

JANUARY 1

The New Year

Guardian of this new year,
I set aside my fears, worries, concerns.
I open my life to mystery, to beauty,
to hospitality, to questions,
to the endless opportunity
of discovering you in my relationships,
and to all the silent wisps of wonder
that will draw me to your heart.

Today: I move beyond concerns and worries.

Out of the Ordinary, p. 145

JANUARY 2

Being on the Road

Our life is a journey.

We are always on the road.

Each time another January greets us,
we have an opportunity to pause,
to see where we have been,
to notice how far we have come
and ponder how that journey has been for us.

Today: I reflect on how my journey has been.

May I Have This Dance?, p. 20

JANUARY 3

At the Gate of the New Year

Sacred Mystery,
waiting on the threshold
of this new year,
you open the gates
and beckon to me:

"Come! Come!
Be not wary of what awaits you
as you enter the unknown terrain;
be not doubtful of your ability
to grow from its joys and sorrows.
For I am with you.
I will be your Guide.
I will be your Protector.
You will never be alone."

Today: I remember that I am never alone.

JANUARY 4

Freshness

If we are to walk into the new year with hope,
we need to look to God, as well as ourselves.
When we look to the scriptures we learn
how much God desires new beginnings for us.
This is a constant theme through the sacred Word.
God refreshes, renews, heals, blesses, makes whole,
cleanses what has become mired,
clears what has become blurred,
restores what has died,
recovers what has gone astray.

Today: I renew my relationship with the Holy One.

Fresh Bread, p. 20

JANUARY 5

Looking Back

As you look back on the year just completed:

What name would you give to last year's journey?

How would you describe it to one of your friends?

What image or metaphor would you use to talk about it?

Who were your wise persons?

What did they reveal to you?

How did this influence your life?

What was most satisfying about the year?

What was least satisfying?

Today: I look at my past year and learn from it.

Out of the Ordinary, p. 146

JANUARY 6

Guiding Star

Like the wise ones who sought the Christ Child,
I have trekked for eons in the aimless dark,
Moving by faith within my inner landscapes,
Without a detailed map and full of questions.
In spite of all that seems void and doubtful,
My seeking of you has never been halted.
When the searching path to you grows faint,
You appear as my trusted Guiding Star.
A beacon of hope beckoning me onward
Manifesting your presence in surprising ways.

Today: I follow my inner Guiding Star.

Fragments of Your Ancient Name, January 8

JANUARY 7

Trust in the Journey

As we enter the new year,
we trust God with our lives.
We trust that there will be
enough strength and beauty
amid all the pain
to sustain us
and to urge us forward.
We trust that we will come
to greater wholeness
and transformation.

Today: I notice what keeps me from trusting.

May I Have This Dance?, p. 26

JANUARY 8

Looking Forward

As you look to the year before you:

How do you want to name your new year?

What gifts do you bring with you?

Of what are you most afraid as you enter this year?

What is your greatest need for the coming year?

Who do you bring with you for your support?

What is at the heart of your new year's prayer?

Today: I enter into my hopes for the new year.

Out of the Ordinary, p. 146

JANUARY 9

A Clearer Vision

Each new year is the time to clear our vision,
to take stock of our resources
and refresh our dreams
as we set out once more on the journey
that is ours.

We may feel stuck in a rut, facing a dead end,
or caught up in a very ordinary pattern of life.
Yet, if we pause to look deeper,
to examine our life more closely,
we will see that many people and events
called us to growth.

Today: I pray for clear vision in the new year.

May I Have This Dance?, p. 20

JANUARY 10

Prayer of the New Year

Faithful Companion, in this new year I pray:

to live deeply, with purpose,
to live freely, with detachment,
to live wisely, with humility,
to live justly, with compassion,
to live lovingly, with fidelity,
to live mindfully, with awareness,
to live gratefully, with generosity,
to live fully, with enthusiasm.

Today: I renew my intention to live these virtues.

Out of the Ordinary, p. 144