

Mercy MOMENTS



Being our Best will Make for a Very Happy New Year!

As we begin this new year a mindset adjustment may be required.

For many of us, myself included, we persist with the ways 'it has always been done' and expect different results. What if we instead mix it up a little?

With a few simple tweaks like offering to help a stranger with their groceries, adding an intercessory prayer to our morning routine, a weekly call to someone we know who lives alone, or is unwell or is too distant to visit. These simple changes may not seem a lot to us but for all we know they may mean the world to the recipient.

When we choose to serve others we grow in faith and love. Richard Rohr presents a wonderful analogy of how our perpetual spiritual growth is essential to reaching and knowing our true self, "What you seek is what you are going to get. What you expect is what you will call forth and recognise. What you are ready for is what will come toward you. But it has to be

in you, first, or you won't see it or recognise it even when it's right in front of you."

Daniel O'Leary reminds us in his book, *The Happiness Habit*, of the conditioning and maintenance we must foster to ensure a healthy balance within us.

The mind, the heart, the body, the soul – ideally they all work together. Too often you see them as separate – some you ignore, others you overindulge. For any increase in your sense of well-being, all four need to interweave in a deeper harmony. This harmony is what defines your personality, your character, the power of your unique presence. Striking a balance is the best formula for a happy life. Even after volumes of recent research into mindfulness techniques, emotional intelligence, diet and exercise control, and various spiritualities, the simple wisdom of our childhood days still holds – all things in moderation, and a healthy mind in a healthy body. To achieve this state of all-round balance, a serious commitment and a daily discipline are needed.

Prayer

*God of Wisdom,
Come into our midst and
make of our lives a home,
where your everlasting
goodness resonates
with assuring love and
vigorous hope.*

– Joyce Rupp

