



From Your Parish

January 2022

Happy New Year! There is a magic to new beginnings, but it is difficult to seize that magic if your soul is weary. After a long year last year, that’s the case for many of us. But there is hope! This is the perfect time to refresh our souls! Nothing does that quite like inspiration. It infuses us with life and ignites passion and purpose. When we have a healthy diet of inspiration and encouragement, it propels us toward becoming who God made us to be.

So here are 10 sources of refreshment for your soul to propel you into the New Year!

Happy New Year! Across the world today, billions of people embrace new beginnings. Millions will make resolutions of all kinds—physical, emotional, intellectual and spiritual—hoping to improve their lives. Do you know what will make the difference between those who Peter out in a few weeks and those who make a change that lasts? Inspiration. It’s only when we feed ourselves a healthy diet of inspiration and encouragement that we can continue the work of becoming all God created us to be!

Inspiration from G.K Chesterton!

“The object of a new year is not that we should have a new year, but rather that we should have a new soul.”

God wants you to dream!

How do you want your life to be different one year from now?

Virtue in focus.

Perseverance is continued effort to do or achieve something despite difficulties, delays, failure or opposition. What resolution are you striving to achieve this year? Where will you seek the inspiration you need to keep at it? Who is someone you can look to as a role model in this area?

A burst of wisdom.

[How to make GREAT decisions you WON’T regret \(in 60 seconds\)](#)

Did you know...

A [Harvard research study](#) found that the top predictor of sustained habit change was a change in who people surround themselves with? Who in your life is helping you to improve and who is holding you back? Who can you spend time with that will make building good habits easier?

For the young and young at heart...

[How to overcome temptation and live the life you were made for!](#)

For those who need some help slaying resistance... “Ask God for his advice. Take ten minutes sometime today to sit with him in silence. Present to him the biggest question you are struggling with at this time in your life, and ask him, “God, what do you think I should do?” —Matthew Kelly, taken from *Resisting Happiness*.

We become the books we read...

Learn how to overcome obstacles to prayer, and discover the key to making prayer a part of your life—even on chaotic days. Get the [FREE BOOK](#) today!

Feed your soul!

Take your Sunday experience to the next level with this [6-minute reflection on this Sunday’s Gospel](#).

Let’s Pray!

Remember us, O God;
from age to age be our comforter.
You have given us the wonder of time,
blessings in days and nights, seasons and years.
Bless your children at the turning of the year
and fill the months ahead with the bright hope
that is ours in the coming of Christ.
You are our God, living and reigning, forever and ever.
Amen
-Taken from the USCCB’s Prayer for the New Year

For more information on this email and our partnership with Dynamic Catholic [check out this video](#).