

# The Collection Basket

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## IDEAS FOR LIVING BETTER FROM THE FAMILY LIFE OFFICE

### Family Ritual

**January, the first month of the year, is a great time to make New Year's Resolutions.**

This year, families are encouraged to make Family Resolutions. Families should discuss areas of their family life that could use "some work" and pray for God's guidance and strength to be faithful to their resolutions.

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### The Star of the East

The story of the **Star of Bethlehem** appears only in the Book of Matthew.

The gospel tells us that a bright star appeared in the eastern sky when Jesus was born, famously seen by a group of wise men.

These biblical "Magi," sometimes called kings, now adorn nativity scenes around the world.

January 2, 2022 the Epiphany will be celebrated.



### Daily Lift

Rabbi Zelig Pliskin

**B**eing persistent is the number one pattern that will enable you to create success in your life. When you persist and persevere until you reach your goal, you can accomplish so much more than if you give up when you are bored or when challenges arise.

One thing is true of everyone who has reached large goals. They all persisted until they

succeeded. Many people start worthy projects, but they give up before they reach the goal that they set for themselves.

Self-talk is the source of someone's ability or failure to persist and persevere. What is the self-talk of persistence?

"I'll keep on going as long as it takes. What I'm working on is worth the investment of time and energy."

"As I build up the habit of persisting, I can accomplish many more things in my life. So it's not only the present project that I will be completing. Finishing this project will help me achieve in more and more ways."

"I feel great about being persistent. I am building my entire character in the process."

"I see the goal that I am striving for. I am enjoying every step along the way."

Always learn from your past successes. Think of instances when you persisted and were later glad that you did. What did you tell yourself to enable yourself to persist? Tell yourself similar things when you want to persist in the future.

[Conversations With Yourself, pp.166-8](#)

## *Families and the Gospel*

**January 1, 2022:** Mary, Mother of God (LK 2:16-21)  
The gospel tells us “Mary kept all these things, pondering them in her heart.” We would do well to imitate Mary in our New Year’s resolution. Instead of criticizing let’s “keep it in our hearts.” Criticism isn’t productive or well received anyway!

January 2, 2022: **Epiphany** (MT 2:1-12)  
After meeting Jesus, the Magi returned home by “another way.” What in your family needs to be done “another way?” Do you need “another way to resolve differences, to communicate or show affection? This is a new year, time to change what isn’t working. Take a tip from some wise men, there’s always “another way.”

### ORDINARY TIME

**January 9, 2022:** Baptism of the Lord (LK 3:15-16, 21-22)  
In today’s gospel Jesus was publicly AFFIRMED by his Father: “You are my beloved son, with you I am very pleased.” As parents we can become so focused on misbehaviors we overlook the good behaviors. Jesus needed AFFIRMATION and so do our children.

**January 16, 2022:** Second Sunday (JN 2:1-11)  
At Cana we get a good insight into Mary’s parenting style. She did not plead, argue, demand or manipulate. She merely pointed out the situation and trusted her son would make the best decision.

**January 23, 2022:** Third Sunday (LK 1:1-4; 4:14-2)  
In today’s gospel Jesus was “praised by all” except at home in Nazareth where the “eyes of all were intently on him.” Acceptance can be hard to find at home due to unreal EXPECTATIONS. Jesus challenges us to “proclaim liberty” to anyone “oppressed” or “captive” by our EXPECTATIONS.

**January 30, 2022:** Fourth Sunday (LK 4:21-30)  
Mary and Joseph must have been proud when their village “all spoke well of Jesus and were amazed at his words.” But they probably felt shame when the same people drove him out of town. Like Mary and Joseph, the highs and lows of parenting are our path to being a Holy Family.

Reprinted with permission: A Family Perspective by Bud Ozar

## **The Key to Self-Worth**

Life is messy. A lot of us spend our time trying to control it. To minimize the bad. To maximize the good. To be perfect. To be happy. We all want to be happy. In fact, for many of us it is the supreme goal in life.

Terms often used in connection with happiness are self-esteem and self-worth. Although they seem similar, they are different at their core.

Self-esteem is based on the concept that feeling good about yourself leads to superior achievements and, therefore, happiness. Self-esteem programs often include awards, despite no real effort or accomplishment by the recipient, based on the theory that this fosters good feelings about oneself.

The problem is that this can result in either people who mistakenly think they’re good at everything—or people who never take a risk because they don’t want to feel bad when they can’t accomplish something the first time they try.

Self-worth, on the other hand, is the sense of confidence and respect a person feels from knowing their true, unique value. We may be flawed or fail, but we still have value that is independent of our imperfections. What makes us feel worthy of love and belonging?

Self-worth often comes from almost the exact opposite strategy as those designed to give us self-esteem. People with strong self-worth know that their accomplishments must be earned, even if it takes lots of practice and failure along the way. They know that doing something risky such as, for example, being the first person to say, “I love you,” carries a chance of failure, but they also know they will never succeed without such risks.

What many people are advocating are the very things that we fear deep down: taking chances, making mistakes, putting ourselves in positions where we may be judged as weak. The truth is that we know, and God knows, that we are flawed and imperfect beings. When we admit it in daily life and take chances, despite our fears, we give ourselves room to stretch, to learn, to love, and to soar.

*“You are precious in my eyes and honored, and I love you.” —Isaiah 43:4*

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