

For last year's words belong to last year's language
And next year's words await another voice.
-T.S. Eliot (*Little Gidding*)

A Word for the New Year

To start: Get centered in your body. Feel your feet, become aware of the edges of your body, do a body scan, become conscious of breath and heartbeat...

Some questions to ponder:

1. Who/What/Where/When/Why is God?
2. Therefore, who am I?
3. Who is God calling me to be? What is God calling me to do?
4. What do I yearn for? What do I want?
5. What word encapsulates that yearning? What word calls for attention? What word or phrase simply feels right? (Notice where in your body you feel the rightness. We're attending to heart-resonance, rather than head-agreement.)

Give yourself the gift of time. Make a list of the possibilities and sit with them. You'll know when you have your word.