

# Happy New Year!

We begin 2019 with all kinds of celebrations and promises to do things differently – to improve ourselves in every way possible. I hope that this year you begin by promising to practice your faith intentionally this year. Schedule your weekly mass attendance so that you and your family celebrate together. Carry Jesus with you into the world and witness to his great sacrifice for you and the Father's great love. Let the Holy Spirit guide you in all that you do.

Pray daily. Making the Sign of the Cross when you awake or before bed at night will begin to improve your prayer life and develop your faith. The gesture reminds us that we belong to God, and that all things should be done in his name. This sign reminds us that we have a mission in life – to bring others to Christ. The way that we faith and love shows our family, friends, and co-workers what we believe to be important in our lives.

Pray before meals and bless your children as they go into the world. Look for God in your life – you will be surprised at where he shows up every day. Ask yourself at the end of your day, "Where did God show up for me today?"

We do not know what the new year will bring. The one thing we can be sure of is that God loves us as if there is no other to love (St. Augustine said that). Knowing that, we can face anything the world has in store for us, and we can rejoice in the peace of the Lord that strengthens our minds and hearts (Philippians 4: 6-7).

Praying for all of you that you and your family may experience God's presence in your lives today and all throughout 2019!

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