



**Monthly Connections**  
*Pat Farrell, OP :: Executive Director*  
**Dominican Sisters Conference**

## A Message from Pat Farrell, OP



*December has been filled with some retreat time and a couple of weeks home in the San Francisco Bay Area with sisters, family, and friends. So this letter is not a "newsy" one, but rather best wishes for a New Year filled with hope. And as people of hope, our job in 2017 is to be bearers of hope to those who have forgotten where and how to find it.*

*I hope you will enjoy the "Recipe for a Happy New Year" below!*

*Peace and all good,*

## Recipe for a Happy New Year

*Take twelve whole months.*

*Clean them thoroughly of all bitterness,  
hate, and jealousy.*

*Make them just as fresh and clean as possible.*

*Now cut each month into twenty-eight, thirty, or  
thirty-one different parts,  
but don't make up the whole batch at once.*

*Prepare it one day at a time out of these ingredients.*

*Mix well into each day one part of faith,  
one part of patience, one part of courage,  
and one part of work.*

*Add to each day one part of hope,  
faithfulness, generosity, and kindness.*

*Blend with one part prayer, one part meditation,  
and one good deed.*

*Season the whole with a dash of good spirits,  
a sprinkle of fun, a pinch of play,  
and a cupful of good humor.*

*Pour all of this into a vessel of love.*

*Cook thoroughly over radiant joy,  
garnish wit a smile,  
serve with quietness, unselfishness,  
and cheerfulness.*

*You're bound to have a happy new year.*

*- Author Unknown*

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**May the preaching continue through our members!**

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