

From the Deacon's Wife

Snow, snow, everywhere! What a beautiful sight! I know, I know, some of you don't think so – especially when you have to drive in it, shovel it, or risk your neck walking on it. But just stop for a minute, and observe. It muffles sound, it is so peaceful the way it came down this past week, softly, slowly, silently. It hides the ugly brown of dead grass and road grime. **It is nature's way (God's way?) of getting us to slow down.** Most of us drive slower than we normally would, we think about where we are going and even whether we really have to go out at all. We take the time to plan for our safety and that of our kids. Things like how to dress for exposure to cold weather, how long we can safely be out in the cold, and what precautions we should take to prevent falls on the snow-packed or icy areas around town.

We should all extend this slow-down-and-think mode to other areas of our lives. Many people take the occasion of New Year's Day to do this. If you are a typical American, you likely have made several ambitious New Year's resolutions. Have you made the same old resolutions for the past several years and never stuck to them past the first few weeks of the year? Are you headed in the same direction this year? Perhaps you should take another look at your life and decide what your priority should be this year. You know, you have until January 31st to finalize your New Year's resolutions! I think it is a rule that resolutions are modifiable until January 31st. It's one I like to follow, anyway. January is the time to practice your resolutions and refine them, so that by the end of January you have a firm plan in place. Preferably written. Studies show that written plans are more likely to be achieved than ones that are just thought. With a written plan, you can refer to it periodically in order to stay focused throughout the year.

The point is: Slow down. Think. Take another look at your plan for 2011. **Be sure to include your spiritual improvement as part of your plan.** Fr. Frank's letter this past weekend had lots of ideas for ways to strengthen your spiritual muscles and deepen your faith life. Take another look at his suggestions. You can also check the bulletin for opportunities offered by the Holy Name Confraternity of the Holy Family. The schedule for the coming months is on the bulletin insert (and on the Holy Name website). Everyone is invited to participate. You may be surprised how many of their speakers are very good!

May God bless all your efforts in 2011, and give you the grace you most need to be faithful to your resolutions!

NOTE: Copies of past "Pastor's Letter" or "From the Deacon's Wife . . ." can be found at: <http://www.holynameomaha.org> (Holy Name's official website) then click on Parish and then on Parish Bulletins.