

1 1-3-21 It's Not Too Late!

Did you break your New Year's Resolution already? Did you forget to make your New Year's Resolution? It's alright. It's not too late to get back on track. And, it's not too late to make a good resolution. Don't let the new year begin without making a greater commitment towards becoming the best you can be.

Losing weight, getting organized, exercising more, eating healthier, and managing finances better are some of the most common resolutions. These will most likely lead to a better you. But what about making *spiritual* New Year's resolutions?

How about making a resolution to live in the **present moment**? Let go the obsession to live in the past or worrying about the future. God is present to you now. Live one moment at a time.

How about being thankful for all the **blessings** in your life every day? Make a point to count your blessings every day. Write them down in a "blessing journal." Every day thank God for all the good in your life.

How about cultivating the skill of **deep listening**? Remember that there are still many things you can learn about life, and from those you least expect. Remember, too, God is speaking in the silence of your heart. Make a commitment to enter the silence.

How about practicing a **reverence for all life**? Consciously take time every day to see something new about life around you. Remind yourself from whom life comes from.

How about **giving more** to receive more? There is true power found in the act of sharing. Sharing of yourself makes your life count for more than just your own existence. Sharing of yourself touches others, and can change the world—therefore, you will receive the benefit of living in a better world.

How about becoming a better **steward**? Keep in mind your parish church, St. Benedict, and the universal Church, are counting on you to use well your time, talent, and treasure for the building up of the Mystical Body of Christ, of which you are a part.

How about **sharing your faith** with someone? We are called to be *evangelists*—that is, proclaimers of the Good News of Jesus Christ. Make a point to be bold enough to speak about your Catholic faith when an occasion arises. Invite someone to church or to one of our parish activities.

A year has 365 days. Only a few have ticked off already. There still is time to make a good New Year's resolution that will not only benefit you, but also your church. Commit yourself to growing closer to the Lord our God. Fulfill this resolution and 2021 will a holier year.