

**The Reflection from Pastor Fr. John Carlos,  
Holy Cross Church, Harrison, NJ, January 12,  
2020**

**TWO VIEWS**

The changing of seasons and the coming of a new year brings us to reflection on our lives in two directions. 1 – We find ourselves looking back at the good times and difficult times that have brought us to where we are now and understand who we have become. 2 – We then find ourselves looking toward to the future with the hope in new opportunities that can transform our lives and assist us in our faith formation.

The essential result of these two introspections is that we accept the some of our past experiences as opportunities to develop and grow as individuals. We can learn from every aspect of our lives; the successful and joyful experiences are certainly easy for explore and provide positive support. Yet the difficult times can bear down heavily on us and seem to prevent us moving beyond those moments. The truth is that we can grow and learn from both the positive and the difficult experiences. The positive experiences always provide an edifying movement and hopeful prospect for the future.

At the center of our reflections and especially in our mourning, we need to place the source of all hope,

Our Lord Jesus Christ. Through His coming into the world, he has shown us that there is nothing that cannot be overcome. Our meditation on the Pascal Mystery provides the hope for new life and the divine strength to overcome every difficulty. With His grace and mercy, we find the strength in hope and the encouragement in forgiveness.

May this year bring us renew hope, Happy New Year filled with God's grace.

Father John Carlos

**双向反审**

季节的更迭和新年的到来让我们对我们的生活做一个双向思考。1. 我们发现如果以现在生活状态为起点我们会回顾我们曾度过的好日子和困难的时期。2. 我们也发现我们对未来充满希望，期望我们有机会能改变我们的生活现状和增进信德陶成。

这双向审视的必然结果就是我们接纳我们过去的一些生活经验，并以此做为我们个人成长的机会。我们可以从我们不同的生活层面学习到很多东西；成功和喜乐的经验容易挖掘并信手拈来给我们正能量。失败的经历则让我们深感压抑，似乎可以让我们走不出困惑，并阻止我们迈步不前。事实上不论是从正面或从反面的经验中我们都可以学习和成长。阳光的经历给我们充电和启发，让我们满怀希望去展望未来。

在双向反审的核心中，特别是在我们消沉沮丧时，我们需要把希望寄托在我们的主耶稣基督那里，因为祂是希望的源泉。祂来到这个世上给我们展示没有什么不能逾越的。逾越节奥迹的默想不仅让我们对新生活充满希望，更增添了我们超性的力量来战胜我们面对的每一个困难。在天主的圣宠和慈爱里，我们找到了希望，勇气和宽恕的力量。

祝新的一年充满希望，新年快乐，主宠满溢！

若望卡洛斯神父