



Society for Sister Paula

A Grown-Up Birthday

Throughout the year, we celebrate many holidays such as President's Day, Memorial Day, Thanksgiving, Christmas, Easter, as well as many other religious feast days. On a more personal note, our own birthday, or that of a loved one, are similar highlights on our calendar. As children, birthdays are celebrated with great joy, much to the excitement of the child, however this changes slightly once one reaches adulthood.

What is the purpose of a birthday in an adult life? And why does this change from a pure, joyful, celebration? There is no better day to reflect on the gift of our own lives, on both the joy that we find in them and the joy which they bring others.

So often, our life goes by without reconciling broken relationships, leaving us with regrets and lasting guilt about the mistakes we made, and resentment when we ourselves were hurt. Is it wise to go about our lives carrying these burdens? Think how much better our lives could be if there was a day dedicated to remedying our mistakes and healing our wounds, appreciating our past while paving the way for a fulfilled and regret-free future. In a similar way, a birthday is a great opportunity to make peace with ourselves. Forgiving ourselves for past mistakes is essential for internal tranquility, and serious self assessment producing practical resolutions imperative for character growth.

Each of us are endowed with incredible potential, to achieve more than life's bare necessities: to flourish, create, and love. A birthday could be an opportunity to check in with our relationships, and make sure we surround ourselves with people who further our experience of a good life. Furthermore, how could we better set ourselves up for success? Are we looking after our own needs, or abusing the luxuries which are so available to us in this modern age? Let us avoid harm and promote good in how we relate to others and ourselves, and introduce new small habits to change our minds and bodies for the better.

Knowledge and belief in our own self-worth can be a lifelong struggle. Even when we are striving to lead a good life, and do good to others, an attitude of intolerance in our society can call into question our positive choices. These conflicts, often brought about by envy and jealousy, or those struggling with their own discontent, can distort and destroy our self belief. Why not use our special day as a shield and address those to attempt to degrade us? Standing by our own beliefs, values, and positive choices will give us confidence and possibly even benefit those who belittle us.

Life is precious, and every year, a birthday reminds us of its miracle and worth. At times, our own lives are mysteries, tested in time, whose ultimate purpose may remain obscure until their completion. Let this yearly reminder of life's joy not only be exclusive to children, but used by adults as an opportunity to assess and appreciate the miraculous mystery of our own life.

Happy birthday!

Interested in the Society for Sister Paula?

Website: <https://sisterpaulasociety.org/>

Sister Paula Biography: <https://sisterpaulasociety.org/book/>

