

I just finished eating a delicious buttery Christmas cookie shaped like a bell and covered with pink frosting. It was sinfully yummy and I enjoyed every decadent bite. As I swallowed the last morsel I was reminded of this time last year when I ate too many Christmas cookies and found myself 15 pounds heavier by January. I have never been big into the whole New Year's resolution thing, but I didn't have much choice when all my clothes were too tight and I could barely breathe while sitting because my pants were ready to burst. So I joined the ranks of thousands who make resolutions each year with the best intentions that our goals will end in success. This year I am forty pounds lighter and three sizes smaller. Praise God! One thing that happened along the way was that I began enjoying my food more. Instead of eating to fill my hunger, I practiced savoring every mouthful of food that I took. I found pleasure in tasting the food rather than just consuming it. This has crossed over into my life in other areas as well. The act of denying myself what I want all the time (lots of fattening food) has taught me to enjoy small pleasures along the way. It's interesting how that happens and I suppose it goes along with the idea of abstinence during Lent and/or avoiding eating meat on Fridays.

Best of luck to you with any New Years Resolutions in 2010 and may your goals be accomplished.

In Him, all things are possible.

In His Service,  Chris

The History of New Year's Resolutions

The tradition of the New Year's Resolutions goes all the way back to 153 B.C. Janus, a mythical king of early Rome was placed at the head of the calendar.



With two faces, Janus could look back on past events and forward to the future. Janus became the ancient symbol for resolutions and many Romans looked for forgiveness from their enemies and also exchanged gifts before the beginning of each year.

The New Year has not always begun on January 1, and it doesn't begin on that date everywhere today. It begins on that date only for cultures that use a 365-day solar calendar. January 1 became the beginning of the New Year in 46 B.C., when Julius Caesar developed a calendar that would more accurately reflect the seasons than previous calendars had.

The Romans named the first month of the year after Janus, the god of beginnings and the guardian of doors and entrances. He was always depicted with two faces, one on the front of his head and one on the back.



Thus he could look backward and forward at the same time. At midnight on December 31, the Romans imagined Janus looking back at the old year and forward to the new. The Romans began a tradition of exchanging gifts on New Year's Eve by giving one another branches from sacred trees for good fortune. Later, nuts or coins imprinted with the god Janus became more common New Year's gifts.

In the Middle Ages, Christians changed New Year's Day to December 25, the birth of Jesus. Then they changed it to March 25, a holiday called the Annunciation. In the sixteenth century, Pope Gregory XIII revised the Julian calendar, and the celebration of the New Year was returned to January 1.

The Julian and Gregorian calendars are solar calendars. Some cultures have lunar calendars, however. A year in a lunar calendar is less than 365 days because the months are based on the phases of the moon. The Chinese use a lunar calendar. Their new year begins at the time of the first full moon (over the Far East) after the sun enters Aquarius- sometime between January 19 and February 21.

Although the date for New Year's Day is not the same in every culture, it is always a time for celebration and for customs to ensure good luck in the coming year.

BIRTHDAY WISHES



GRACE QUINN JANUARY 15

BLESSINGS ON YOUR SPECIAL DAY!



www.christiancommunityhomecare.org

Church Office: 314-843-6577

E-mail: home-care@swbell.net

Fax: 314-849-2617

Phone: 314-843-9673

St. Louis, MO 3127

3980 S. Lindbergh Blvd.

Christian Community Homecare

NEW DIET

Needing to shed a few pounds, my husband and I went on a diet that had specific recipes for each meal of the day. I followed the instructions closely, dividing the finished recipe in half for our individual plates. We felt terrific and thought the diet was wonderful - we never even felt hungry!

But when we realized we were gaining weight, not losing it, I checked the recipes again.

There, in fine print, was: "Serves 6."



*Thanks to Pastor Tim for this joke! cybersalt.org/cleanlaugh

