



OUR LADY of
GOOD COUNSEL
CATHOLIC CHURCH

Fr. Matt's Musings December 28, 2018

Salesian New Year

As 2019 approaches, I think it is the season for making resolutions. Eating healthier, exercising more, losing weight are all fairly common and admirable new year goals, but I would like to suggest a Salesian resolution for 2019 (and beyond). St. Francis de Sales joins so many spiritual writers in asking us to practice living in the present moment. It is easier to write than to fully practice, but I would like to offer these suggestions:

1. It is divinely inspired. The divine name God gives to Moses is translated as "I am who am." God is found in this moment with these people and in whatever situation we find ourselves. Live this day and this moment well.

2. Pray the Direction of Intention throughout the day. We have cards with this short prayer in the narthex of the church, and parish clubs and organizations and the students pray it at the beginning of each meeting or class:

*My God, I give you this day (class, meeting, traffic, person).
Please give me the grace to conduct myself during it in a manner
most pleasing to you. Amen.*

It is amazing how this short prayer can keep us grounded and remind us that God is always with us, present to us at all times.

3. Dedicate yourself to gratitude. Practice gratitude. Say thank you often. Reflect frequently on your blessings. Gratitude keeps us focused on what is instead of what could be, was or what others may have. Thank you, Lord is a great prayer.

4. Try to laugh at your anxiety. The easiest way to lose the present moment is to worry about the future or long for or worry

about something from the past. Worry and sadness are real. Sometimes they are so pervasive that professional help is needed to help one cope with the power of anxiety or depression. But for many, a reminder like Mark Twain's line, "I have been through some terrible things in my life, some of which actually happened," can help to lessen the power of those forces and help us to return to this moment.

Happy 2019! Make it a Salesian year, one day and one moment at a time.

Live Jesus!

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