

The Power to Change

To exist is to change, to change is to mature, to mature is to go on creating oneself endlessly.

H. Bergson

In the eyes of spirit, each of us has the unlimited capacity to change, grow and express our brilliance. Spirit reminds us that if we keep doing things the way we've always done them, we'll continue receiving the results we've always gotten. But by surrendering our thoughts, perceptions and patterns to a power greater than us, we enlist the assistance to redesign our lives and manifest a new reality.

Christmas and New Year's are a wonderful time to contemplate what we most need to change in our lives. It's a season to imagine infinite possibilities, to stretch our imagination beyond what we've known, to reach beyond our comfort zones. The power of change always reminds one of the familiar Christmas story of Scrooge. The story line is a wonderful example of how a man is motivated to change by seeing his past, present and future.

People do change. Isn't that a relief? One of the coldest and depressing things I ever heard was that "People do not change." If that were true, we would all be in trouble. Seasons change, our bodies change and

we can change if we choose to do so. Change begins with self-honesty and being willing to surrender. And the true power of lasting change begins with the feminine. For within the feminine aspect of us all exists the space where we consciously open, surrender and receive. The yin, being the feminine attitude, represents the forces of openness and receptivity. In Christianity, Mary symbolizes the divine feminine within us; she opens herself, surrenders and is impregnated by the masculine forces of love. When we open ourselves to higher guidance and express the love inherent within us, we cannot help but change for the better.

What are you ready to change? You don't need to know how to change; you only need to be willing.

New Year's Day

This is the only holiday the entire world observes regardless of race or religious belief. This holiday is the oldest one: and both primitive and civilized peoples noted its arrival with some kind of festivity. Early people rejoiced because nature was taking on new life; work was stopped and families and friends joined together in a season of good fellowship.

Happy New Year! Namaste!

Growth Through Challenge

**In the depths of winter, I finally learned that within me there lay an invincible summer. A. Canus*

**Determine that the thing can and shall be done and then find the way. Abraham Lincoln*

**If you dream it, you can do it. Walt Disney*

**When you get to the end of your rope, tie a knot and hang on. And swing! Leo Buscaglia*

**Consider the life of Abraham Lincoln. "He failed at business at age 31. Was defeated in a legislative race at age 32. Failed again in business at age 34. Overcame the death of his sweetheart at age 35. Had a nervous breakdown at age 36. Lost an election at age 38. Lost a congressional race at age 43. Lost a congressional race at age 46. Lost a congressional race at age 48. Lost a senatorial race at age 55. Failed in an effort to become vice-president at age 56. Lost a senatorial race at age 58. Was elected president of the United States at age 60.*

**There are so many things that we can't change, but we can change our own thoughts and attitudes. We can choose to focus on the things that lift our spirits and make us smile. May you find comfort in some of the quotes above.*

Editor: Jane Zoltek ssj, tosf

MY FAVORITE THINGS...

To commemorate her 69th birthday on October 1, 2004 actress/vocalist Julie Andrews made a special appearance at Manhattan's Radio City Music Hall for the benefit of the AARP. One of the musical numbers she performed was "My Favorite Things" from the legendary movie, "Sound Of Music."

Here are the lyrics she used:

Maalox and nose drops and needles for knitting,
Walkers and handrails and new dental fittings,
Bundles of magazines tied up in string,
These are a few of my favorite things.
Cadillacs and cataracts and hearing aids and glasses,
Polident and Fixodent and false teeth in glasses,
Pacemakers, golf carts and porches with swings,
These are a few of my favorite things.

When the pipes leak,
When the bones creak,
When the knees go bad,
I simply remember my favorite things,
And then I don't feel so bad.

Hot tea and crumpets and corn pads for bunions
No spicy hot food or food cooked with onions,
Bathrobes and heating pads and hot meals they bring,
These are a few of my favorite things.
Back pains, confused brains, and no need for sinnin',
Thin bones and fractures and hair that is thinnin',
And we won't mention our short shrunken frames,
When we remember our favorite things.

When the joints ache,
When the hips break,
When the eyes grow dim,
Then I remember the great life I've had,
And then I don't feel so bad.

Ms. Andrews received a standing ovation from the crowd that lasted over four minutes and repeated encores.

Editor's Note:

The above never happened. In early 2005 viral postings, e-mails and even articles started circulating. Composed anonymously, the parody was prefaced with statements like, "Imagine hearing Julie Andrews singing this."

I included it, hoping you would enjoy it as much as I did.

Did you know...

EPIPHANY: This holiday is also called "Old Christmas," "Feast of Three Kings." The word Epiphany means a bodily manifestation or appearance, commonly used for the appearance of a deity in visible form." Originally this celebration commemorated the manifestations of Christ's divinity or Theophany in his birth, the homage of the Magi, and baptism by John the Baptist. Later, the first two were transferred to Christmas.

Epiphany was originally celebrated in January to combat other pagan festivals held at that time of the year. Western branches of the Christian church observe this occasion to commemorate the visit of the Three Kings to the manger in Bethlehem. Scriptures are read relating to Christ's baptism and to his first miracle at Cana.

During the Middle Ages at Epiphany Western churches often staged miracle plays in the sanctuaries. Today, in general, Epiphany is observed with solemnity as a major festival to commemorate Christ's manifestation as "the Son of God and Savior of Humankind."