

Senior Seminar on New Year's Resolutions for Yuma Center

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Jan. 10, 2020

Opening remarks: Two seasoned women discussing last year's New Year's Resolutions: Be a better Christian; Heroic min—getting out of bed within the first minute of your alarm clock; no snooze button.

All resolutions: require us to think, decide, then plan.

[Secret to resolutions success: BEGIN AGAIN!]

Question for you: when we break a diet and decide to eat some ice cream... why do we binge and eat the whole carton? Instead of taking two spoonfuls we eat the entire thing. Why is that? Why can't we just begin again after those first few bites?

St. Jose Maria Escriva disliked the phrase, "New year, New life!" Instead, he liked "New year...new struggle!" No one is perfect! We are strugglers who love a lot!

Body-Soul PERSONS! (so need to craft different resolutions for Body and Soul)

BODY:

- 1) Sleep 2) Eat 3) Exercise ... requires FOCUS, DISCIPLINE

[make your plan; make the sacrifice; choose intentions that motivate you.]

- 2) When growing up, an uncle of mine used to say, "Growing Older is not for Sissys!!"

SOUL:

- 1) Plan of Life: Make time daily for God and place Him first in our life. If we make time for God, He will help us FIND time for everything else.

Goal: In this secularized world, Jesus has so few friends. Resolution: make Jesus my best friend. Christians follow a Person, not rules and regulations. Getting closer to Jesus in 2020 is a WIN/WIN. All good!

Anecdote: Once I asked a little girl: who is Jesus? "*Oh, he is a DEAR FRIEND of my mother!*"

Anecdote: Jew asked a priest at dinner: "Why are you a priest?" The priest happily replied, "*Because Jesus is the love of my life!*"

- 2) Friendship – people first. If we don't make time for friends, it won't happen. We need friends. Women especially are "hard wired" for CONNECTION!

The Prelate of Opus Dei recently wrote: ***Friendship multiplies our joys and offers comfort in our sorrows!***

- 3) Service – when we get depressed... we need to DO SOMETHING for others. Gift of Self!

- 4) Disapproval: it is never effective to express disapproval in the moment. Wait.
- 5) Time Management: Heroic mins. HUGE. Cell phones. Evaluate your degree of addiction.
- 6) Age of DISTRACTION [PA – partial attention; FA –Full attention].
- 7) ATTITUDE – Decide NOT to be negative in thought or word! It's Poison. You are free to choose/decide to be: POSITIVE, CHEERFUL, HUMBLE. These are decisions within our control. To seek what unites, not what divides.
- 8) POSITIVE Outlook not NEGATIVE: refuse to SUCCUMB to negative outlook. Optimism.
- 9) HOPE: take in only what fosters hope! Control your intake of NEWS. It can DRAIN us.

If you are DEPRESSED... you are living in the past

If you are ANXIOUS.... You are living in the future

If you are at Peace... You are living in the PRESENT

For the New Year in 2020: Say NO to Negativity

Toxic friends, relatives? Complain, gossip, critical disapproval... Distance yourself.

Daily prayer helps us stick to our resolutions. REFLECT, Ponder, decide, then verb: react/pivot

Practical: Summary of Resolution Options

- Smile. Look Pleasant. (The POWER of a smile!!! Also! Complement young mothers who look like they have their hands full!)
- Be Gracious. People will WANT to be around you.
- Read more good books; less TV and internet.
- Slow down or... move faster [speed up a bit]
- Use notebook to track your resolutions; for daily examination of conscience, jot down brief notes

When I was young professional, I wanted to lose weight so I wrote down everything I ate

- Mass
- Quiet time; silence; meditation (mental prayer); truly LISTEN. God doesn't shout
- Rosary (intentions for each mystery; write them down)
- Retreat, recollection; what are you ready for? Invite friends.
- Opus Dei website; opusdei.org. Excellent resource for your life.

Important! Resolutions and all these efforts to improve ... not just to make our lives more productive. Our Goal is to make our lives [days & nights] more effective and **FRUITFUL.**

This is NOT about SELF IMPROVEMENT for yourself, for your own sake.

The real goal/purpose is to 1) Get closer to God, so we can 2) Serve others (for God's sake)

Anecdotes:

- 3) St. Josemaria Escriva – If you want to be Happy, don't think about yourself; If you want to be very happy--really don't think about yourself; Really, really happy, think about others more than yourself!
- 4) St. Josemaria Escriva- We cannot squander our time, this period of the World's HISTORY is what God has entrusted to each one of us!
- 5) My mother's wake: man who met her once at a golf outing where she invited all the men in the group to pray the Angelus @ noon!
- 6) *Oops! forgot to workout yesterday & today... so it looks like my New Year resolutions will have to wait until next year. Not so! Begin again!

*This year I have resolved to be more patient. I hope I accomplish this **as fast as possible**.