



Are We Open for a New Year?

It is New Year's again, and I sit here thinking about what to even write about. I mean, it has all been said before, right?

Joyfully, one simple Google search led me to an article by Glamour.com, and I discovered there are so many interesting and diverse ways to celebrate the new year! In the Philippines, on New Year's Eve, families share 12 round fruits. The roundness of the fruits, like that of coins, represents prosperity. In Greece, the New Year's Day custom is hanging an onion outside your door for good luck in the new year. In Mexico, people spend New Year's Eve cooking, specifically tamales, sharing them with loved ones, which are then eaten on New Year's Day! The Japanese follow a tradition that dates back to around the 1200s. Eating a warm bowl of soba noodles is said to be tied to the Buddhist temple giving noodles to the poor. Also, "because the long thin noodles are firm yet easy to bite, it is believed eating them symbolizes a literal break away from the old year." Of course, in the United States, we gather together and watch the ball drop from Times Square to ring in the New Year!

How fascinating to learn there are so many different ways to understand one event, such as celebrating the New Year. To think that I started off feeling as if there was nothing new to know! My lesson, or takeaway, after reading this article, is to question myself about how often I limit my ability to experience Life more fully because of limiting beliefs. While thoughts and beliefs, such as "I already know this," or "What else can be said about...," are not wrong, they certainly can and will limit my experience of the Infinite Creative Source that is just waiting to share Itself with and through me. Oh, how I love rediscovering simple spiritual tools and ideas that, when used regularly, provide profound results.

Let us spend time each day thinking about something that we always do in one manner, but could do in a new and fun way. Let us align with the Infinite Divine Creativity and discover a freer, fuller, more expanded life! And as our spiritual community and home continue to grow and evolve, let us carry with us the new Global Theme for 2023, "Living Out Loud!" Every day there are infinite possibilities to choose from, so why unconsciously repeat the same thing, especially if we do not prefer it?

I discovered diverse ways of celebrating the New Year after one internet search. As I release my limiting beliefs of stagnation and stay open to abundance and flow, I wonder what else I will discover this New Year!

For more New Year traditions and customs, please visit (<https://www.glamour.com/story/new-years-eve-day-traditions>).

Reverend Joe Kovach
Senior Minister

If you have questions or comments for Rev. Joe, please email stgeorgecsl@gmail.com.