

Catholic Faith Corner

Understanding, Teaching, and Living the Faith

Sea of Galilee at Sunrise



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A New New Year for Self-Improvement

by KATHLEEN GLAVICH, SND on [JANUARY 1, 2014](#)
in [BLOGS](#)

Every 365 days or so, we have a chance to look over our lives and decide what needs fixing. New Year's Day makes us think of dieting, giving up a bad habit like procrastinating or complaining, or weeding out our clothes closet. We may or may not make resolutions for the new year. And we may or may not break them in a few days . . . or hours! This New Year's Day is special and different because a full moon will appear, a rarity on this day. We can resolve to make this new year different too by making and keeping resolutions differently. So c'mon. Let's shoot for the moon. Some ideas:

Make just one. That way we have a better chance of keeping it.

Ask a trusted and honest friend to suggest a resolution for you.

Write the resolution and place it where you will remember it.

Associate a daily activity with your resolution as a reminder, for example brushing your teeth.

Choose a day each month to review how well you are attaining your goal, maybe the first of each month . . . or the day of a full moon.



Mary Kathleen Glavich, SND

I'm a Sister of Notre Dame, of Chardon, Ohio, the author of eighty-plus books on religious education and spirituality, including a novel, "The Fisherman's Wife: The Gospel According to St. Peter's Spouse." I enjoy giving talks and retreats and was a pastoral associate at St. Dominic Church. I also edit and self-publish books for others.

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No doubt even atheists make New Year's resolutions. However, they are a very Christian practice. Someone defined a Christian as a person who always has the chance to make a 180° turnaround. Jesus calls everyone with flaws, minor or major, to a metanoia, a change of heart. Changing isn't easy. We Catholics have the Sacrament of Penance to prompt us to resolve to improve time and again. And it offers the grace, superhuman power, to change.

Breaking new year's resolutions is depressing and discouraging. Keeping them boosts our self-esteem and puts us over the moon!

"The object of a new year is not that we should have a new year. It is that we should have a new soul." –G.K. Chesterton

Any other suggestions for making and keeping resolutions?

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About Sister Kathleen Glavich, SND

Jesus ordered us to make disciples of all nations and teach them. Mary Kathleen, a Sister of Notre Dame from Chardon, Ohio, responds to this call through writing, speaking, giving retreats, and teaching. Her motto, adopted from Eddie Doherty's gravesite, is "All my words for the Word!"

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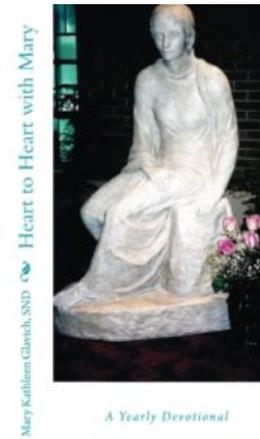
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Newest Book

In "Heart to Heart with Mary: A Yearly Devotional" Our Blessed Mother speaks to us every day of the year and a suggestion is provided for a response. It is similar to the popular book "Jesus Calling" and can be found on Amazon or purchased from me.

Featured Book

Totally Catholic! A Catechism for Kids and Their Parents and Teachers

Do you wish you had a simple, child-friendly summary of what Catholics believe? This book took first place in the Association of Catholic Publishers awards 2014 in the category of Children's Books. It can be purchased from Pauline Books and Media or from me. (\$14.95)

A Heavenly Book

Do you believe in angels? Most people do. The Catholic Companion to Angels offers heavenly facts about these majestic creatures, confirming that you can turn to them for help. Uniquely, The Angels comes with three covers (statue, stained-glass, or painting). Choose the one you like best.

Available from ACTA Publications and me.
(\$10.00)

My First Novel!

The Fisherman's Wife is the story of St. Peter's spouse, the long-suffering but delightful woman who puts up with Peter and his obsession with the itinerant preacher named Jesus. Through her we meet Peter, Jesus, and other biblical characters. In Capernaum she witnesses Jesus' healings and hears his words. The book is based on the Gospels, legends, and what is known about first-century Jewish women. The rest is sheer imagination. Order directly from me FOR AN AUTOGRAPHED COPY at kglavich@ndec.org.

A Bit of Humor

A Slow Student During indoor recess, the third and fourth graders were playing school. Taking part in the game, the teacher, Sister Janet, sat at a child's desk. Adam, who was playing the teacher, came up to her and asked, "And just how many years have you been kept back?" (from "Why Is Jesus in the Microwave?")

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The Sisters of Notre Dame of Chardon, Ohio, belong to an international congregation of more than two thousand apostolic women religious. We are one in mind and one in heart for the transformation of the world in Christ.



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