

H A R L A N R I C H A R D S

January 2, 2012

HAPPY NEW YEAR!

Did you make any resolutions? I usually do not make resolutions for the new year because I feel that if I am not living my life as I should, then I should change immediately and not wait until January 1st. Waiting until then seems to make the contemplated change less urgent and therefore, less necessary. In other words, if something needs changing, it needs it now, not at the start of a new year.

But there are exceptions to every rule and I decided to do a couple of new year resolutions this year.

First of all, I decided to start attending Christian worship service every week - something I've been reluctant to do and I really don't know why I've avoided it for so long. I feel the call to attend so I'll begin going to weekly services this week. I don't think I've attended a Christian service regularly since I was a kid attending Catholic Mass.

My second resolution is to reduce the amount of sweets in my diet. I'm not an extreme eater of desserts, etc., but I do consume them regularly and I think it's time to cut back on the fat and sugar. I'll be 58 this month and my metabolism gets slower every year which makes it harder to do enough exercise to avoid putting on extra weight in the form of fat. I'll give up desserts for the next 30 days and see how it goes.

Those are my resolutions for 2012. Good luck with yours if you have any.

I pray every person who read this has a successful and happy new year.