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A PRAYER FOR THE NEW YEAR

Fr. Brian Cavanaugh, TOR

“Grant us, O Lord:

The hope to envision new dreams;

The strength to rise above our limitations,
our fears and whatever holds us down;

The courage to stand on our own, to stretch our
imagination and to experience being fully
human, fully alive;

The faith to live our lives in your image and like-
ness.

Guide us, O Lord, this new year,
every way, every day. Amen.”

AN EDUCATION

Ralph Waldo Emerson

“The things taught in colleges and schools
are not an education, but the means of an educa-
tion.”

TODAY IS UNIQUE

Charles Swindoll
The Quest of Character, p. 191

“Today is unique! It has never occurred
before and it will never be repeated. At midnight
it will end, quietly, suddenly, totally. Forever. But
the hours between now and then are opportuni-
ties with eternal possibilities.”

HUMAN LIFE

Thomas Jefferson

“The care of human life and happiness, and
not their destruction, is the first and only object
of good government.”

COMMANDMENTS OF SUCCESS

Og Mandino,
The Greatest Success In The World

**9: Thou Must Never Forget That It Is Always
Later Than You Think.**

Abide always with the thought that
you will not live forever. Such is the
irony of life that this knowledge, alone,
will enable you to taste the sweetness of
each day instead of bemoaning the dark-
ness of your nights.

Many are so afraid to die that they



never live. Remember that it is always later
than you think. Fasten this warning deep in
your mind, not for sorrow’s sake but to
remind yourself that today may be all you
have.”

STRENGTH TO LOVE

Martin Luther King, Jr.

“...[W]e have cultivated a mass mind and
have moved from the extreme of rugged individ-
ualism to the even greater extreme of rugged col-
lectivism. We are not makers of history; we are
made by history. Longfellow said, ‘In this world
a man must either be anvil or hammer,’ meaning
that he is either a molder of society or is molded
by society. Who doubts that today most men are
anvils and are shaped by the patterns of the
majority? Or to change the figure, most people,
and Christians in particular, are thermometers
that record or register the temperature of major-
ity opinion, not thermostats that transform and
regulate the temperature of society.”

TEACH STUDENTS

Alice Stone Ilchman

“Teach students to be constructive trouble-
makers. That is, informed, self-aware citizens
who have the instinct to question, to address
complexity and to work for their beliefs.”

IMAGINATION – HUMOR

Francis Bacon

“Imagination was given to man to compen-
sate him for what he is not; a sense of humor to
console him for what he is.”

PRAY AS JESUS DID

CHRISTOPHER NEWS NOTES, #286

“All of Jesus’ thoughts, words and actions
were directed to God. He sought to do the
will of His Father in everything. This is
what prayer is: turning one’s mind and
heart toward a loving Father, trusting in
His mercy and depending on His help.
Formal words are useful and sometimes
necessary, but prayer does not begin in a



book; it begins in the heart.”

WORDS & DEEDS Baltasar Gracian
The Art of Worldly Wisdom, #202

Words and deeds make a perfect man.

“Speak what is very good, do what is very honorable. The first shows a perfect head, the second a perfect heart, and both arise in a superior spirit. Words are the shadows of deeds....it is easy to speak and difficult to act. Deeds are the substance of life, and wise sayings the adornment...Actions are the fruit of prudent reflection. Words are wise, deeds are mighty.”

EXAGGERATE Honore De Balzac

“We exaggerate misfortune and happiness alike. We are never either so wretched or so happy as we say we are.”

LOOK FEAR IN THE FACE Eleanor Roosevelt,
You Learn by Living: Eleven Keys for a More Fulfilling Life

“You gain strength, courage and confidence by every experience in which you really stop to look fear in the face. You are able to say to yourself, ‘I have lived through this horror. I can take the next thing that comes along.’ You must do the thing you think you cannot do.”

BUILD A TEAM Vince Lombardi

“Build for your team a feeling of oneness, of dependence upon one another and of strength to be derived from unity.”

“A YEAR OF TIME” Steven B. Cloud
PULPIT HELPS, Vol. 14, # 2

Though even thinking on the subject of time may prove discomforting, it is not a bad idea — especially at the beginning of a new year.

As we look into 2023 we look at a block of time. We see 12 months, 52 weeks, 365 days, 8,760 hours, 525,600 minutes, 31,536,000 seconds. And all is a gift from God. We have done nothing to deserve it, earn it, or purchased it. Like the air we breathe, time comes to us as a part of life.

The gift of time is not ours alone. It is given equally to each person. Rich and poor, educated and ignorant, strong and weak — every man, woman and child has the same twenty-four hours

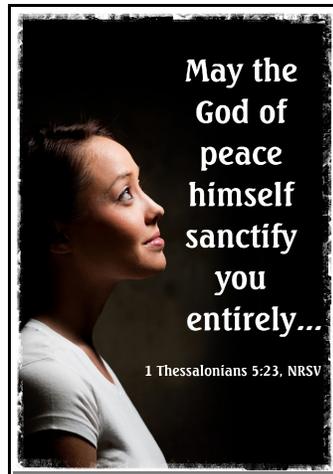
every day.

Another important thing about time is that you cannot stop it. There is no way to slow it down, turn it off, or adjust it. Time marches on.

And you cannot bring back time. Once it is gone, it is gone. Yesterday is lost forever. If yesterday is lost, tomorrow is uncertain. We may look ahead at a full year’s block of time, but we really have no guarantee that we will experience any of it.

Obviously, time is one of our most precious possessions. We can waste it. We can worry over it. We can spend it on ourselves. Or, as good stewards, we can invest it in the kingdom of God.

The new year is full of time. As the seconds tick away, will you be tossing time out the window, or will you make every minute count?



PREPARE EVERYDAY Mike Iuzzolino

“Prepare everyday of your life to be the best that you can be, and that’s all that will ever matter in life. Everything else will take care of itself.”

Awareness Anthony De Mello, SJ, p. 4-5

“Spirituality means waking up. Most people, even though they don’t know it are asleep. They are born asleep, they live asleep,...they die in their sleep without ever waking up.

Francis Stroud said, [De Mello’s] ‘work was all about waking people up to the reality of their greatness....proclaiming the message of awareness, seeing the light we are to ourselves and to others, recognizing we are better than we know.’”

MAP MAKERS & DRAGONS Roger Von Oech,
A Kick In The Seat Of The Pants

“Centuries ago, when map makers ran out of the known world before they ran out of parchment, they would sketch a dragon at the edge of the scroll. This was a sign to the explorer that he would be entering unknown territory at his own risk. Unfortunately, some explorers took this symbol literally and were afraid to push on to new worlds. Other more adventuresome explorers saw the dragon as a sign of opportunity, a door to new territory.”

