

Recipe for a Happy New Year:
Anonymous

Take twelve fine, full-grown months; see that these are thoroughly free from old memories of bitterness, rancor and hate, cleanse them completely from every clinging spite; pick off all specks of pettiness and littleness; in short, see that these months are freed from all the past—have them fresh and clean as when they first came from the great storehouse of Time. Cut these months into thirty or thirty-one equal parts. Do not attempt to make up the whole batch at one time (so many persons spoil the entire lot this way) but prepare one day at a time.

Into each day put equal parts of faith, patience, courage, work (some people omit this ingredient and so spoil the flavor of the rest), hope, fidelity, liberality, kindness, rest (leaving this out is like leaving the oil out of the salad dressing— don't do it), prayer, meditation, and one well-selected resolution. Put in about one teaspoonful of good spirits, a dash of fun, a pinch of folly, a sprinkling of play, and a heaping cupful of good humor.

January 23, 2022

Psalm 19

¹ The heavens are telling the glory of God;
and the firmament proclaims God's handiwork.

² **Day to day pours forth speech,
and night to night declares knowledge.**

³ There is no speech, nor are there words;
their voice is not heard;

⁴ **yet their voice goes out through all the earth,
and their words to the end of the world.**

⁵ In them God has set a tent for the sun,
which comes forth like a bridegroom leaving his chamber,
and runs its course with joy like a strong man.

⁶ **Its rising is from the end of the heavens,
and its circuit to the end of them;
and there is nothing hid from its heat.**

⁷ The law of the LORD is perfect,
reviving the soul;

**the testimony of the LORD is sure,
making wise the simple;**

⁸ the precepts of the LORD are right,
rejoicing the heart;

**the commandment of the LORD is pure,
enlightening the eyes;**

⁹ the fear of the LORD is clean,
enduring for ever;

**the ordinances of the LORD are true,
and righteous altogether.**

¹⁰ More to be desired are they than gold,
even much fine gold;

**sweeter also than honey,
and drippings of the honeycomb.**

¹¹ Moreover by them is your servant warned;
in keeping them there is great reward.

12 But who can understand one's own errors?

Clear me from hidden faults.

13 Also keep your servant from the insolent;
let them not have dominion over me!

**Then I shall be blameless,
and innocent of great transgression.**

**14 Let the words of my mouth and the meditation of my heart
be acceptable in your sight,
O LORD, my rock and my redeemer.**

1 Corinthians 12:12-31a

12 For as the body is one and has many members, but all the members of that one body, being many, are one body, so also *is* Christ. **13** For by one Spirit we were all baptized into one body—whether Jews or Greeks, whether slaves or free—and have all been made to drink into one Spirit. **14** For in fact the body is not one member but many.

15 If the foot should say, “Because I am not a hand, I am not of the body,” is it therefore not of the body? **16** And if the ear should say, “Because I am not an eye, I am not of the body,” is it therefore not of the body? **17** If the whole body *were* an eye, where *would be* the hearing? If the whole *were* hearing, where *would be* the smelling? **18** But now God has set the members, each one of them, in the body just as He pleased. **19** And if they were all one member, where *would* the body *be*?

20 But now indeed *there are* many members, yet one body. **21** And the eye cannot say to the hand, “I have no need of you”; nor again the head to the feet, “I have no need of you.” **22** No, much rather, those members of the body which seem to be weaker are necessary. **23** And those *members* of the body which we think to be less honorable, on these we bestow greater honor; and our unrepresentable *parts* have greater modesty, **24** but our presentable *parts* have no need. But God composed the body, having given greater honor to that *part* which lacks it, **25** that there should be no schism in the body, but *that* the members should have the same care for one another. **26** And if one member suffers, all the members suffer with *it*; or if one member is honored, all the members rejoice with *it*.

27 Now you are the body of Christ, and members individually. **28** And God has appointed these in the church: first apostles, second prophets, third teachers, after that miracles, then gifts of healings, helps, administrations, varieties of tongues. **29** *Are* all apostles? *Are* all prophets? *Are* all teachers? *Are* all workers of miracles? **30** Do all have gifts of healings? Do all speak with tongues? Do all interpret? **31** But earnestly desire the best gifts.

St. Luke 4:14-21

14 Then Jesus returned in the power of the Spirit to Galilee, and news of Him went out through all the surrounding region. **15** And He taught in their synagogues, being glorified by all.

16 So He came to Nazareth, where He had been brought up. And as His custom was, He went into the synagogue on the Sabbath day, and stood up to read. **17** And He was handed the book of the prophet Isaiah. And when He had opened the book, He found the place where it was written:

18 “The Spirit of the LORD *is* upon Me,
Because He has anointed Me
To preach the gospel to *the* poor;
He has sent Me to heal the brokenhearted,
To proclaim liberty to *the* captives
And recovery of sight to *the* blind,
To set at liberty those who are oppressed;
19 To proclaim the acceptable year of the LORD.”

20 Then He closed the book, and gave *it* back to the attendant and sat down. And the eyes of all who were in the synagogue were fixed on Him. **21** And He began to say to them, “Today this Scripture is fulfilled in your hearing.”