

SENIOR†HIGH

Potato Packing | Excerpt from Greater Expectations | Mario Kart & Caroling

Potato Packing

On Thursday, November 16th from 7 - 10 PM Senior High Youth are invited to serve together with our neighboring youth groups to join Union Gospel Mission and help with packing potatoes and food bags for distribution. Take some time and give back to your community this holiday season! This opportunity will take place at the Men's Campus (435 University Ave. E, St. Paul, MN).

Flathead Gathering

Participants for the Mission Experience will continue to meet every *second Sunday* of the month for team building, community learning, and fundraising efforts.

Our next gathering on Sunday, December 10 is for both *parents* and *youth* as we engage more deeply the "why" of the journey and invite families to develop of covenant of support.



Mario Kart & Caroling

On Friday, December 22 from 6:30-9:30 PM, help us announce Jesus' birth and share the joy of the holiday season with Mariokart & Caroling, a collaborative event for all youth. We will meet at All Saints Lutheran Church in Cottage Grove, and go to sing Christmas carols and share treats at Norris Square senior living community, just down the road. Afterward, we will return to All Saints for a Mario Kart tournament and other games.

Please register by 12/17 so that we are prepared to accommodate everyone. Link to the registration can be found online on the Senior High webpage.

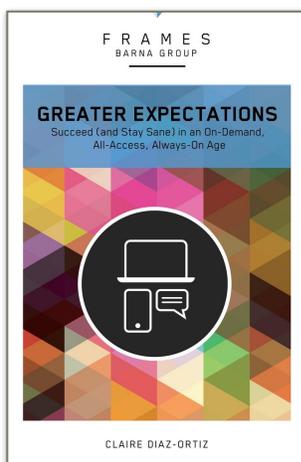


Looking Ahead

Faith is not just something that we learn and keep to ourselves; faith is meant to be shared! Our collaborative ministry provides opportunities for youth to go out and put their faith in action alongside churches in the St. Paul Area.

These are times to continue to grow in relationship with Christ and our neighbors together.

- Flathead Gathering, Dec 10
- Caroling & Mario Kart, Dec 22
- Snow Tubing at Green Acres, Jan 14



"First Things First"

We all want to live whole and fulfilled lives, full of meaning and promise that reflect our passions and embody our values.

Unfortunately, many of us spend our days not living the life we dream of. Instead, we just try to keep our head above water, flailing in the sea of text message notifications, banner ads, Facebook likes, and forwarded bogus emails from relatives who don't know how to use Snopes.com. We don't live into our goals or priorities, but rather react, react, react to the next demand and the next and the next.

You can turn the tide, starting with your mornings. Begin with the PRESENT Principle - *pray, read, express, schedule, exercise, nourish, track* - and prioritize your well-being each day. Take a weekly digital Sabbath to rest in mind and spirit, letting God be God while you take a break. On a quarterly or semiannual basis, go dark for a few days, a week, or longer to regain your perspective on yourself, on your use of technology, and on the things that are of importance for your life, family, and purpose.

When things go wrong, get back on course quickly and with kindness to yourself. If it's 11:30 on Monday morning and you're still getting a BuzzFeed fix, with nary a task completed since Friday, step away from the screen. don't beat yourself up; just take a few minutes to redirect your focus and willpower toward your priorities.

Our on-demand, all access, always-on age is, let face it, and exciting time to be alive. The tools at our disposal can be immeasurable blessings - but only as long as we use them wisely with thoughtful reflection and clear intentions. When reflection and intentionally start to sound strange and exotic, you can bet the black hole of greater and greater expectations is exerting its gravitational pull and you're in danger of falling in. One simple act can set you free: *disconnect*.

Sometimes.

Your life will thank you.

~ An excerpt by Claire Diaz-Ortiz from "Greater Expectations"