

Usually almost half of us make a New Year's resolution according to StatisticBrain.com. For 2016, which half are you in?

Whether we make a New Year's resolution or not, assessing life-long goals on an annual basis seems like a good idea this time of year. Perhaps that goal assessment results in a resolution or maybe a desired set of activities towards meeting the goal. After all, most goals involve multiple steps before they're completed (I can almost hear the age-old question now... "How do you eat an elephant?" ... Answer: "One bite at a time.")

So maybe rather than lofty "creating world peace" resolutions, we can identify a few activities to make the world a little brighter and more peaceful? And while we can't always meet the resolution fully, thinking about things to change and identifying some personal actions are movement in the right direction.

This "more peaceable earth" goal strikes me hard right now. A good friend, mentor and retired MWPC pastor, Rev. Dr. LP Jones, has been on a long road with brain cancer. His regular worship benediction while at MWPC is worth sharing with all of you... "Friends, life is short, and there is precious little time to gladden the hearts of those who travel with us. So make haste to be kind, and be quick to love, knowing that in every act of love and kindness, the God who first formed us, transforms us and re-forms us, again and again. And certainly for those blessings, all of God's people can say...Amen"

Whew. I don't know about you, but I need to keep working on gladdening the hearts of my loved ones and all people on this earth. This is certainly worth a resolution/efforts! Prospective activities to meet that goal might include...

- A regular "random act of kindness" - daily, weekly, monthly or whatever feels right (for ideas, do an internet search for ["RAKtivist"](#) & ["kindness ideas"](#) – there are lots of great ideas at the website)
- Outward actions – maybe a smile & wave to people on the street and wherever we are? Mother Teresa is credited with the statement "Peace begins with a smile." So, maybe we add 'and a wave' and our area's mantra could be: "Peace begins with a smile and a wave?"

Whatever positive efforts we resolve to do this year, let's give it our all. Perhaps it will lead to a more peaceful existence for us, with a resulting positive impact on our loved ones, our community and our world as well?

And if you see a bald guy with a smile on his face waving at you, maybe you'll wave back and feel just a bit more peaceful? :-)

Enjoy the day...and the memories!

*Steve Long, an Anderson Township resident, is an "aspiring memory missionary." He and wife Kim are having fun with Long Memories efforts ([www.LongMemories.info](http://www.LongMemories.info)), focusing on helping others in "Making, Capturing, Organizing and Sharing Memories...Now and (Virtually) Forever!"*