

# Catholic Faith Corner

Understanding, Teaching, and Living the Faith

Sea of Galilee at Sunrise



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## First Days of the New Year 2017

by KATHLEEN GLAVICH, SND on [JANUARY 4, 2017](#)  
in [BLOGS](#)



I remember looking forward to 1984 when it was the title of a book about the future. All of a sudden it's 2017! How did that happen? In case you are still deciding on your new year's resolutions, here are some tips culled from Pope Francis and from my previous New Year posts:



**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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First, Pope Francis's practical suggestions for resolutions:

1. Don't gossip.
2. Finish your meals.
3. Make time for others.
4. Choose the "more humble" purchase.
5. Meet the poor "in the flesh."
6. Stop judging others.
7. Befriend those who disagree.
8. Make commitments, such as marriage.
9. Make it a habit to "ask the Lord."
10. Be happy

Here are my suggestions:

1. Reconnect with old friends and make some new friends.
2. Break some bad habits and form some good ones.
3. Get out of a rut and aim for the stars.
4. Listen to God in your heart and speak about him to others.
5. Stop wasting time and make every moment count.
6. Turn crosses into stepping stones.
7. Forgive hurts and ask pardon of others.
8. Dispose of unused clothes and clutter and buy something you need.
9. Feed the hungry and eat healthy yourself.
10. Avoid conflict and create peace.
11. Lose a distasteful job and take up a new hobby.
12. Surprise others and be surprised by them.
13. Love and be loved.



### 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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Here are some SMART tips for making resolutions:

**S**pecific and include motivation and a plan for carrying out the goal.

**M**easurable with a clear result aimed at and a definite means to measure progress.

**A**chievable, something realistic for you (but challenging).

**R**esults-focused, able to see concrete results.

**T**ime-bound, with a timeline that urges and motivates you to attain the goal but allows for some slip-ups.

Other Tips for Making and Keeping Resolutions:

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.

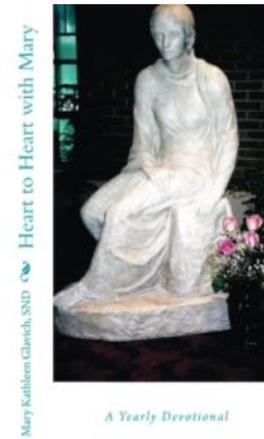
Write the resolution and place it where you will remember it.

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.

Finally, remember to ask the Holy Spirit, our wise guide, to help you choose a resolution, remember it, and keep it.

Blessings on your New Year of life!



### 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.

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**Mary Day** January 5, 2017 at 9:13 pm



Sister Kathleen,

These are excellent suggestions. I am going to enter them into my notebook and reflect on them in the new year. Thank you for each one.

May we all try to do our best and make 2017 a blessed and holy year.

Mary Day

REPLY

**Kathleen Glavich, SND** January 6, 2017 at 4:27 pm



You're welcome, Mary! May you have a grace-filled New Year!

REPLY

Leave a Comment

Name \*

E-mail \*

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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](mailto: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?")

### Of Interest

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## About the Sisters of Notre Dame, Chardon, Ohio

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