. They restored my faith; they gave me that reminder I needed to put my confidence in God. Granted, these concerns have validity, but sometimes we all need to be reminded of what St. Paul tells us, “my God will supply every need of yours according to his riches in glory in Jesus Christ.”

As I reflect, I am reminded of some wise words from the wisest man that I have ever known. My grandfather, “Pop,” was my ultimate role model in many ways, but mostly because of the way that he lived his life guided one hundred percent by his faith in God. Pop had a saying that demonstrates the way he lived his life and the way that many of us ought to live ours. He advised, “Don’t just cross your fingers, fold your hands.” The temptation to just cross our fingers and hope to get through whatever challenge we face is great. With hardly any extra effort, however, we can fold our hands in prayer, putting our confidence in God’s ability to get us through anything. Essentially, this is the same message that Paul gives us, “I have learned the secret of facing plenty and hunger, abundance and want; I can do all things in Him who strengthens me.”

Our busy lives make it easy for us to become lost in our schedules and overwhelmed by choices we have to make. Our society makes it easy for us to forget the importance of prayer and the value faith. Just like that song with the perfect lyrics, however, God will grasp our attention as well – all we have to do is listen and, perhaps, take Pop’s advice. The slightest effort more to fold our hands may make all the difference.

Maria Marx
Class of 2012
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. They need volunteers on Sunday, October 30th from 11:30am-4pm to help set up on the day of the event, decorate the haunted tents for the trick or treat trail. Contact Dawn Fernandez at dfernandez@diabetes.org or 888.342.2383 x4625

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

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

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


Fall Break Service Trip to Help with Local Flood Relief – Friday evening October 14 – Tuesday October 18. Students will stay at Chapman Lake. All meals and transportation required. Cost: $40. Contact Lori Moran at moranl7@scranton.edu or stop by The Community Outreach Office DeNaples 205B

Spring Break Service Trips – Information Sessions Tuesday, October 11 at 8pm and Thursday, October 13 at 8pm in 4th floor DeNaples in Moskovitz Theater. Any questions, contact Lori Moran at moranl7@scranton.edu or The Community Outreach Office DeNaples 205B

Safe Trick or Treat in the Residence Halls and Halloween Party – In need of a fun and exciting volunteer program? Dress up and give out candy to children in your hall! Sunday, October 30 1:00pm-3:00pm. If your floor or you are interested in participating, contact delaneyk2@scranton.edu or The Community Outreach Office DeNaples 205B by October 24
### Local Flood Relief

The Community Outreach Office is organizing students who are interested in volunteering with local flood relief during Fall Break. The cost is $40 per person. Meals and accommodations will be provided at Chapman Lake Retreat Center from Friday evening, October 13-Tuesday, October 18. Students will participate in service from Saturday-Tuesday.

If you are interested, please contact Lori Moran at 941-7429 or moranl7@scranton.edu.

### The EXAMEN

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 October 13th!

### RCIA (Rite of Christian Initiation of Adults)

Do any of the following apply to you?

- *I go to Mass & feel a desire to connect with God in a deeper way, but I am not Catholic.*
- *I never really practiced or belonged to a certain faith growing up, but now I sense a need to connect with God somehow.*
- *I was baptized Catholic, but never received my Confirmation.*
- *One of my parents is Catholic, the other is of another faith. I was exposed to both religions growing up, but my parents have left it up to me to decide which faith is for me. It may be time for me to choose.*

If you identify with any of the above statements, the RCIA may be for you. The **RCIA (Rite of Christian Initiation of Adults)** is the process through which students can explore and decide if they would like to become Catholic or continue their journey through the Catholic Sacraments. A new session will begin soon. Please contact Amy Hoegen (hoegena2@scranton.edu) in University Ministries to learn more about the process.

### Spring Break Service Trip

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 Theaterr 4th floor of DeNaples.

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

### Prayer Shawl Ministry

University Ministry in collaboration with the Occupational Therapy Dept. is starting a **Prayer Shawl Ministry**! There will be an information (and instructional) session on

- **Tuesday, October 11 at 11:30am - 12:30pm in DeNaples 2nd floor Lounge**.

If you are interested in learning how to knit or already know how to knit and/crochet, come to this meeting! The items created will be donated to various populations including nursing homes, neonatal units and hospice programs. If you have your own supplies, bring them - it not we will have needles and yarn to get you started!

**Questions?** Contact Pat Vaccaro (vaccarop1), Dr. Marlene Morgan (morganm8) or Dr. Julie Nastasi (nastasij2).
**Weekly Collection**

This week’s collection will be given to Local Flood Relief. During Fall Break, students will be working with a number of places in Tunkhannock, W. Pittston and other areas hit by flooding.

Last week’s collection of $271 was given to the Thanksgiving Food Drive.

**Sunday Mass Presiders**

**Sunday, October 9**
11:00 AM: Fr. McKinney, SJ
7:00 PM: Fr. Malloy, SJ
9:30 PM: Fr. Malloy, SJ

**Sunday, October 16 (Fall Break)**
11:00 AM: Fr. Mohr, SJ

**Post-Graduation Service Opportunities**

Catholic Volunteer Network, established in 1963, is a non-profit membership organization of 200 domestic and international volunteer and lay mission programs. Currently, more than 10,000 volunteers and lay missioners serve in these programs throughout the U.S. and in 108 other countries.

Catholic Volunteer Network publishes and distributes RESPONSE, the most comprehensive handbook of lay mission volunteer opportunities. RESPONSE is distributed free of charge to persons interested in faith-based service and those who promote such service.

Contact Cathy Seymour in University Ministries to receive your free copy of RESPONSE 2012. You can also search RESPONSE 2012 online at www.catholicvolunteernetwork.org

**Graduate Student Retreat**

**Finding Peace in the Pieces of You**
A retreat for graduate students, centered on peace and balance.

**When:** October 23rd, 10am-6pm

**Where:** Chapman Lake Retreat House

We invite you to join us for an opportunity to re-create balance in your life and rediscover your own pathway to peace.

To register or for more information, email: Hollie Browning browningh2@scranton.edu or Danielle Frascella frascellad2@scranton.edu or Come to the University Ministries Office DeNaples Student Center - Suite 200

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**UNIVERSITY MINISTRIES**, DeNaples Student Center 200 570-941-7419 www.scranton.edu/ministry

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