

## Fr. Martin's Reflection – January 2, 2022

Dear Brothers and Sisters,

Happy New Year! I hope you and your family had a wonderful Christmas. I hope there were opportunities to make happy memories. Memories that will brighten your life in the low times of life. Apart from relying on happy memories to sustain us during our low points in life, it is also important to prepare ourselves for those times. After the high of Christmas, January can be a very challenging month for people, especially for those who live alone or those who were bereaved in recent times. It can also be a challenge for families whose children live away from home but who were home for Christmas. Let us be conscious of each other and let's allow the Christmas spirit to continue through January. Let us show kindness, let us be thoughtful and let us smile at each other. It is amazing how a smile can warm one's heart and help us feel alive and loved.

I would also like to recommend some New Year resolutions:

- ❖ Make time for yourself. Steal 15 minutes for you and God. The Chapel of Saints at St. Mary, Bordentown is open every day till 7:30pm. Holy Assumption is open till late afternoons Monday - Friday. Holy Hour every Wednesday is from 7-8pm, St. Mary Church, Bordentown.
- ❖ Read wholesome material. A good book about a Saint, something that makes you feel good, something that is uplifting.
- ❖ Make a date, not a suggestion, to meet a friend on a regular basis.
- ❖ If you are married or in a long-term relationship, have a regular date night.
- ❖ Have a dinner night – invite someone new.
- ❖ Most important of all tell yourself every day: JESUS LOVES ME

My prayer for you personally and for our parish is that we will allow the Christ Child to grow within us and we will allow ourselves to grow closer to the Christ Child. Be strong, have faith and walk humbly with your God.

*Fr. Martin*