

Dear Friends,

Recently I was reorganizing some drawers at home that had become cluttered and unruly. Everyone it seems has a drawer or two, often in the kitchen, that gets like this. Anyway, as I was placing objects back into a drawer I found myself considering how to condense a bunch of cords to devices I no longer use so they don't take up so much space. Then the thought came to me, "Why am I keeping these cords?" Most of the devices they powered have been discarded, recycled, or given away. It seemed silly to hang onto the cords.

The whole situation got me to thinking about New Years and specifically New Years resolutions. Those of us inclined to make New Years resolutions are often encouraged to think about and commit to something future oriented. But I wonder how many of those New Years resolutions flop because we've not made a years end resolution. A years end resolution asks us to consider what we might leave behind. A years end resolution can stand alone as a promise to ourselves to consign something to the past for good. Or it can work in concert with a New Years resolution by inviting us to question, what do I need to let go of, give up, or put aside in order to move closer to or achieve something important to me? Either way, it's not a bad thing to think about now and then.

Akin to the spiritual practice of sacrifice, which is really about realigning ourselves with our most deeply held values rather than giving up something enjoyable, contemplating a New Years or years end resolution annually can serve to ritualize taking ourselves off auto-pilot to devote some time to questioning our habits and certainties. Questioning from which may emerge a less cluttered path in the year ahead. Why not give it a try?

Happy New Year!

Peace and Blessings,  
Rev. Craig