

ST LAWRENCE

DECEMBER 31, 2017



2018 New Year's Resolutions

In a recent on line posting, there was an article outlining the top ten New Year's resolutions. Undoubtedly, New Year's Eve has always been a time for looking back to the past, and more importantly, forward to the coming year. It is an interesting list, but note how there is not even one spiritual component. We have added a spiritual dimension in italics to these proposed resolutions for your reflection. Happy New Year!

1. Spend More Time with Family & Friends

It seems as if more than 50% of Americans vow to appreciate loved ones and spend more time with family and friends this year. *Why not come to Church as a family and invite your friends to join you?*

2. Fit in Fitness

Fitness is in. Regular exercise has been associated with more health benefits than anything else known to man. Studies show that it reduces the risk of some cancers, increases longevity, helps achieve and maintain weight loss, enhances mood, lowers blood pressure, and even improves arthritis. *What can we do to strengthen our spiritual fitness?*

3. Tame the Bulge

Evidently 66% of adult Americans are considered overweight or obese by recent studies, so it is not surprising to find that weight loss is one of the most popular New Year's resolutions. *What about trimming down on our "all-consuming" need to have more and more things? Perhaps New Year's gives us all a change to simplify our lives.*

4. Quit Smoking

If you are among those that have resolved to make this the year that you stamp out a smoking habit, there are a variety of over-the-counter "quit-smoking aids" available. On average, smokers try about four times before they quit for good. *What are the other items in our lives that are toxic? How hard can we work to rid our lives of them as well?*

5. Enjoy Life More

Millions of Americans live hectic, stressful lives. No wonder that "enjoying life more" has become a popular resolution in recent years. *Can we take some time each day to pray, meditate and reflect on all the blessings we have received from God?*

6. Quit Drinking

The articles notes that while many people use the New Year as an incentive to finally stop drinking, most are not equipped to make such a drastic lifestyle change all at once. Many heavy drinkers fail to quit cold turkey but do much better when they taper gradually, or even learn to moderate their drinking. If you have decided that you want to stop drinking, there is a world of help and support available. Can we take an honest, personal assessment of our habits, especially the bad ones? If we need help, will we reach out? *Perhaps our parish could sponsor another 12-step program?*

7. Get Out of Debt

Millions of Americans have resolved to spend this year getting a handle on their finances. It's a promise that will repay itself many times over in the year ahead. *Can we focus more on what we "need" and curb all the unnecessary things that we "want"? Perhaps with the "excess" we can share with those truly less fortunate?*

8. Learn Something New

This year, some will consider a career change, want to learn a new language, or just learn a new skill. Whether you take a course or read a book, it is understood that education is one of the easiest, most motivating New Year's resolutions to keep. *What was the last spiritual book you read; or the last movie with a spiritual theme that you watched? Each month our parish will highlight a book that every Catholic family should have as a "resource" for a healthy spiritual life.*

9. Help Others

Volunteerism can take many forms. Whether you choose to spend time helping out at a favorite charity, mentoring a child, or building a house, there are many nonprofit volunteer organizations that could really use our help right here in this community. Or if your time is really in short supply, maybe you can at least donate the furniture, clothing and other household items that are no longer needed, rather than leaving them out by the curb. *How much of your personal resources to you give in service of or for the benefit of others?*

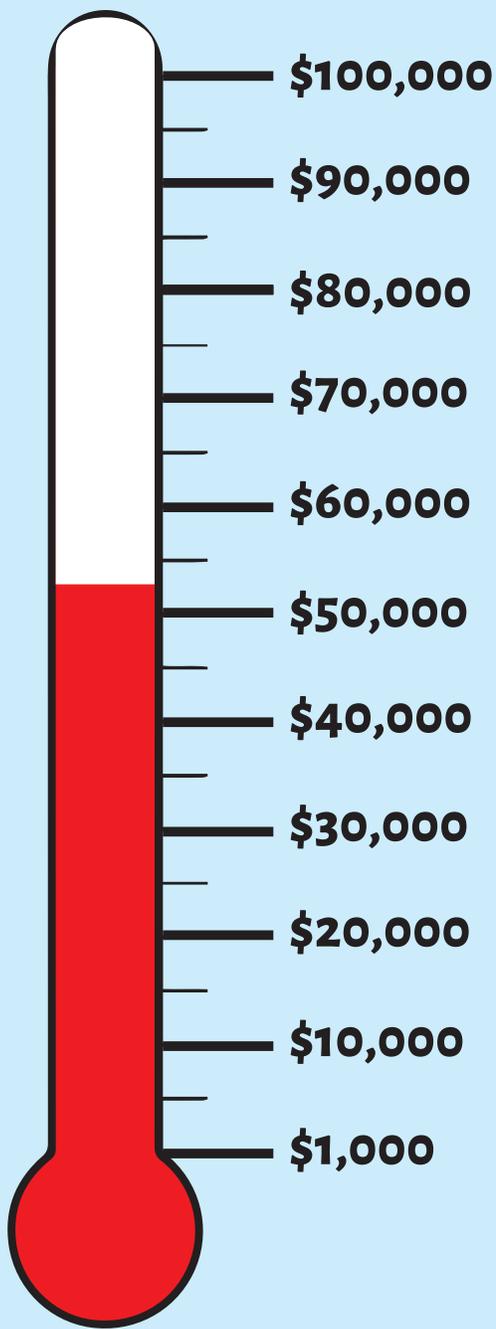
10. Get Organized

On just about every New Year resolution top ten list, organization can be a very reasonable goal. Whether you want your home organized enough that you can invite someone over on a whim, or your office organized enough that you can find the stapler when you need it, these tips and resources should get you started on the way to a more organized life. *Perhaps the New Year gives all of us an opportunity to organize our spiritual lives: celebrating the sacraments, growing in knowledge of the faith, taking time to pray, giving service and working each day to conform our lives to Jesus.*

**May 2018 be a year of many blessings
and improved spiritual health for all
our parishioners and their loved ones!**

-Fr Bob

ST LAWRENCE
ROOF PROGRESS
 Total as of
 Dec 24, 2017:
\$57,325



**Thank You to All Have
 Donated So Far!**

**Thank you to all who
 donated to our Season
 of Giving!** Due to your
 generous support we
 were able to provide the
 following charities with
 much needed donations
 and supplies during
 the holiday season!

MBS Thanksgiving Dinner

**Catholic Charities of the
 Archdiocese of Newark**

The Waterfront Project

The PERC Shelter

**For the families in need
 of Weehawken**



The Catholic Community of
St Lawrence

**Are you a registered
 parishioner? Is
 your registration
 information up to date?**

Please visit our website
www.stlweehawken.com
 and complete or update
 the registration page or
 to receive information on
 parish and community
 opportunities and events!



**St Lawrence
 parishioners
 donated
 \$1,570 in gift
 cards** that were

distributed to 14
 needy families and/or
 individuals in Weehawken.

STL wishes to thank
 Weehawken Township
 for their partnership in
 distributing these gifts.



**NEW YEAR'S DAY,
 SOLEMNITY OF MARY**

JANUARY 1

MASS AT

9:30 AM