

## Are You Your Own Worst critic?

*Dear Lord,*

*Please tell me the truth about myself, no matter how beautiful it is. ~Benedictine Nun*

So often we have an inner voice that is critical. A voice that is not helpful nor inspiring. It is a voice in our own head that is just mean and can leave us feeling pretty dark about the way we handle conversations, decisions, habits, the way we look and the mistakes we might have made. Yes, I know that I am far from perfect but does the voice in my head need to remind me over and over again. Maybe that voice leads to worry and anxiety or can keep us from trying new things or being courageous. The inner critic must be stopped. Yes, I know, but the voice is so persistent and routed deep within me.

The Holy Spirit should be the voice in our head. The Holy Spirit is truthful but loving and inspiring. The Holy Spirit guides our minds to our loving, merciful God.

How do I get that ugly little critic in my head to leave and get the Holy Spirit to come be my coach and mentor?

When I go to bed and when I wake up, the first thing I do is to ask whichever questions from this list come to my mind through prayer. I talk with God about the day and it becomes quite easy to feel how beautiful I am through God who loves me without condition. Sometimes, maybe after an event or a meeting, I need to take a moment and “get my mind right” before continuing with the Holy Spirit firmly in my head.

Here is a list of question that help to bring my soul back to spiritual fitness:

- ◆ What made me **happy** today?
- ◆ What am I looking forward to?
- ◆ What accomplishment am I **proud** of?
  - ◆ What made me feel **satisfied**?
    - ◆ Who did I **help** today?
    - ◆ What went right today?
    - ◆ When was I **protected** today?
- ◆ What was a **blessing** that I witnessed today?
  - ◆ Who **loved** me today?
  - ◆ Who **helped** me today?
  - ◆ Who gave me **grace** today?
- ◆ Did I get to **witness** any of God’s plans come together today?
  - ◆ What am I **grateful** for?



Do not let anything else seep in. Control your thoughts to just these questions and become connected to your own mind through God’s love for you. **You are so loved and you are so beautiful!**

Blessings,

Anne Atkin, principal

## 18<sup>th</sup> Annual Future Cheerleader Clinic



### SO EXCITED TO BE BACK

We can't wait to showcase your little cheerleader on Friday, September 17th before the varsity football game. The varsity cheerleaders will work with the girls on four different days and will also practice with them on the football field (time TBA) before the performance. They will learn cheers, tumbling, stunting, and more! They will receive a Hudson Tiger Future Cheerleader tee shirt and hair bows. You will need to provide them with black shorts or pants and tennis shoes. They will perform before the football game (around 6:30 – details will follow). This is a fundraiser for the cheer program and the cost is \$30.00. Snacks will be provided for after school times.

- Sign up will be during Lincoln and Middle School Open Houses on August 24<sup>th</sup>/25<sup>th</sup>
- If you cannot be at open house, you can sign up via text (517-416-8234) but must be able to pay the fee with Facebook Pay, Venmo, Paypal or drop off before start date
- Practices will be in the Lincoln Gym – grades 5/6 will be met by varsity to walk across
- Varsity cheerleaders will wait outside in front of Lincoln with the girls to be picked up
- Practices for grades 2, 3, 4, 5, 6 will be – Monday, August 30<sup>th</sup> – after school until 1:00 – Wednesday, September 1<sup>st</sup>, 8<sup>th</sup>, and 15<sup>th</sup> – after school until 4:00
- Practices for DK, K, 1 will be – Tuesday, August 31<sup>st</sup> – after school until 1:00 – Wednesday, September 1<sup>st</sup>, 8<sup>th</sup>, and 15<sup>th</sup> – 4:15-5:15 – girls may not stay after school for the Wednesday practices

Please make checks payable to Hudson Area Schools. Any questions can be directed to Head Coach Kelly Bailey at 517-416-8234. Thank you for allowing us to work with your daughter!

CHEERLEADER NAME - GRADE -  
EMERGENCY PHONE - SHIRT SIZE – PLEASE CIRCLE  
SMALL (6-8) MEDIUM (10-12) LARGE (14-16) ADULT SMALL MEDIUM LARGE



Tessa Hines	4th	Aug. 8th
Abigail Meyers	4th	Aug. 13th
Penelope Bovee	K	Aug. 17th
Railey Grey	PK	Aug. 22nd
Nadia Williams	2nd	Aug. 22nd
Maggie Meyers	2nd	Aug. 25th
Usabella Barnett	1st	Aug. 30th

## Upcoming Events

Thursday, August 19th– Back to School BBQ. School Parking Lot 5:30 -7:00

Tuesday, Aug. 24th– Mass at 5:45 followed by Information Night at Sacred Heart Church

Sunday, August. 29th– Back to School Mass and Breakfast. Sacred Heart Church and Church Hall.

### Schedule for the First Week of School

Monday, Aug. 30th– 1/2 Day of school. No Beyond the Bell. Dismissal at 11:45.

Tuesday, August 31st-1/2 Day of school. No Beyond the Bell. Dismissal at 11:45.

Wednesday, Sept. 1st- Full day.

Thursday, Sept. 2nd– Full day.

Friday, Sept. 3rd– No School

Monday, September 6th– Labor Day. No School.