

A NEW YEAR'S MEDITATION

Find a place where you can sit quietly and undisturbed by the telephone, family, radio or television. Spend a couple of minutes being quiet and doing nothing. Just breathe in and out gently and relax - you could repeat the words "Jesus, let me be with you" quietly as you rest.

After just a few minutes of becoming quiet, ponder over the questions: take your time; if you have a notebook you might even jot down your thoughts and feelings (especially your feelings) as you go along - this would help you come back to your reflection in the days ahead and to talk to God about it.

As you look back over the year/this period of your life

1. What name would you give to your own journey of the past year? How would you describe your year to one of your friends?
2. What were some of your own personal "epiphanies" of the past year - your own experience or discovery of the Holy One in your life? How did these experiences help you grow - in your humanity and in your life of faith?
3. Who were the Wise Persons in your life during this period? What did they reveal to you? How did they influence your life this past year?
4. Did any of your hopes and dreams become a reality this past year?
5. What was the most satisfying thing about the year for you? What was the least satisfying?
6. How did your own experience of the past year affect the world in which you move and live?

As you look to the time in front of you

1. What name would you like your new year's journey/this next period of your journey to have? What gifts do you bring with you into the new year/this time?
2. Do you find any resistance within you to anything? Of what are you most afraid as you begin this new year/this next part of your journey?
3. What is your greatest need for the coming year/period?
4. What do you bring with you for your support and strength as you begin this new year's journey/this next part of the journey?
5. How is your relationship with the Holy One as you pause on the threshold of the new year/this next period? What is your heart's desire?
6. What do you hope to contribute this year/during this period to society, to your community, to your family, to your circle of friends?