



# The Receiver



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But be doers of the word, and not hearers only.... James 1:22

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Your comments and thoughts on this article are requested. [rmrchaplaincy@rmr.cap.gov](mailto:rmrchaplaincy@rmr.cap.gov).

## New Beginnings

Happy New Year!

It is hard to believe it is already 2024! Many people see January 1<sup>st</sup> as an opportunity to start life over again, to have a new beginning. Start the year with a clean slate. New Year's resolutions are a way people attempt to accomplish this.

However, as I see it, life is full of new beginnings from birth until death. The obvious ones are learning how to walk, starting school, learning how to drive, first love, graduation, marriage, parenthood, etc.

Each day, with which we are blessed, is a new beginning. Each day presents itself with new opportunities and challenges, even when these are a continuation from previous days, weeks, months, and/or years. Each passing day, these opportunities and challenges can present themselves with a brand, new facet; offering a new normal to consider and adjustments we may need to make. What worked earlier may not work now but we can discover new resources and options. Sometimes we win. Sometimes we lose. We are stretched. This is why it is important to have a support team. This is one of the goals of Civil Air Patrol's *Five Pillars of Wellness and Resilience*.

In order to get the most out of life, we cannot live from weekend to weekend; or from holiday to holiday. Too many people do this. They waste the five days, Monday to Friday, or months which come in between. We also cannot live in the past as the Apostle Paul warns us in Philippians 3:14. We cannot live in our past successes and failures; we need to press ahead. We can **learn** from past successes and failures, but it is no place to reside.

In conclusion, how is your support? Have you applied the *Five Pillars of Wellness and Resilience* (Mind, Body, Relationships, Spirit, Family)? Are you pressing forward? What goals do you want to accomplish in 2024? While we may not achieve all of our annual goals, they will help keep us focused.

I wish you all the best for 2024.  
God bless!

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