

FROM THE PASTOR'S DESK

Dear Parishioners:

Well it's that time again. Time to be thinking about our new year's resolutions. Along with losing weight, getting more exercise and clearing up our debts, we should be making resolutions about our spiritual lives as well. The Lord expects us to be growing in holiness and that only happens when we are making a conscious effort to respond to His grace.

The following are some practices that will improve the spiritual lives of your families as well as your personal lives. Many of you are already doing some of them. If so, choose another and endeavor to make it part of your spiritual discipline. Some of you may not yet be doing any of them. In this case anyone you choose will be a benefit.

Ask the Lord for the will power to carry it out. **Adding just one of these practices to your life is guaranteed to make it better.** After you succeed adding one for a few months, consider adding another. The Lord will reward your perseverance.

With my prayers,
Fr. Conley

Family life -This being the feast of the Holy Family it seems appropriate to start here. Resolve to spend one night a week together as a couple/family without t.v., computers, sports activities or guests. Have a leisurely dinner. Play cards or read a book. *Talk to each other.*

Resolve to come to Mass every Sunday. It's what the Lord expects and you have so much to be thankful for. Pray together. Say grace before meals. Pray before important decisions. Pray the rosary together.

Personal Spiritual Life

Resolve to spend at least 10 minutes a day praying/talking with God. Use formal prayers, the rosary, etc., or your own words. It doesn't matter how you do it but we should all pray each day.

Resolve to pray through your day. Say a prayer in the morning offering your day to God. Pause at midday day to praise Him and ask His help. Before retiring give thanks and ask pardon.

Resolve to spend 5 minutes a day reviewing the previous 24 hours to see if you've lived up to your calling as a child of God. Thank the Lord for His blessings and ask pardon for your failures.

Resolve to come to a daily Mass at least once a week. Why not receive the graces of the Mass on days other than Sunday? If you do this your life will definitely change for the better. Just ask someone who already does it.

Resolve to come to Confession at least once a month. It keeps us humble and honest about our relationship with the Lord and with others.

Resolve to perform some act of penance on Fridays, the day of our Lord's crucifixion, as all Catholics are expected to do. Fast for one meal. Abstain from meat or some other food. Give up t.v. for the day. These acts of self-denial express our solidarity with the Lord's passion which continues in the suffering people of the world.

Resolve to read the four Gospels. Spend 15 minutes a day at this until you've read all four. St. Jerome said: "Ignorance of Scripture is ignorance of Christ." *You don't want to be ignorant.*

Resolve to learn more about your faith. Sign up for an adult education class when they are offered in the parish. Classes on the life of Christ will be offered during Lent.

Resolve to volunteer some of your time in service to others. (Volunteer hours for school tuition break don't count because you're getting something for them.)

Resolve to tithe in accord with the teaching of the Bible. Give 10% of your net income to the support of the Church and other charities.. Sharing your blessings is the best way to show your gratitude for them.

Remember, keeping just one of these resolutions will make your life better and more pleasing to God!