



SAINT JOHN FISHER PARISH

January 15, 2017

Dear Parishioners:

This year was one of those times when New Year's Day fell on a Sunday. This meant that the Rose Parade and Rose Bowl were on January 2.

January 1 was the Solemnity of Mary, the Mother of God. As part of my homily that day, I gave some New Year's advice based on 7 Ups. I got so many requests for it, that I thought I would share it with you in my January letter. Please be aware that I did not create it myself but got it from someone else. Plagiarism? No, just sharing with more people some good advice.

7 Ups for the New Year

- 1) **WAKE UP:** Begin the day thanking the Lord. It is His day. Rejoice in it.
- 2) **LOOK UP:** Open your eyes to the Lord Jesus. Ask for his strength and blessings for the day through the anointing of his Holy Spirit. After all, he is your only Savior.
- 3) **DRESS UP:** Put on a smile. It improves your looks. It says something about your attitude. It enables the Jesus living within you to smile at others.
- 4) **SHUT UP:** Watch your tongue. Don't gossip. Don't be judgmental. Say nice things. Learn to listen to others with love. Be sympathetic.
- 5) **STAND UP:** Take a stand for what you believe. Resist evil. Do good. Have the courage of your Christian convictions by practicing what you believe.
- 6) **REACH UP:** Spend time in prayer by talking to God through adoration, confession, thanksgiving, and supplication to the Lord, and by listening to Him by attentively reading the Bible and applying its message to your life.
- 7) **LIFT UP:** Be available to help those in need—serving, supporting, and sharing. Try to find Jesus in others and serve Him Who lives in others

May you have a blessed New Year.

Yours in Christ,

Rev. Msgr. David A. Sork
Pastor