

YOUTH AND YOUNG ADULTS NEWSLETTER

Faith | Hope | Love

Saint George Parish

Our Parish Vision: To welcome all, build connections to Christ and one another, and live our faith as true disciples of Jesus.

Mustard Seed



Please keep in mind our families in need that we serve meals to

at the Mustard Seed. Watch for announcement in the bulletin and web page for calls to volunteer or donate food or money to the cause. Any help in this important ministry is greatly appreciated. See Annie Doyle for more information.

Hope for Housing

Please stop by after mass to purchase grocery cards for all the major grocery stores. Your purchase helps fund housing for families that are less fortunate in our area. This is a particularly difficult time of the year with the cold weather and there is no extra cost passed on to you.

Bring Joy Into Your Life

Top 10 tips from Pope Francis

1. "Live and let live." Everyone should be guided by this principle, he said, which has a similar expression in Rome with the saying, "Move forward and let others do the same."
2. "Be giving of yourself to others." People need to be open and generous toward others, he said, because "if you withdraw into yourself, you run the risk of becoming egocentric. And stagnant water becomes putrid."
3. "Proceed calmly" in life. He said he likes the image of a pool of water versus a river that is always rushing — to have "the ability to move with kindness and humility, a calmness in life."
4. "A healthy sense of leisure." The pleasures of art, literature and playing together with children have been lost, he said. "Consumerism has brought us anxiety" and stress, causing people to lose a "healthy culture of leisure." Their time is "swallowed up" so people can't share it with anyone. Even though many parents work long hours, they must set aside time to play with their children; work schedules make it "complicated, but you must do it," he said. Families must also turn off the TV when they sit down to eat because, even though television is useful for keeping up with the news, having it on during mealtime "doesn't let you communicate" with each other, the pope said.
5. Sundays should be holidays. Workers (and sports) should have Sundays off because "Sunday is for family," he said.
6. Find innovative ways to create dignified jobs for young people. "We need to be creative with young people. If they have no opportunities they will get into drugs" and be more vulnerable to suicide, he said. "It's not enough to give them food," he said. "Dignity is given to you when you can bring food home" from one's own labor.
7. Respect and take care of nature. Environmental degradation "is one of the biggest challenges we have," he said. "I think a question that we're not asking ourselves is: 'Isn't humanity committing suicide with this indiscriminate and tyrannical use of nature?'"
8. Stop being negative. "Needing to talk badly about others indicates low self-esteem. That means, 'I feel so low that instead



Saint Margaret - Feast Day November 16th

St. Margaret of Scotland was an English princess born in Hungary to Princess Agatha of Hungary and English Prince Edward the Exile around 1045. Margaret's family fled from England after William the Conquerors victory at the Battle of Hastings in 1066. Due to a storm the ship landed in Scotland. Malcolm Canmore III, the king of Scotland, welcomed Margaret and her family and put them under his protection. He soon fell deeply in love with the beautiful and kind princess. Margaret and Malcolm became married in 1070 at the castle of Dunfermline. They lived a deep Catholic Christian faith as a holy family, a domestic church. Together they prayed, fed the hungry, and offered a powerful example of living faith in action. She encouraged Church synods and was involved in efforts to correct the religious abuses involving Bishops, priests and laypeople. Her impact in Scotland led her to being referred to as, "The Pearl of Scotland." She was canonized in 1250 by Pope Innocent IV.

of picking myself up I have to cut others down," the pope said. "Letting go of negative things quickly is healthy."

9. Don't proselytize; respect others' beliefs. "We can inspire others through witness so that one grows together in communicating. But the worst thing of all is religious proselytism, which paralyzes: 'I am talking with you in order to persuade you,' No. Each person dialogues, starting with his and her own identity. The church grows by attraction, not proselytizing," the pope said.

10. Work for peace. "We are living in a time of many wars," he said, and "the call for peace must be shouted. Peace sometimes gives the impression of being quiet, but it is never quiet, peace is always proactive" and dynamic.

Young Adult Resources (Age 18-36)

Tim Messenger of the Worcester Diocese has placed links from the various young adult groups on the diocesan website. This page is intended for adult level conversation and guidance and includes some mobile apps, books and websites you may find helpful. <http://www.neworchester.org/ya-resources>.

As always, if there are parish level suggestions or needs, or you wish to share your talents, please do not hesitate to contact youthministry@saintgeorgesparish.org.

Prayer for Young Adults

Gracious and Loving God, help young men and women to be a light for all the world to see, in all the places they live and work. Let their light shine for all peoples: for their families, for their church communities, for their cultures and societies, for the economic and political systems, for the whole world. Coming into the room where the disciples were gathered after the resurrection, "Jesus, your son, said: Peace be with you!" (Jn 20:21). Make these men and women bearers of Christ's peace. "Blessed are the peacemakers, Teach them the meaning of what was said on the mountain: for they shall be called sons and daughters of God" (cf. Mt 5:9). Send them, Father, as you sent your son: to free their brothers and sisters from fear and sin. We ask this of you, in Christ's name. Amen.