

New Year Resolutions

Happy New Year! This is the time of the year that many of us make New Year's resolutions to better ourselves in some way. There is so much information out on social media, in magazines and commercials about self-care. We are encouraged to get healthier by losing weight, exercising, taking time for ourselves to relax and rejuvenate. These are all very healthy things to try to do better. But, do you ever resolve to doing some "spiritual care" for yourself?

Why not set some spiritual resolutions this year? This could be a good time for a fresh spiritual start. Try to walk and talk with God more and in deeper ways. Here are a few suggestions to get us started.

Choose a patron saint for the year.

You may have your favorite saints that you pray to for intercessions, but choose a different one. Read about other saints and see who you might connect with. Pray to that saint throughout the year to intercede for your intentions.

Do some spiritual reading.

You can look for books written by Catholic saints who share their spiritual wisdom. Learn how to pray with Lectio Divina "divine reading" of Scripture.

Start your day with prayerful inspiration.

Check out www.LoyolaPress.com and search for their 3- minute Retreats. Sign up to receive the daily 3- minute retreat sent right to your email. Maybe skip reading the news headlines online and take 3 minutes of prayer time with God.

Pray the Rosary.

This traditional devotion to reflect on the life of Jesus and Mary can be a very healthy spiritual habit to form. If you need a refresher or are not sure where to start – see the websites below.

Share your Catholic faith with others.

There is a real hunger for God and his Truth. Just do simple things such as buying some sacramentals, have them blessed and as you are inspired, give them to people. If someone you know may be going through a difficult time, giving them a Miraculous Medal or a prayer card, you keep handy might be the touch of God they need in that moment. You can buy sacramentals online or at a local Catholic store like JMJ Catholic Bookstore at 5318 Park Avenue in Bethel Park.

Start your new year by feeding your soul and exercising your spiritual self. Have a happy, healthy, faith-filled New Year! Websites to help you with your spiritual resolutions: www.Catholic.org/saints or www.usccb.org (United States Conference of Catholic Bishops) You can search for any Catholic topic www.loyolapress.com 3 Minute daily retreat and other spiritual topics. (Article adapted from goodcatholic.com)

—Carolyn Eisenbarth