

# What, Me? Change?



**Decorations down, Tree recycled, Turkey turned into soup, New Year Resolutions made (and some broken already?). Christmas probably seems a long time ago. But maybe we should hold onto Christmas a little longer...?**

It's easy to forget that Christmas Day is the beginning, not the end of the Christmas season. Though Christmas seems to belong to the feasting days of December, it could help us through the austere January 'pay-back'; the gym, slimming clubs, diet regimes and all those other New Year's Resolutions?

At the heart of Christmas is the idea that 'God is with us' (the name 'Emmanuel' means exactly that). That God is on our side, with us in the struggles of our daily life - not distant, far off and ready to condemn us for every transgression - is really important as we face what seems like the uphill struggle of January.

I've asked my family what resolutions they'd like me to keep: that's scary, but interesting! Here are some very brief thoughts to help us with any New Years resolutions we've made.

1. **Be SMART:** SMART goals (Specific, Measurable, Assignable, Realistic and Time-related\*) have been fashionable in business since George T. Doran first suggested them in Management Review in November 1981). When the changes we seek are unspecific, unrealistic or difficult to track, we just set ourselves up to fail - and to make ourselves

feel worse than we did before. Drawing up a route map will make the trip (however daunting) less overwhelming, and will make that first step so much less intimidating...

2. **Take small steps:** Even the smallest baby steps will take us in the right direction. And remember to celebrate every success as you pass each milestone - it's OK to have fun on the way!

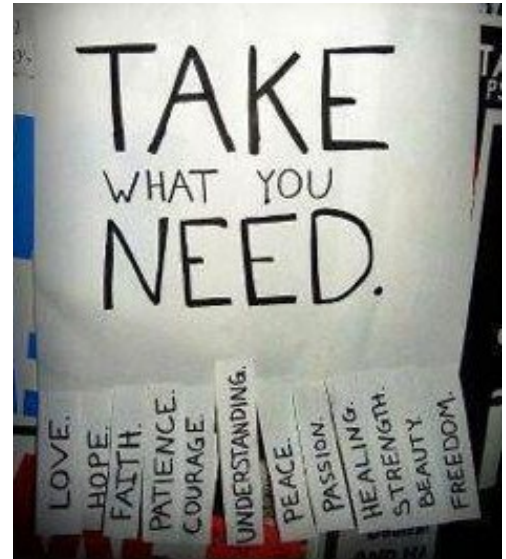
3. **Remember you're still 'you':** None of us is perfect. While moments of failure will happen, we don't have to let them defeat us. Often our harshest critic is ourselves, so:

4. **Let's not do it alone:** It can help enormously to be accountable to someone outside of ourselves. Someone to share our goals with will make it harder to give up, but even better if you can encourage and challenge each other to victory.

5. **Be kind to yourself.** The punishing regime of Christmas over-indulgence followed by a New Year 'pay-back' of self-denial is not a great model for anyone's well-being. New Years' Resolutions are only helpful if they remind us that our own health and well-being are important, not to make us feel bad! Besides, if we don't take care of ourselves, how can we take care of others?

George Lane  
Co-ordinating Chaplain

\* There are lots of variations on these—find which works best for you!



God, give me grace to accept with **serenity** the things that cannot be changed, **Courage** to change the things which should be changed, and the **Wisdom** to distinguish the one from the other. Living one day at a time, Enjoying one moment at a time, Taking, as Jesus did, This world **as it is**, Not as **I would have it...**

*Reinhold Niebuhr (amended)  
often still used by Alcoholics Anonymous.*

## Prayer Diary

**January 6 - 12, 2014 - Week 2**  
**We give thanks in our prayers for the work of:**

M.A.G Retail & Marketing  
American Airlines  
Biza Duty Free (Alpha)  
Lufthansa  
Canadian Affair  
Viking Hellas

**The Chaplaincies at**  
Amsterdam Schiphol Airport (NL)  
Auckland International Airport (NZ)  
Alajuela Juan Santamaría (Costa Rica)

**Daily Prayers (Christian) take place every day at 8.30am in T1 Prayer Room**  
*(and at many other times and places too)*

**Friday Jumma Prayers (Islamic) are held in T3 Prayer Room**

1300 GMT (Winter)