

From the Chaplain

Soul Notes

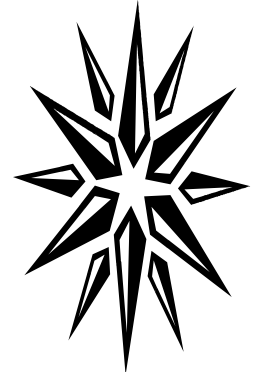
January 7, 2009

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How to Live in the New Year

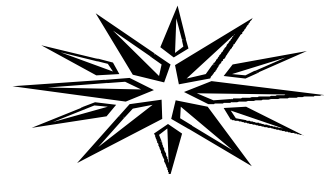
Life is a journey:

I will live it trustingly; 'though I walk through the valley of the shadow..I will fear no evil: for thou art with me." (Psalm 23:4)



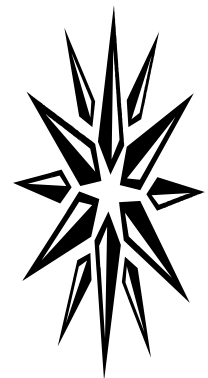
Life is a task:

I will live it obediently: "We keep his commandments, and do those things that were pleasing in his sight." (I John 3:22)



Life is a mission:

I will live it helpfully; "Be ye kind to one another, tenderhearted, forgiving one another." (Ephesians 4:32)



Life is a contest:

I will live it earnestly; "Watch ye, stand fast in the faith, quit you like me, be strong." (I Corinthians 16:13)

Life is a battle: I will live it courageously. "Be strong and of good courage; be not afraid; for the Lord thy God is with thee. (Joshua 1:9)



Write it on your heart
That every day is the best day in the year.
He is rich who owns the day, and no one owns the day who allows it to be
invaded with fret and anxiety.

Finish every day and be done with it.
You have done what you could.
Some blunders and absurdities, no doubt crept in.
Forget them as soon as you can, tomorrow is a new day;
Begin it well and serenely, with too high a spirit to be cumbered with
your old nonsense

This new day is too dear,
with its hopes and invitation,
To waste a moment on the yesterdays.

Ralph Waldo Emerson

10 Commandments for Successful Living by Dear Abby

Thou shalt not worry, for worry is the most unproductive of all human activities

Thou shalt not be fearful, for most of the things we fear never come to pass.

Thou shalt face each problem as it comes. You can handle only one at a time.

Thou shalt not cross bridges before you get to them, for no one yet has succeeded in accomplishing this.

Thou shalt not take problems to bed with you, for they make very poor bedfellows.

Thou shalt not borrow other people's problems. They can take better care of them than you can.

Thou shalt be a good listener. For only when you listen do you hear ideas different from your own. It's very hard to learn something new when you're talking.

Thou shalt not try to re-live yesterday for good or ill—it is gone. Concentrate on what is happening in your life today.

Thou shalt not become bogged down by frustration, for 50% of it is rooted in self pity and will only interfere with positive actions.

Thou shalt count thy blessings, never overlooking the small ones—for a lot of small blessings add up to a big one.

New Year Resolutions ??? Just in Case Your Need Some....lol

May all your troubles last as long as your New Year's resolutions.

A New Year's resolution is something that goes in one year and out the other.

Making resolutions is a cleansing ritual of self-assessment and repentance that demands personal honesty and, ultimately, reinforces humility. Breaking them is part of the cycle.

Many people look forward to the New Year for a new start on old habits.

An optimist stays up until midnight to see the New Year in. A pessimist stays up to make sure the old year leaves.

People are so worried about what they eat between Christmas and the New Year, but they really should be worried about what they eat between the New Year and Christmas.

Never tell your resolution beforehand, or it's twice as onerous a duty.

He who breaks a resolution is a weakling; He who makes one is a fool.

Good resolutions are simply checks that men draw on a bank where they have no account.

Just for today, I will not sit in my living room all day in my nightdress. Instead, I will move my computer into the bedroom.

I will no longer waste my time relieving the past, instead I will spend it worrying about the future.

I will not bore my boss by with the same excuse for taking leaves. I will think of some more excuses.

I will do less laundry and use more deodorant.

I will try to figure out why I *really* need nine e-mail addresses.

I resolve to work with neglected children -- my own.

I will stop sending e-mail, ICQ, Instant Messages and be on the phone at the same time with the same person.

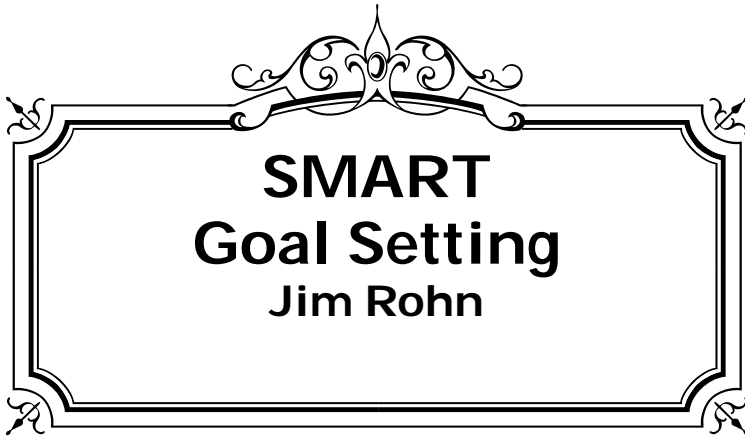


The 5 o'clock pm rule. At 5 pm everyday, ask yourself the question; "Am I Happy?"

If you are, then celebrate.

If you are not,...take the appropriate action.





S.M.A.R.T. Goals. **Specific, Measurable, Attainable, Realistic, and Time-sensitive**

I really like this acronym S.M.A.R.T., because we want to be smart when we set our goals. We want to intelligently decide what our goals will be so that we can actually accomplish them. We want to set the goals that our heart conceives, our minds believe and that our bodies will carry out. Let's take a closer look at each of the components of S.M.A.R.T. goals:

Specific: Goals are no place to waffle. They are no place to be vague. Ambiguous goals produce ambiguous results. Incomplete goals produce incomplete futures.

Measurable: Always set goals that are measurable. I would say "specifically measurable" to take into account our principle of being specific as well.

Attainable: One of the detrimental things that many people do - and they do it with good intentions - is to set goals that are so high they are unattainable.

Realistic: The root word of realistic is "real." A goal has to be something that we can reasonably make "real" or a "reality" in our lives. There are some goals that simply are not realistic. You have to be able to say, even if it is a tremendously stretching goal, that yes, indeed, it is entirely realistic -- that you could make it. You may even have to say that it will take x, y, and z to do it, but if those happen, then it can be done. This is in no way to say it shouldn't be a big goal, but it must be realistic.

Time: Every goal should have a time frame attached to it. I think that life itself is much more productive if there is a time frame connected to it. Could you imagine how much procrastination there would be on earth if people never died? We would never get "around to it." We could always put it off. One of the powerful aspects of a great goal is that it has an end, a time in which you are shooting to accomplish it. You start working on it because you know there is an end. As time goes by you work on it because you don't want to get behind. As it approaches, you work diligently because you want to meet the deadline. You may even have to break down a big goal into different parts of measurement and time frames. That is okay. Set smaller goals and work them out in their own time. A S.M.A.R.T. goal has a timeline.