

The Power of Irish Wisdom **By Renee' Gatz, Author**

Happy New Year!

I woke on January 1, 2013 believing for myself and everyone else that we are stepping into a New Year full of promise. The reason I believe this is that in spite of the challenges our nation, communities and each of us personally endured last year, very often we found a way to come together to help each other, pray for each other and remain focused on the positive side of human nature. I saw it again and again throughout the course of the year--even on the news, which could sadden the most optimistic among us.

I am not naive enough to believe that 2013 won't bring us new challenges or that we handled all the challenges of 2012 well. After all, we are flawed human beings doing the best we can with what we know. What I do believe is that everything we live through helps us become the person we are today. If we become better people for having endured obstacles and do not become bitter, we are getting wiser, we are learning to focus on what is important and we learn gratitude for our many blessings. The more of us that "get this" the better we all become, and I have every reason to believe we are getting a little bit better each day.

Therefore, today I will go to my mother's and enjoy a pork dinner. Because as my mother has told me every year for as long as I can remember, ***on New Year's Day we eat pork because a pig roots forward, a chicken scratches back.*** This symbolic meal is a reminder to me to look forward to the blessings of the New Year and not to remain focused on the disappointments of the past.

In the words of the Mother Teresa, ***"Yesterday is gone. Tomorrow has not yet come. We have only today. Let us begin."***

May today be the beginning of your very best days!

Renee' Gatz, author of [Wise Words & Witty Expressions](#)