

## The New Year

Here we are in a month named after the Roman god Janus, an appropriate personification of the start of the new year. This particular Roman god had two faces so that he could look ahead toward the future and back at the past at the same time. As we get rid of an old year and look forward to a new one, we all try to be a little like Janus. We know through experience what we did wrong and what we did right, and hope to do better this year. Some people make ambitious new year's resolutions; others just take a deep breath and hope for the best.

### Recipe for a Happy New Year:

Take twelve fine, full-grown months; see that these are thoroughly free from old memories of bitterness, rancor and hate, cleanse them completely from every clinging spite; pick off all specks of pettiness and littleness; in short, see that these months are freed from all the past—have them fresh and clean as when they first came from the great storehouse of Time. Cut these months into thirty or thirty-one equal parts. Do not attempt to make up the whole batch at one time (so many persons spoil the entire lot this way) but prepare one day at a time.

Into each day put equal parts of faith, patience, courage, work (some people omit this ingredient and so spoil the flavor of the rest), hope, fidelity, liberality, kindness, rest (leaving this out is like leaving the oil out of the salad dressing— don't do it), prayer, meditation, and one well-selected resolution. Put in about one teaspoonful of good spirits, a dash of fun, a pinch of folly, a sprinkling of play, and a heaping cupful of good humor.

*I asked the New Year for some message sweet,  
Some rule of life with which to guide my feet;  
I asked, and paused: it answered soft and low,  
'God's will to know.'*

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### January 10<sup>th</sup> – 16<sup>th</sup> The Baptism of Christ.

John said to the crowd: 'He will baptise you with the Holy Spirit and with fire'. This week, as we celebrate the Baptism of Christ in the Jordan, we also remember and renew our own baptism into Christ in the Church. And the baptism that we have been promised is a baptism with the Holy Spirit and with fire. The Holy Spirit brings peace, joy, love etc. Is that how we live our faith or is it more with anxiety, fear, duty etc? Fire brings warmth, light, enthusiasm, hope. Is this how we present Christ to the world or is it more with coldness, lifelessness, joylessness? The challenge of this time is to change our ways and to let the world we live in know the power of Christ's presence among us by the enthusiasm of our lives of faith. This has to always begin in our homes and families and the community of faith we belong to.

## The Baptism of the Lord

Jesus' public life begins with his baptism by John in the Jordan. John the Baptist hesitates, but Jesus insists and receives baptism. Then the Holy Spirit, in the form of a dove, comes upon Jesus and a voice from heaven proclaims, "This is my beloved Son." This is the manifestation ("Epiphany") of Jesus as Messiah of Israel and Son of God. Our Lord's baptism, a sign only of his divinity, better enables us to understand our own reception of this great sacrament of initiation into Christian life and salvation. Baptism is a grace which we accept and in which we grow through a life of perseverance in prayer and worship in body, mind and spirit.

St. Thomas Aquinas reminds us that after Baptism we need to pray continually in order to enter heaven; for though sins are remitted through Baptism, there still remains the inclination to sin which assails us from within, and also the flesh and the devil which assail us from without. Our own experience of life will bear out that truth.

The Father has spoken forth the eternal Word in Christ the Lord, and breathed forth the word of truth at the baptism of the Lord; "Thou art my beloved Son; with whom I am well pleased." In our daily lives we are to grow in prayer, sacrifice and consecration, all by means of the Word of truth, poured forth for us continually in the proclamation of the Gospel and the sacramental life. Our big moments of meeting God are when we encounter the Lord Jesus most perfectly and most fully each week in the Eucharistic Sacrifice, for He truly speaks to us when the Scriptures are proclaimed in the assembly and at the Communion of the Mass we truly receive Him Body, Blood, Soul and Divinity in the Most Blessed Sacrament. By this God-given means the grace of our baptism will grow ever stronger, becoming "a fountain within us, welling up to eternal life".

This greatest of gifts is ours in baptism: God's very own life and love. - a life to overcome the death which is our inheritance from Adam's sin, a love to overpower and win us away from love of self to love of God for his own sake and our neighbours for his glory.

As you dip your fingers into the font and make the sign of the cross each time you enter His house to worship the Lord, remember it is by the power of your baptism that you render fitting and pleasing worship to God in your spiritual sacrifice of holiness of life and, most fully, the Eucharistic sacrifice.

### Weekly Masses Special Remembrance

**Mon. 11th Jan. to Sun. 17th Jan. 2010**

Mass at 10.00 each morning, Monday to Friday, is offered for all those whose names are on the list of Mass intentions. If you wish to have someone mentioned specifically - for an anniversary, a recent death, an illness - please leave the name at the Reception Office.

In the Novena Masses on Saturday at 8.00 and 10.00 we remember especially all those who have sent in petitions and those attending the Novena.

Thur. 10 am: Breda Cooney R.I.P.

Sun. 11am: Ann Marie Daly R.I.P.

### THE SICK

Please pray for  
Fr. Brian Foley,  
Fr. Seán Mullin  
Michelle O'Donnell,  
Patricia Kelly.

### RECENTLY DECEASED

Liam Murray

R.I.P.

### Feast Days of the coming week.

Fri: St. Ita

### Coming soon! Galway Cathedral Solemn Novena to Our Mother of Perpetual Help FEBRUARY 8th-16th

**During the coming week:**

**In The Retreat House:**

**15-17: Bethany Training week-end**

**In The Youth Village:**

**14th: Garbally College**

**15th: Garbally College**

*Please share in this Redemptorist  
Apostolic Work by praying for its success.*

The advice of Mark Twain

"Let us endeavour so to live that when we come to die, even the undertaker will be sorry!"



### More words of wisdom

Always speak well of your enemies: remember you made them.

One loyal friend is worth ten thousand relatives.