

Summer

Sunday Masses

Please Note:

All Summer Sunday Masses will be held in the St. Bede Chapel of the Penn Newman Center.

Summer Schedule 2010

5:30 PM Saturday Vigil Mass - discontinued for Summer. Resumes September 4.

10 PM Sunday Mass - discontinued for Summer Resumes September 5

Saturday Confessions at 4:00 pm - discontinued for Summer. Confessions are available by request or appointment. Saturday Confessions resume Sept. 4.

Self-Affirmation Prayer

Love of self is an important and foundational component of loving God. It is difficult to love God or others, if you can't/won't love yourself – i.e. see yourself as a loveable, loving, and caring, person. There are reasons why our positive sense of self has been undermined. It is unfortunately very common for many people to suffer from harsh inner voices that are self-critical. What we do and who we are is never good enough for this inner critic. When the cruel voice dominates, not only does our self worth diminish, but so does any sense of being unconditionally loved by God. But we do not have to be passive and allow this inner critical attack to go unchallenged. We can and must affirm and fight for our own self-health and self-truth. We may not believe the positive words we are asked to pray in the following spiritual exercise, but by choosing to speak them again and again, in a prayerful, God-supported manner, their truth begins to oppose and counteract the inner lie that I am not good enough or competent enough. Gradually the voice of the inner critic will weaken and lose control and a more gentle voice will speak to our hearts.

Here is how the prayer proceeds...

Read the following affirmations slowly and quietly [aloud] several times. Pause between each recitation, allowing them to sink inward, touch your heart, and challenge the ever-present inner voice of negativity. You may want to add your own particular affirmations that target some specific aspect of your person that you struggle with.

Affirmations:

- I am a creative person, made in the Creator's image
- I am a thoughtful, kind, and compassionate person
- I am loved, loveable, and loving
- I forgive myself totally and completely for any mistakes and failings
- I have personal power to make healthy choices on my behalf
- I choose to treat myself gently and tenderly at this very moment

Let all the earth cry out to God with joy.



Newman Center Notes

Penn Newman Center 3720 Chestnut Street
www.newman.upenn.edu

Drexel Newman Center 30 South 33rd Street
www.drexelnewman.org

Daily Mass

Mon-Fri 12:05pm Penn Newman St. Bede Chapel – Upper Level

Drexel Newman has resumed celebrating the 1:00 pm Mass Monday through Thursday this Summer.

GENERAL ANNOUNCEMENTS

National Catholic Student Coalition (NCSC) Retreat

Join students of the NCSC for the Days of Recreation/Eco-Spiritual Retreat, **July 23-25, 2010** at Ricketts Glen State Park (Benton, PA). \$30 cost includes meals. You should bring your own tenting equipment but if that's a problem contact Caitlyn Ream, NCSC Northeast Regional Chair, at northeast@ncscweb.com. For more information see www.catholicstudent.org: Click on News & Events, then Days of Recreation.

PENN NEWMAN: ALL STUDENTS

Service Opportunity: Tutoring

Participate in a tutoring program for children from K-4th grades at Annunciation BVM Church in South Philly on **Mondays, 3:00-5:15 pm**. The children are primarily Mexican immigrants who are just learning English, and consequently placed below grade level in local schools. Contact Jeff Klein at jeffklein@newman.upenn.edu.

Penn Newman: Spiritual Mentoring/Direction

Spiritual mentoring/direction is an opportunity to meet one-on-one with a professional minister to speak about your life. Several mentors are available to Penn undergraduate and graduate students. See www.newman.upenn.edu.

Support Group for Penn Students Coping with Illness or Death of a Loved One

Penn students facilitate a peer-led support group. For more info, see www.newman.upenn.edu (scroll down to the bottom of the page under "Ongoing Programs"). Though this is not a Penn Newman activity, we are happy to let students know of this opportunity.

PENN NEWMAN: GRAD STUDENTS

Christian Life Community (CLC)

Founded in Ignatian spirituality, CLC is a lay community that meets regularly in groups of 6-12 peers from their community or university to pray, reflect, and discuss issues of life and faith. We would like to start some CLC groups of Penn grad students to begin meeting in Fall 2010. If you are interested, please contact Jeff Klein at jeffklein@newman.upenn.edu.