

JAN 2021 Gathering

*Women
of Faith*



REDEDICATION

AS A SPIRITUAL WOMAN OF GOD

NEW YEAR'S RESOLUTIONS

I QUIT MAKING NEW YEAR'S RESOLUTIONS

Spiritual

NEW YEAR'S
RESOLUTIONS



The Byrds



The Byrds
Turn! Turn!
Turn!

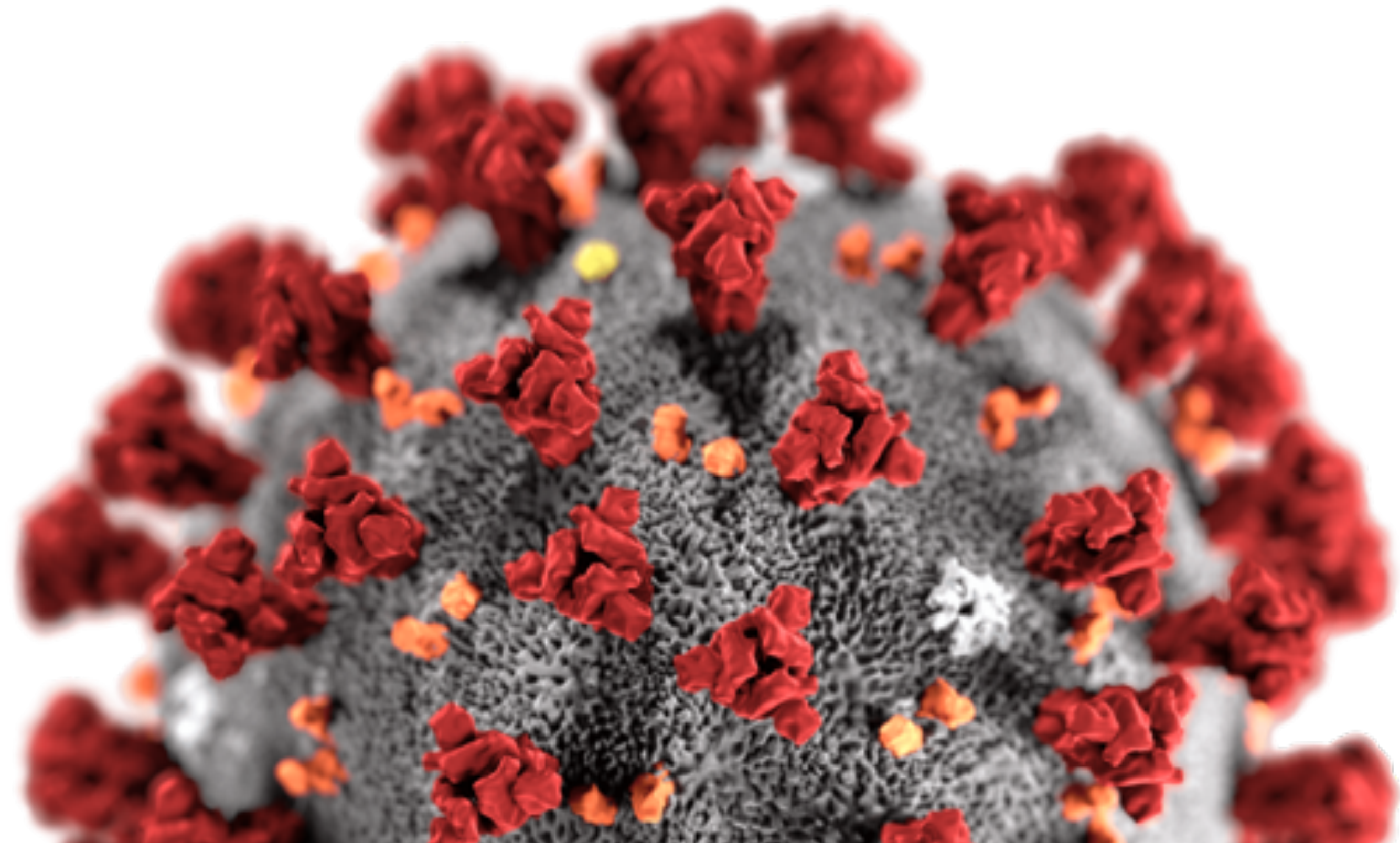
Ecclesiastes
Ch. 3 1-8

Jesus' Top Priorities?

- ▶ Loving People
- ▶ Reaching out to the poor
- ▶ Spreading the good news
- ▶ **Staying connected to my Father**



- ▶ What positive thing have we gained?
- ▶ How have I gotten closer to God?
- ▶ How have I become a better Catholic?



Pray About It

- ▶ Pray every day to hear God's will for our life and become obedient to God's will.
- ▶ Read the Bible every day to understand God's character and his ways.



Create in me a clean heart, O God;
restore within me a sense of being brand new.
Do not throw me far away from Your presence,
and do not remove Your Holy Spirit from me.

Psalm 51:12-13

* Website links at
end of presentation

- Mark 1:35
- Luke 3:21-22
- Luke 9:28-29
- Matthew 26:36-45
- Psalm 51:12-13
- 1 Thessalonians 5:16-18

Read the Bible Daily

- ▶ Find a reading plan
- ▶ Listen to a podcast
- ▶ Give Your Time & Attitude to the Lord



When we choose to worship God no matter our circumstances, God can do things that to the world seem impossible. No matter how exhausted we are under the weight of our struggle, God does not want us to despair. God is with us as we persevere.

Upper Room meditations

Praying the Rosary

THE DIRECT LINE TO OUR BLESSED VIRGIN MOTHER

MYSTERIES OF THE ROSARY

- ▶ **Glorious:** Sunday and Wednesday
- ▶ **Joyful:** Monday and Saturday
- ▶ **Sorrowful:** Tuesday and Friday
- ▶ **Luminous:** Thursday







START A

Prayer Journal

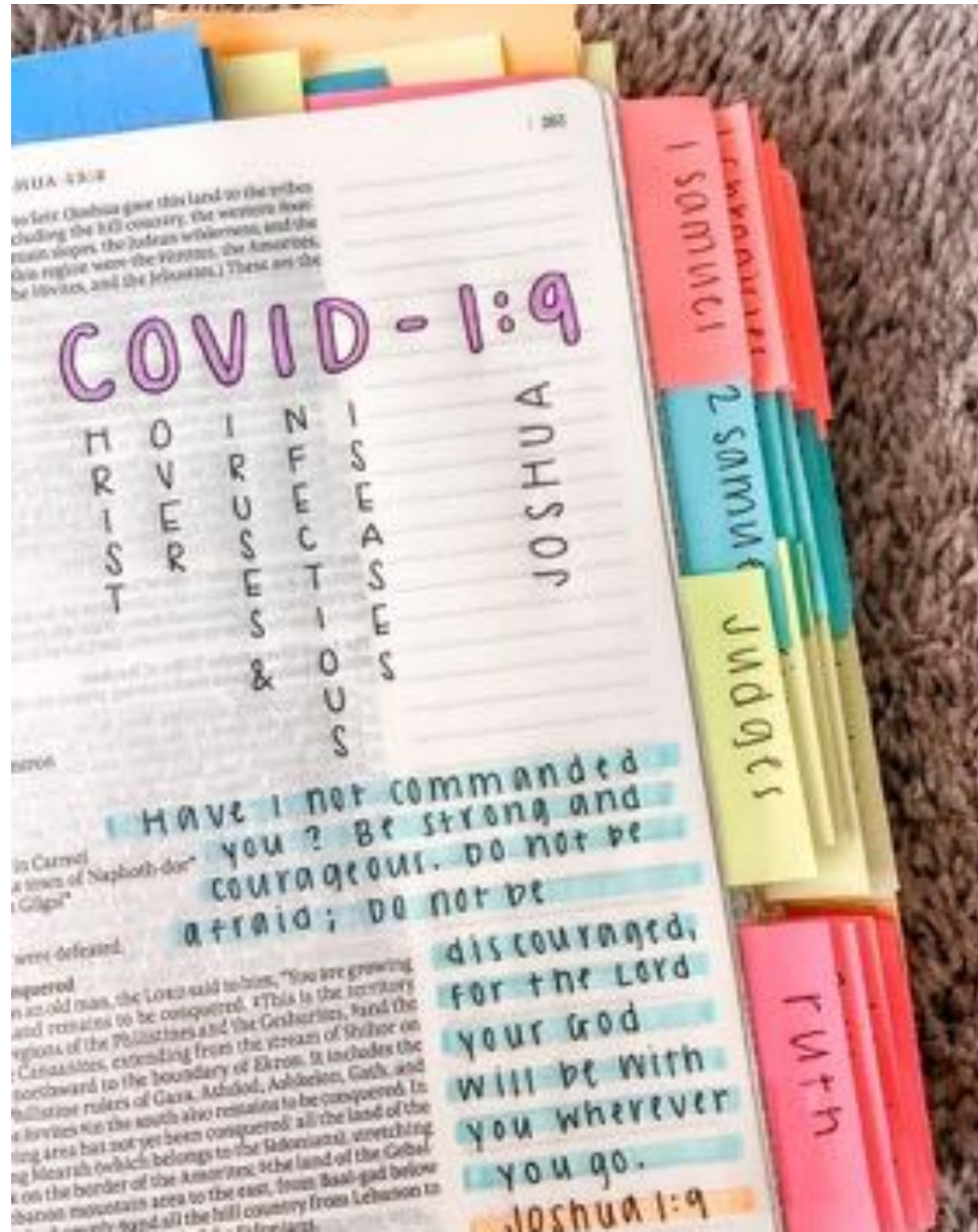
Prayer journaling is an act of worship to our Lord for just how awesome He is and how wonderful it is just to be His children.

START WITH A JOURNAL

Make it Yours

TIPS

- ▶ Keep it simple
- ▶ Write thoughts, prayers, & inspirations
- ▶ Track Intentions
- ▶ Include prayers, thanks, & blessings





Scriptures/ Verses

Your word is a
lamp for my feet, a
light on my path.

Psalm 119:105



Daily Prayer

Write what is on
your heart.

Be honest!



Thankful/ Grateful

List what you are
thankful for



Good Things

Find the diamonds
in each day

Falling Short





OUT OF BED

UP HILL WITH JACK AND JILL

RACES PIPER'S SON TOM

ROCKS TREE TOP CRADLE

BACK TO BED

SCALES HUMPTY'S WALL

RUNS WITH DISH AND SPOON

GIVES BONE TO MOTHER H'S DOG

THROUGH MARY MARY'S GARDEN

SEE-SAWS WITH MARGERIE

JUMPS CANDLE-STICK

CHASES SPIDER FROM TUFFET.

SNEAKS BY LITTLE BOY BLUE

LOST WITH BO PEEP'S SHEEP

JOINS 3 MEN IN A TUB

MY LEGS ARE TIRED.

By HANE

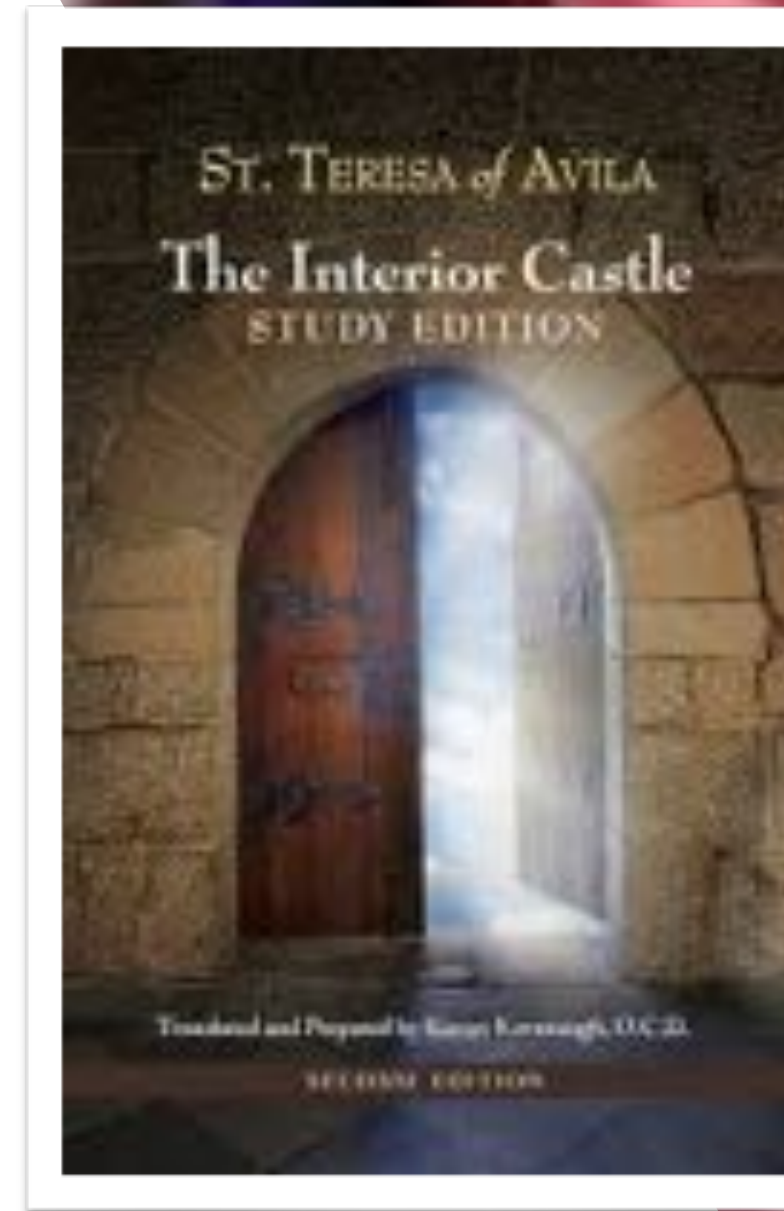
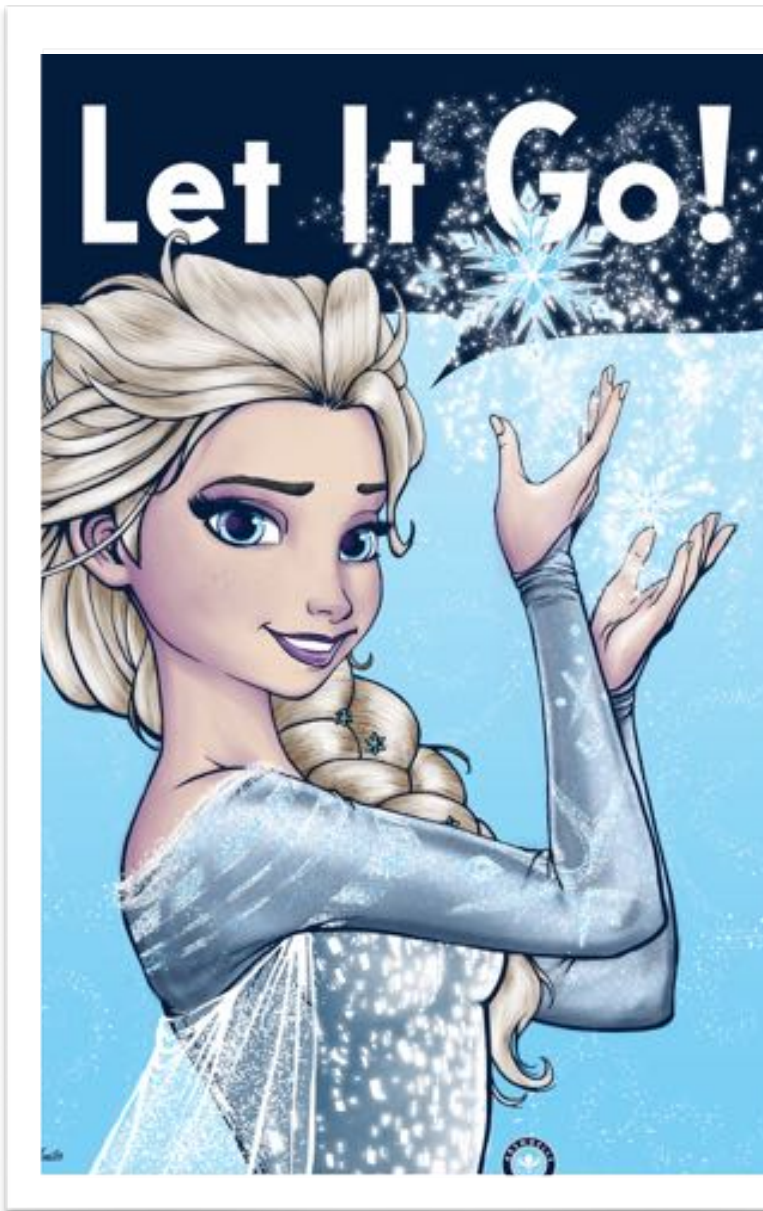
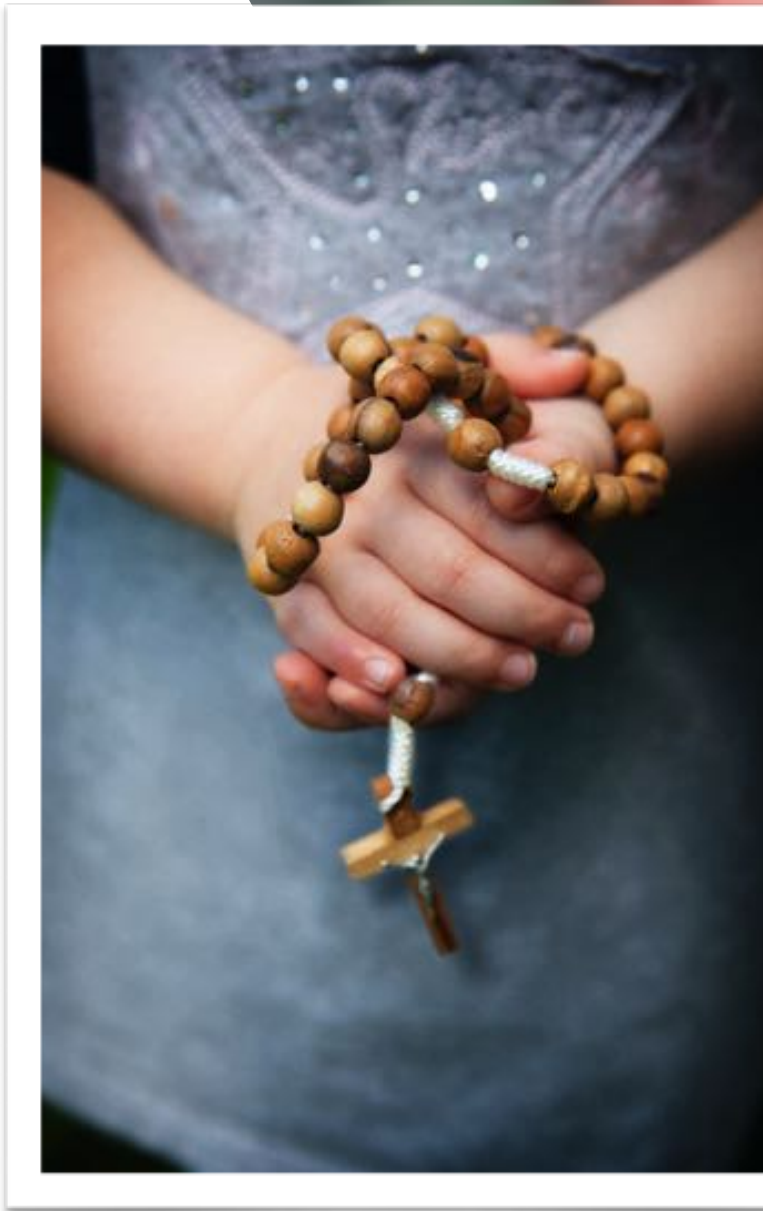
Setting Spiritual Goals

- ▶ Ask for His guidance
- ▶ Evaluate previous year/progress
- ▶ Embrace your Struggles
- ▶ Be Realistic
- ▶ Envision Your Goals
- ▶ Don't Be Too Hard on Yourself



Examples

- ▶ Actively take part in church
- ▶ Pray daily
- ▶ Keep a spiritual journal
- ▶ Practice forgiveness
- ▶ Give back
- ▶ Converse with God daily
- ▶ Read religious books



Simplify your Life



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Elly's Graduation 5-8:30 Dressing day 11 7:00 day off [SWAN LAKE]	FIELD DAY 12 7:00 8:00 AM field 10:00 AM 11:00 AM	13 NICHIGAMU? 20 11:00 AM ITALY 27 Betty's Birthday 10:00 AM	14 21 28 Till P-day	15 22 HUBBARD ST. DANCE & TAVOLA 11:00 AM 29 OSANONA 1:30 DAY SWIM 4:30	16 23 30 7:00	17 24 31 BASEBALL FEST (this week - 8-7 open bar) NO PLANO CRAB PARTY 5:00 STUDIO ROSE 5-9:30 on world SALES & CO 1:00 5:30 CONCERT 2:00



TUESDAY
 11/11

OPEN SAV.
 BANK ACCT.

FRIDAY
 11/13

SATURDAY
 11/14



I DONT HAVE TIME



a VISUAL GUIDE OF SPOON USAGE



SPOONS WHEN I WAKE UP



SPOONS AFTER GETTING OUT OF BED



SPOONS BY LUNCHTIME



SPOONS BY BEDTIME

THE BREAKDOWN

PHYSICAL

ACTIVITY, SEEING FRIENDS, MOVEMENT (EXERCISE), GETTING OUT OF BED

EMOTIONAL

ALL EMOTIONS ALL THE TIME, SPIKES OF EMOTIONS, EMOTIONAL TURMOIL

PAIN

MIGRAINES, ACHES, PSYCHOLOGICAL SYMPTOMS MANIFESTING PAIN

MENTAL

MANAGING & ANALYSING THOUGHTS, CREATIVITY, PONDERING LIFE, LOVE & THE UNIVERSE

Spoon theory is used to describe the amount of mental or physical energy a person has available for daily activities and tasks.

DON'T DO IT ALONE

TEAM UP!





Discussion

- ... What's your resolution? ...
- ... Can you share spiritual tips? ...
- ... Are you interested in a group volunteer project? ...



..... “ ”

If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

1 John 1:9 NIV



PRAYER OF

Rededication

Dear Lord,

I bow before you as you are the Most High, Most Loving and Merciful God. You give us the very breath that we have even as we pray this prayer. I am here not by chance but to follow your plan to be with you for life everlasting.

It is with this goal that I rededicate my life to you. You are the way, the truth and the life and only through You will dreams, hopes and aspirations be fulfilled.

It is with this confidence that I return to you with a different attitude. I seek guidance daily

by reading your word and listening for your voice. May I be strengthened to seek you first and deepen my relationship with you. Help me to be your love and reassurance to those in need and to recognize YOU in every individual that I see.

I thank you for your mercy on the life that you have given me. Let me use it to bring you all honor and glory. Forgive me when I trip up and try again. I surrender my will and all control to you as I owe you my life.

Thank you for loving me more than anyone else can love me.

In your Holy Name, Jesus, I pray! **Amen.**

More Resources

WEBSITES

- ▶ The Word Among Us - <https://wau.org>
- ▶ Spiritual Resolutions
 - <https://www.offthegridnews.com/religion/10-new-years-resolutions-that-will-change-your-spiritual-life/>
 - <https://www.coraevans.com/blog/article/10-amazing-new-years-resolutions-for-your-spiritual-life>
 - <https://www.learnreligions.com/prayer-of-rededication-700940>
 - faithgateway.com/spiritual-new-year-resolutions
- ▶ Podcast - <http://ascensionpress.com/bibleinayear>
- ▶ The Upper Room - <https://www.upperroom.org/>
- ▶ Rosary
 - www.comepraytherosary.org (Join in on worldwide prayer or individual prayer with others and add your own prayer intentions).
 - The Catholic Channel - Begins right after Mass at 9:00a.m. Mass is at 8:30a.m.
 - EWTN - follows the Mass
 - Catholictv.org (live and taped)
 - The Holy Rosary on YouTube