

Wishes from Ascending Life-Canada

HAPPY NEW YEAR 2019!

"Let us honor the past by celebrating the joy, mourning the loss, shaking our heads at the wonder of it!" Isn't it amazing, another year has passed! A new year, a great time for reflecting. We're a year older, but are we a year wiser?

"Let us begin the new year with hope and a positive attitude. Let us stop, look up and get on becoming, «About God Working in us!"

New Year is about transition and hope. A time filled with the possibilities and acknowledging a past filled with experiences both good and bad. We celebrate the things we have in common with others, the things that bring us together. We are unified by the holistic, "Something more". We are all bound by the background and memories with others. Common values, common experience hold us together even when choices we make can pull us apart. Relationships satisfy spiritual and emotional need. We were made not only to live, but to live together, a sacramental reality, a revelation of God, not only experienced at the Altar, but at the dinner table or where ever people gather, who love and like each other. Father Luke Mole. Napa Institute USA

A NEW YEAR: A TIME FOR REFLECTION AND OPPORTUNITY

We reflect on the previous year, the joys, the disappointments and the challenges and decide on how we want to live in the upcoming year.

As we grow older and hopefully wiser, our resolutions, the old stand-ups are put aside, and we consider other goals and objectives such as:

- Keeping our brains fit as well as our body, engaging in logic, memory games and reasoning, such as doing crosswords, Sudoku, attending lectures, theatre. (suggested website for older adults. — "Coming of Age" www.sccentre.org
- Becoming a Volunteer, working for non-profit organizations. Your skills and experience could greatly benefit the organization and give your life additional meaning and promote wellness and a more social life.
- Learn and share the history with your family.

Make 2019 a year of discovery, a year of paying it forward and a year of making sure your family knows your history.

NEW YEAR REFLECTION QUESTIONS:

- What was the single best Thing that happened last year?
- What was the single most Challenging thing last year?
- What was an unexpected Joy last year?
- What was an unexpected Obstacle last year?
- Pick 3 words to describe this past year.
- What were the best books you read last year?
- What was the best use of your time?
- What was the biggest thing you learned?
- How did you grow spiritually and emotionally in your relationship with others?

"May your thoughts and responses assist you in arriving at a decision for your New Year!"