



Notre Dame Elementary School

Nurturing Dreams, Excellence and Success



January 9th , 2019

Dear Parents,

The dawn of a new year is a perfect time to look at our lives as they are today and as they are reflected in this year's theme of "Better Together". In doing so, we remember and respond in our hearts to those who have touched our lives and by doing so, have caused us to be better persons. St. Augustine once said, "There are two things on earth that are most essential: good health and a good friend."

Friendship can be one of the greatest supports for living our faith and our life in general. Recall the old proverb, "Tell me who your friend is, and I will tell you who you are." A good friend can be your other self- your BEST self.

Friends can help us in several different ways. First, a friend can help us grow in self awareness. We can discover who we are and who we are becoming by looking at what we have in common as well as how we are different from our friend. Secondly, a friend can help us expand our outlook and our interests. They can introduce us to new ideas, new people, new hobbies and new places. A good friend can also give us encouragement in our efforts to grow. They look at us, love us and accept us – warts and all! They remind us what it means to love and be loved . They also give us opportunities to express that love by a hug, by a pat on the back, by lending an ear, by sharing their excitement or wiping away a tear. Lastly, a good friend can help us trust. We find ourselves able to share our hopes and dreams, fears and misgivings, our successes and failures.

Having a good friend is an integral part of our spirituality. St. John says this in his Gospel passage: "How can you claim to be friends with God Whom you can't see; when you don't have friends whom you can see."

As we enter into this New Year, let us reflect on the role and blessing that friendship plays in our life. One author put it this way, "Ask yourself if you would give the keys to your house to your best friend. If you would hesitate, then you better look for a new friend." This week, let us adapt that quote a little and ask ourselves, "To whom would I give the keys of my heart?" If you can think of someone, thank God that they are in your life.

Remember: "Alone we can do little; together, we can do much."-Helen Keller.

As for the New Year, I wish you all new awakenings, quiet joy, and a year filled with wonderful opportunities and much happiness.

Lovingly,

Sister Carol March