

THE INTERCONNECTEDNESS OF ALL THINGS

The celebration of the new year is one of the oldest of all holidays. It was observed in ancient Babylon about 4000 years ago. In the years around 2000 BC, the Babylonian New Year began with the first New Moon (actually the first visible crescent) after the Vernal Equinox (first day of spring). Though January 1 is an arbitrary date for the the new year with no astronomical, seasonal, or agricultural significance, it is a time in our culture when we think of new beginnings. We may resolve to do better, make changes, improve ourselves and our lives. When December 31 rolls around we usually admit that our resolve was short-lived.



Nevertheless, in keeping with the tradition, check out the following suggestions for bringing a bit more peace and justice into the world.

Be still and know

Take the time to be still and offer prayers for guidance in the coming year. Write down your thoughts in a new journal, which symbolizes the start of a new cycle. Allow this conscious ritual to alter the way you see your life and give you a fresh perspective. Give your mind permission to play with new ideas.

Try this invocation: *Mother/Father God allow me to see clearly the solution or guidance that I need so that I no longer worry that I'm doing the wrong thing.*

When you get something new, give something away

Give things away that you no longer need. If they are valuable, give them with a note explaining what they meant to you. You may have worn a special necklace that gave you courage and feel your best friend could use this now in her life. Your old camera could go to a young nephew who would love to learn to take pictures (include a few hours of your time to teach him), your old work clothes can be donated to help people who are going back to work and need professional clothing. The choices are endless.

Declare periodic "complaining fasts."

Just as on a fast day you refrain from eating for 24 hours, during a complaining fast you refrain from complaining about anything for a full day. Once complaining ceases to be an option, we quickly become more appreciative both of the people around us and of the good things going on in our lives.

Light a candle for peace

Buy a special candle. Take a few minutes each day to light the candle and focus on peace and healing.

Go out into the world in peace

Have courage

Hold on to what is good

Return to no person evil for evil

Strengthen the faint-hearted

Support the weak

Help the suffering

Honor all beings

Love and serve the Lord,

Rejoicing in the power of the Holy Spirit.

**The total
donation
to Heifer
Project
from our
church was
\$4,190.00.
Thanks to
everyone
who contributed!**

