



From Your Parish

January 2023

Do you feel overwhelmed at Christmas, even though it's supposed to be the most peaceful time of the year? The best remedy is simplicity. Simplify your Christmas this year and you will experience the birth of Jesus with renewed hope!

Happy New Year! As 2023 rolls in, take a moment to reflect on the past year and have hope for the future. Although it can be difficult to make changes, and even more difficult to keep them, with courage, it's possible to make sure that the next year brings us so many blessings.

Here are 10 inspirations that will give you courage to make 2023 your best year yet!

Inspiration from St. Francis de Sales!

“Do not fear what may happen tomorrow. The same loving Father who cares for you today will care for you tomorrow and every day. Either He will shield you from suffering, or He will give you unfailing strength to bear it. Be at peace, then, and put aside all anxious thoughts and imaginings.”

God wants you to dream!

What three things do you hope to accomplish this year? It takes courage to make our dreams a reality!

Virtue in focus...

Courage is not the absence of fear, but a willingness to overcome your fear in order to pursue the greater good. You can be courageous and scared at the same time! Sometimes courage is confused with someone who is fearless or a risk taker—but it isn't the same thing. Courage requires that you are doing something good. Do you have any new years resolutions that would require you to show courage?

A burst of wisdom.

[Everyone's afraid of something but don't let your fear stop you from living!](#)

Did you know...

[There are proven methods to help you set goals effectively.](#) Think back over the last year—what's one goal, big or small, that you achieved?

For the young and young at heart...

[Teach your children about the power of gratitude, especially when we reflect on 2022!](#)

For those who want the courage to live their best life...

“Be gentle with yourself, be gentle with others, and never stop striving to be all that God created you to be: the-very-best-version-of-yourself.” —Matthew Kelly, from [Resisting Happiness](#).

We become the books we read...

Ring in the New Year with the simplicity of [Franciscan Wisdom](#). Get 33% Off + free shipping + enough inspiration to bring you through the next 356 days!

Feed Your Soul

Get even more out of Mass this week with this [5 minute Gospel Reflection!](#)

Let's Pray!

“Lord...Give us the courage to make ourselves completely available to you, so that together we can collaborate in whatever ways you envision. Amen.” —Matthew Kelly, from [Rediscover the Saints](#)

For more information on this email and our partnership with Dynamic Catholic, [check out this video.](#)