

Invocation:

Infinite Intelligence, Divine Spirit, Great Creator: Thank you for today and for all of our days. Today, we ask for your energy, love, and protection as we move through the next phase of our lives. Not yet knowing what we can expect, we believe in what you will bring and trust in your guidance. We ask for you to bring healing to our lives, to those in our communities, and to the world. We also ask for our angels, guides, and teachers, to band together in helping us see the way through. And as we ask it, so it is.

Hello -

You say you have troubles and are feeling down?

You're tired of wearing a mask and of not being able to stand closer to your loved ones?

You're down to your last few dollars and it took the government forever to pass a new relief bill?

You're dwelling on the bad things that happened last year and trying to figure out what the lessons are you may have learned and how you can apply them to this year?

You've already broken all your New Years' resolutions?

Any of this ringing a bell for you? Well, if it is, don't feel alone. A lot of people go through a down period at the beginning of a new year. Let's see if you and I can brighten the outlook.

I have a new favorite song and it is "Happy Does" by Kenny Chesney. Unfortunately, due to legalities and copyright laws, I am not able to provide the lyrics. What I can do is tell you that the song is about how simply some people are living their lives and how happy they are living that way. If you remember the movie "Forrest Gump," you might recall Forrest had a saying about the word "stupid" that his mother used to tell him. Well, exchange the word "stupid" for the word "happy" and you will get the gist of the song. I recommend listening to the song in order to get the total feeling and impact though.

Anyway, the first time I heard that song I was coming back from the store and it put me in a great mood. It made sense to me. A simpler life can be a happier life. And it is something that I have definitely been working on. Actually I have been somewhat forced to work on it but it has been for my highest and best. When I start to think about my problems, I remember that I have a roof over my head, food to eat, those who care for me and those I care for, and as of the posting of this writing, I still have breath. Pretty good if you ask me. And when compared to some others, my troubles are much smaller and I am extremely thankful.

Am I tired of wearing a mask – you bet! My glasses fog up every time I put one on! Although I can live with the fogged up glasses if it's going to save me and others from becoming ill. I can put up with that frustration. And, of course I don't like not being able to be closer to people when I speak to them in

person. But I have to say, I believe I've given more virtual hugs in the last year than I have given real hugs in the two years prior to that. So I feel like I've grown a bit closer to those I hold dear.

Money! I'm not going to discuss what my issues with money in the past have been, but I will say I have never had to watch my pennies like I have had to in the past eighteen or so months. It's been quite the experience and one of the hardest things for me to do. As someone who considered herself to be very independent the idea that I needed help, and others knew I needed help, was quite humbling. But I gained insight to myself and others in having had to ask for help and/or accepting assistance from others. I've become more grateful towards others and I'm learning how to accept help a bit more graciously. As for relief from the government, I will just say that I am forever in their debt (in more ways than one)!

Now, I'm not sure what bad things happened to you last year, besides having to deal with the pandemic and all of the issues it brought. But there were enough bad times to go around - the fires in Australia, the Presidential impeachment trial, Murder Hornets, West Coast fires, just to name a few. On the flip side, the conviction of Harvey Weinstein was a good thing! Along with relief funds and the release of the first round of COVID-19 vaccines. So what lessons did we all learn? My two biggest ones were treat others the way I want to be treated and patience is a virtue. Not that I didn't know these already but sometimes a refresher is a good thing! Also, that no matter what is happening to me, others are also going through difficult times so be kind, considerate, and have a little faith in your fellow human beings.

So it's day three of the New Year and you've already broken at least one, if not all, of your resolutions? Unless your resolution is a promise to somebody else, no one cares that you don't keep it. The only person you are disappointing is yourself, so give yourself a break. Today is a new day and so is tomorrow. There is enough going on in this world without having to tie yourself up in knots. You can keep trying or give up. Maybe it wasn't the right thing for you to work on right now. Talk to and ask Spirit. You know the right answer will be given to you. I'm a firm believer that you don't have to always set a goal on January 1st of every year. Any day is a good day to start new things.

With all that being said, I sincerely wish for you and yours a fabulous and sensational New Year. May it bring all that you hope for and more, may your dreams be realized, may love and laughter surround you, may you prosper in all areas of your life, and may you and Spirit walk and work together.

Believe in yourself and Spirit and your way will be true.

Reverend Marreena

Benediction

Infinite Intelligence: Thank you for being with us today and for the love you bring. We are surrounded by it and accept it with open hearts and minds. And as we are not able to be with each other at this moment in time, we thank you for giving us opportunities to share in other ways. We look forward to the day when we can all be under one roof again with you as our guide and teacher. In light and love.