

January

## Five New Year's Resolutions Your Family Can Live With

*Jim Liebelt -HomeWord.com*

It's reported that most Americans either never or only infrequently set New Year's resolutions and of those that do only a few are always successful in keeping them.

So, what if we take a more modest approach this year, setting the "resolutions" bar at a reasonable height? It just might make a difference. With the right attitude going in, the following five "just for today" resolutions can help to get your family's New Year off to a positive start. These are resolutions that most everyone has a good shot of accomplishing -- something that your family can live with. As you succeed, you might even end up incorporating some of them into your family life and identity.

Five Resolutions for the New Year

#1: Just for today, I resolve to create some warmth in my home. Everyone at home wins when we do our part to create a warm and loving atmosphere at home. Today, try some kind words, engage, pay attention (be a good listener), show appropriate physical contact (a kiss, a hug, a touch), encourage, and lighten up.

#2: Just for today, I resolve not to compare myself to anyone else. The temptation always exists, doesn't it? Yet, playing the comparison game is never good for us. We can always find someone who appears to have more, better, or easier. Remember, we always lose when we compare what we know to be true about ourselves with what we don't know for sure about others.

#3: Just for today, I resolve to give someone a choice. Life can begin to weigh us down when we feel we have no choices. Today, lighten someone else's load by finding a way to offer them a choice. Perhaps it's offering your child a choice between several chores around the house. Maybe, it's simply asking your spouse what he or she would like to watch on television this evening.

#4: Just for today, I resolve to prepare. We all have something on the horizon that will benefit from some advance preparation. The time invested in preparation usually pays off when the time to act on that something arrives. Today, look ahead to that future event, deadline, or project and take some time to prepare.

#5: Just for today, I resolve to laugh. It has been said that laughter is the best medicine. But many of us are too busy, live too complicated lives, or are in the midst of painful life situations, which makes laughter a rare occurrence. Just for today, add laughter to your to-do list. Take a few moments to remember a good joke, watch a comedy, or look up a funny video clip online.

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## Alpine Camp & Conference Center - Winter Camps

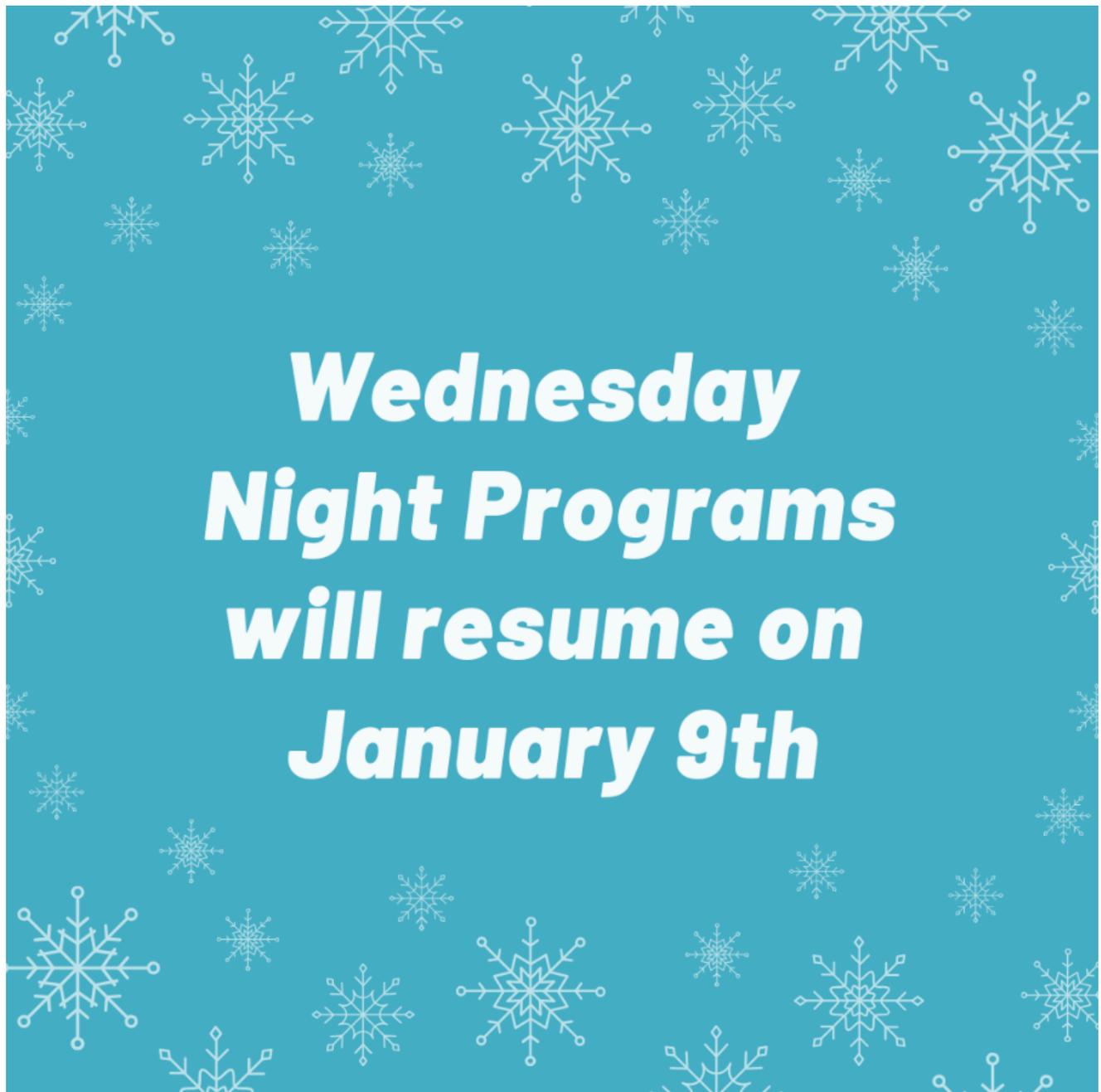
Middle School Winter Camp - January 11-13 - Final payment of \$140 due by Wednesday, January 9th.

High School Winter Camp - January 25-27 - Final payment of \$140 due by Wednesday, January 16th

\*Your student will be receiving a letter in the mail with all the details about the weekend and a packing list. To avoid traffic we will be

meeting at church at 12:30pm on the Friday. Please let me know if that is a problem.

[www.alpine-cc.org](http://www.alpine-cc.org)



## **Baja Bound House Building Trip 2019**

**February 15 - February 17**

**LOCATION: Ensenada, Baja California**

On President's Day weekend we will be participating in our 2nd annual house building trip with Baja Bound. This organization works with the working class poor of the Ensenada Valley to provide quality homes. Last year we had team members that ranged in age from 4 years old to 60+. Baja Bound provides the materials needed and project managers to make sure things are done right. They also take care of food and where we stay - a beach house in a gated community. Families are welcome to participate! High Schoolers don't need a parent to come with...Erin will be their guardian!



## InterFaith Shelter

January 19 - February 9

**LOCATION: Church**

We will once again be hosting a 3-week rotation of the Clairemont Interfaith Shelter. We will have 10-15 guests staying on campus during that time. All guests are screened by case managers from area social service agencies. Please be aware that during that time some of our regular programs will be using different rooms. If you'd like to volunteer for one of the various needs, please contact our CCC coordinator Dave Abeln - rayabeln@aol.com.

For more information about the program: [Interfaith Shelter Network](#)

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