

# WELCOMING THE NEW YEAR A TIME FOR REFLECTION

**AS THE NEW YEAR APPROACHES**, it is traditional for people to remember the biggest events of the past year . . . and to look forward to the year ahead by making resolutions, or firm commitments, about who they want to become. In a way, this tradition resembles the Catholic practice of the daily examen, in which individuals spend time examining their day in order to spy God’s presence in its events.

Take some time right now to “examine” the past year in this way, and to look forward to who you want to become in the coming year. **M:C**

## LOOKING BACK AT 2016

Name one “high” and one “low” from 2016—in other words, an event that was really good for you, and one that was really bad. How was God present to you in those events?

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## LOOKING FORWARD TO 2017

What are your hopes for 2017? What spiritual gifts and virtues do you hope to develop? What bad spiritual habits do you hope to give up? Write a short prayer to God for these intentions.

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