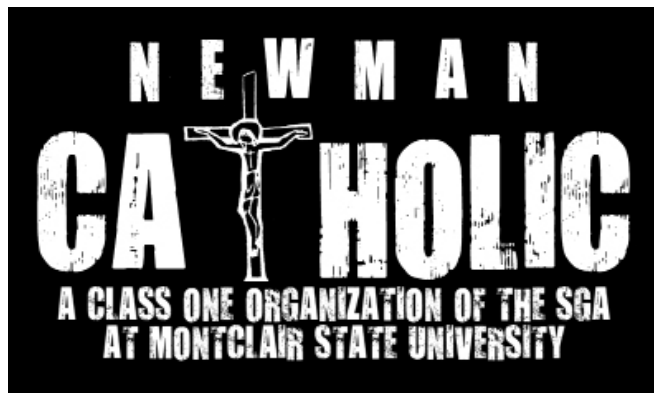


The Newman Center is located at 894 Valley Road, Montclair, NJ 07043. You can reach the center by walking down the 82 steps right behind Moorehead Hall on the South-East end of Campus.



Let Not Your Heart Be Troubled

**By Lauren Ward,
Newman Catholic E-board Secretary**

It's that time of year where we're back in classes, starting to wear more sweaters, and drinking pumpkin spice lattes. It's also a time for lots and lot of stress as college students. A few weeks ago we were sitting on the beach not having a care in the world, and now we have 2 papers, 5 tests, meetings every week, jobs, and the list of responsibilities goes on...

I'm probably one of the busiest people you will ever know. I'm a junior, I commute to school, I take 5 courses, I'm a mentor for a group of first years in my college of humanities and social sciences, I have a part-time job 30 minutes away, I have a big family and lots of nieces and nephews I take care of weekly, friends, a boyfriend, etc. This year I am also on the executive board as the secretary for our very own Newman Catholic. When I tell you that I am stressed, please believe me.

It's an exciting time because this is the start of

He will take your fears, your worries, and your doubts, and show you the beauty that He has in store for you.

a new semester, a new year, and a new start for all of us college students. But amidst all the fun and excitement, it is still very hard to manage our time wisely and keep up with all of our responsibilities. Moving forward, I'd like to give you advice on how to handle all of your commitments and how to deal with your stress. I'm going to give you the name and contact information for my life coordinator and mentor. I use Him for all of my classes and my jobs. He's also super helpful for when I'm feeling very stressed, a little down, and when I just need a break. You may know Him; His name is Jesus.

No matter how much I think I can handle all of that craziness in my life I wrote earlier, all on my own, I can't. It doesn't matter how organized or on top of things I am, every single day in my busy week, I must call on the Lord for help, guidance, and gratitude. He's there with us every step of the way; we just have to remember to look. He drives with us in our cars, walks with us to our

“Pray, hope, and don't worry. Worry is useless. God is merciful and will hear your prayer.”
St. Padre Pio

UPCOMING EVENTS

MEET

Tuesday Newman Night

7:00 PM – NEWMAN NIGHT -Our weekly meeting of Newman Catholic. All are welcome for a free dinner and to join us for a different weekly topic. This week: Who's Padre Pio and why should we care?

SERVE

Saturday Midnight Run

Those students on the Midnight Run team will head into the city to distribute clothing and toiletries to our homeless brothers and sisters. - Newman Center

DAILY CALENDAR

Sunday, Sept. 23 - 25th Sunday in Ordinary Time

7:30 PM - Sacrament of Reconciliation - Do you want to experience Jesus' forgiveness of your sins - Fr. Jim is available to hear confessions till **8:15 PM** - Student Center Café B & C

7:30 PM - SING? PLAY AN INSTRUMENT? Join our musicians with Mr. Bruce Mauro, our Music Director as they rehearse for this evening's Mass. - Student Center Café B & C

8:30 PM - SUNDAY MASS - Student Center Café B & C

Monday, September 24

5:30 PM - DAILY MASS - Newman Center Chapel

8:15 PM - Eboard Meeting - Newman II

Tuesday, September 25

5:30 PM - DAILY MASS - Newman Center Chapel

7:00 PM - NEWMAN NIGHT - Our weekly Meeting of Newman Catholic - All are welcome to join us for free dinner, and a different topic every week at Newman II. y

Wednesday, September 26

5:30 PM - DAILY MASS - Newman Center Chapel

Thursday, September 27

7:00 PM - Mere Christianity Book Study - Book 2: Chapters 1-3. Talk to Sean about joining the book study for the Fall Semester. - Newman Center - Newman Center

8:30 PM - LATE NIGHT MASS - Newman Center Chapel

9:00 PM - Eucharistic Holy Hour - Join us for Adoration of the

Blessed Sacrament and the opportunity for confessions - Newman Center Chapel

Friday, September 28

12:00 PM - DAILY MASS - Newman Center Chapel

Saturday, Sept 29

4:00 PM - Midnight Run Prep - Help us organize clothing, food, and toiletry donations in preparation for the Midnight Run!

Anyone can join. - Newman Center

9:00 PM - Midnight Run - Those students on the Midnight Run team will head into the city to distribute clothing and toiletries to our homeless brothers and sisters. - Newman Center

Sunday, September 30

7:30 PM - Sacrament of Reconciliation - Do you want to experience Jesus' forgiveness of your sins - Fr. Jim is available to hear confessions till **8:15 PM** - Student Center Café B & C

7:30 PM - SING? PLAY AN INSTRUMENT? Join our musicians with Mr. Bruce Mauro, our Music Director as they rehearse for this evening's Mass. - Student Center Café B & C

8:30 PM - CATHOLIC SUNDAY MASS - Student Center Café B & C

MARK YOUR CALENDAR!

Newman Catholic Fall Retreat - Friday October 26 - Sunday October 28
\$30 for the whole weekend. More info to come

Get to Know **MEGAN CALLAGHAN**

Q: What made you choose MSU?

A: MSU chose me.



CALLAGHAN,
FOCUS TEAM
DIRECTOR

Q: What do you think you could improve on when it comes to practicing your faith life?

A: I would love to develop a greater working knowledge of apologetics. Our faith has so great a depth that I am excited to continuously explore.

Q: What was the most unexpected thing that happened over summer break?

A: I made a last minute decision in May to hike the Camino de Santiago with some friends in July. It was an awesome pilgrimage along the countryside of Northern Spain to the tomb of one of Jesus' great apostles! The Camino reminded me that we are pilgrims on a journey towards heaven and that we should long for our eternal home. However, what was most unexpected about the trip was actually what happened afterwards. Upon returning, I went on a smaller pilgrimage to the National Shrine of North American Martyrs in NY. It was on this trip that I was floored by the example of these martyrs who in the midst of immense strife, longed for and held onto the great hope that awaited them in their heavenly Father's house. The Camino readied my heart to be inspired by these North American martyrs in a way I had not expected- it made me hope for my own sainthood.

Q: What is your favorite Halloween candy?

Snickers. Absolutely Snickers.

ABOUT US

WHO IS NEWMAN?



We are named after BLESSED JOHN HENRY CARDINAL NEWMAN. Over the last century on many secular colleges and universities around the world, centers have been founded to meet the spiritual needs of the Catholic people as well as to be a voice in the dialogue between the Church and the secular world on these campuses.

These centers are named after Blessed John Henry

Cardinal Newman. Newman lived in the 19th Century, was a professor, became a convert to the Catholic faith and is still remembered among many things as a holy priest. Among the many theological writings he did was "The Idea of the University" a series of essays where he observed that the University and the Church are driven by the same goal - the search for the universal truth.

WHAT IS NEWMAN CATHOLIC?

The NEWMAN CATHOLIC CAMPUS MINISTRY has been an active organization at Montclair State University

CONTACT US

NEWMAN CATHOLIC CENTER is located in 2 houses adjacent to the campus of Montclair State University. You can access the 99-step staircase from campus going around Moorehead Hall...

You can also reach the Newman Center from the street. Our address is 894 Valley Road, Montclair NJ 07043.

Main Phone: (973) 746-2323. **Campus Phone Ext** 7240
Website: www.MSUNEWMAN.com
On Facebook: facebook.com/NewmanCatholicMSU
On Twitter: @MSU_Newman
Instagram: Newman_Catholic
HAWK SYNC (MSU Org Sync portal): at Newman Catholic

OUR STAFF

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 Darin Howell - darin.howell@focus.org

DAILY MASS READINGS

Today's Mass: 25th Sunday in Ordinary Time
 - Wis 2:12, 17-20; Ps 54:3-4, 5, 6-8; Jas 3:16-4:3; cf. 2 Thess 2:14; Mark 9:30-37
Monday: Prov 3:27-34; Ps 15:2-3a, 3bc-4ab, 5; Matt 5:16; Luke 8:16-18
Tuesday: Prov 21:1-6, 10-13; Ps 119:1, 27, 30, 34, 35, 44; Luke 11:28; Luke 8:19-21
Wednesday: Prov 30:5-9; Ps 119:29, 72, 89,

101, 104, 163; Mark 1:15; Luke 9:1-6
Thursday: Eccl/Qoh 1:2-11; Ps 90:3-4, 5-6, 12-13, 14+17bc; John 14:6; Luke 9:7-9
Friday: Eccl/Qoh 3:1-11; Ps 144:1b+2abc, 3-4; Mark 10:45; Luke 9:18-22
Saturday: Eccl/Qoh 11:9-12:8; Ps 90:3-4, 5-6, 12-13, 14+17; See 2 Tim 1:10; Luke 9:43b-45

for over 50 years. Our mission is to help students grow in their faith through spiritual, social and community outreach programs. We do this through helping each other deepen their relationship with Jesus Christ and the Catholic Church which he founded. We are sponsored, funded and operated by the ROMAN CATHOLIC ARCHDIOCESE OF NEWARK. We are chartered as a CLASS I ORGANIZATION OF THE STUDENT GOVERNMENT ASSOCIATION and are a recognized active partners with the University on many committees and initiatives.



NEWMAN

CATHOLIC

Fall 2018 Book Study: Mere Christianity by C.S. Lewis

LEARN THE BASIC TENANTS OF FAITH THAT
ALL CHRISTIANS BELIEVE, WHY WE BELIEVE
THEM, AND HOW TO LIVE THEM OUT.

Email Sean for more information:
grealys@montclair.edu

Discussion group will meet
weekly on Thursdays at 7 PM
at the Newman Center

Help needed

We're collecting donations for our first Midnight Run of the year on September 29th! Please bring any donations of large men's clothing to the Newman Catholic Center. Speak to Greg Frantzen, Community Service Chair, for more details.

RCIA: Why be Catholic? Or any religion for that matter?

We believe that God made us out of love and for love... And in the RCIA (Rite of Christian Initiation for Adults) we talk about who God is, His presence in the world and in our lives. We share our faith, pray, study scripture and see what God is saying to us today... what it means to be Catholic and to live a Christian life. So if you're interested in joining the Catholic Church or are already Catholic but haven't received your First Communion or Holy Spirit, why not check the RCIA out. Just email or speak to Sean Grealy our Campus Minister or Fr. Jim our Chaplain for more information.

Troubled, from front

classes, and is sitting on our beds right next to us when we're up at 3 in the morning writing that 8-page paper. He knows how busy and stressed we are, and He wants to help us.

Every time I start to get a little anxious about my assignments or responsibilities, I talk to Him and simply say, "Lord, please give me the strength and wisdom I need in order to complete my tasks well." I take a step back from my laptop and my large black coffee, and

remind myself that the Lord is here and He will help me. It's as simple as that.

Psalm 119:143

"Trouble and distress have come upon me, but your commands give me delight."

Don't get lost in the stress and anxiety college forces on us. Let this be a time to turn to our Lord for guidance and comfort. He knows what we all individually go through and will go through and guess what? He's with us through it all. Take a minute or two out of every day to talk to Him, maybe even vent to Him!

Christ is there and will help us.

All of us students at Montclair are even more fortunate because we have the Newman Center. Our houses are a short walk from campus and it's the perfect place to feel Jesus' presence not only in our chapel, but among all of our staff and student leaders and members. The Lord is here for you and so are we. I encourage you to talk to Jesus when you're feeling stressed and overwhelmed. I also give you a warm welcome to make that quick trip to Newman on a Tuesday Night for a nice

talk and yummy dinner to feel Christ's presence and talk with other stressed students that are going through the same thing as you right now.

You're never alone; Christ is with you even when you don't realize it. Take a deep breath and talk to Him as you move forward this fall semester.

I leave you with one of my favorite verses, that helps me remember that Christ is with me and will help me, and I do not need to worry:

John 14:1

"Let not your heart be troubled."