



# PURSUIT OF HAPPINESS

Seeking change or a challenge in the new year? Here are 50 ideas focused on ways to grow your faith, deepen your relationships with family and friends, serve others, and be healthy. Try something new every day – or repeat something consistently – during the next four weeks. The choice is yours. Tell us what you're up to by filling out a challenge card at the church entrance. We're praying for you!

## 50 WAYS - 30 DAYS CHALLENGE

1. Read a Bible story with your children.
2. It's the year of the Eucharist - stop in for Eucharistic Adoration.
3. Create a workout routine and do it 3 times a week.
4. Go to Mass during the week.
5. Get up from your desk to move every 2 hours.
6. Give up soda for a month.
7. Invite someone to Mass or a church event.
8. Take a walk in the neighborhood or around the track at school - and go longer the next time.
9. Read the Bible for 15 minutes a day – what is God saying to you? How do you fit in God's story?
10. Clean a neighbor's yard.
11. Pray the rosary in your car. Bonus if you teach your kids on the way to school.
12. Check out – and get active - in a church ministry you have been thinking about.
13. After saying grace, have lunch or dinner without any cell phones as a family. (No TV either).
14. Center your prayer life - talk to God 5 minutes a day.
15. Prepare a meal, or bake a dessert where every family member gets involved. Try it once a week.
16. Get to learn something new from each of your family members or friends by the end of the month.
17. No-cell zone: Spend at least 30 minutes without technology every day (no TV, cellphone, iPads).
18. Pick up litter when you see it - keep things clean.
19. Talk as a family about why service is important and pick a project - volunteer at a food bank, soup kitchen or other charity.
20. At the grocery store, give up the sweets or chips and instead pick up a can for the BOGOGO cart.
21. Hold the door open for someone.
22. Donate blood – the Big Red Bus will be at St. Mary Magdalen Jan. 14.
23. Go to the church (NOT during Mass) to pray.
24. Join a small group – or check out LifeTeen and Edge - to share your faith and watch it grow.
25. Clean your closet and set aside items for charity. Pray for the person who may wear the clothes you donate.
26. Get an annual "spiritual check-up." Seek out a priest, deacon or "holy listener" for spiritual direction.
27. Eat 1 meal a day with your family.
28. Create an intention list and intentionally pray for the list daily throughout this message series.
29. Set your playlist to Christian music - and sing along in praise!
30. Sit somewhere different at Mass – and meet new people in the pews.
31. Read daily readings for a week (hint, you'll find them in the bulletin listed with Mass intentions).
32. Take a day to pray with the Respect Life group outside the abortion clinic.
33. Share a meal or conversation - the ministry of presence - with someone who is widowed, divorced or single.
34. Draw, write, garden, cook, dance - take up a new hobby to take away the stress.
35. Try a substitution for a not so healthy item (for example cauliflower "rice" vs. white rice).
36. Write a note each day to a different family member.
37. Start your day with a healthy breakfast.
38. Declutter - tackle something small every day (your desk, your inbox, your car) - to simplify your life.
39. Implement 10 minutes a day of one-on-one focused time with each child.
40. Make a to-go plate: When cooking or baking, make extra for a neighbor who is alone or ill.
41. Hopscotch? Play an outdoor game from your childhood with your kids.
42. Be positive: Write down a positive thought a day (even on those days when things go wrong).
43. Bring your own lunch to work.
44. Keep a gratitude list for 30 days.
45. Tell someone you love them each day.
46. Say the Jesus Prayer 3 times a day.
47. Moderate your food and drink choices – less sugar, less caffeine, less alcohol.
48. Sit with a person or the family of a person who is coping with Alzheimer's, or other mental illness – then pray for them.
49. Educate yourself. Take a St. Mary Magdalen or online Bible study (new courses start in January).
50. Ditch social media for the weekend – and surprise someone in your life with a phone call instead.

Place God First. Come Together as Family.  
Serve as Christ Serves. Love as Christ Loves.