



**A New Year With A New Heart: A Call
To Move Our Feet
January 2026**

“If anyone is in Christ, he is a new creation. The old has passed away: behold, the new has come”

2 Corinthians 5:17

It is very common to make New Year's resolutions. The start of a new year is a time to pause and reflect on activities and our lives during the previous year. The most common resolutions are personal ones revolved around health, finances, and self-improvement.

Father John Deer stated in 2008, “New Year's is a good time for resolutions, but I think, given the world, we need more than resolutions, even good intentions—we need solemn, religious vows, a whole new commitment to God's way of peace and love.

Let our focus in this new year be on a recommitment to peace and nonviolence, and let us choose to practice and support activities that create a climate of nonviolence in our lives, our communities and the world. We must educate ourselves and others so we can practice actions that support nonviolent resistance and social change.



Change My Heart

“A new heart I will give you, and a new spirit I will put within you; and I will remove from your body the heart of stone and give you a heart of flesh”

Ezekiel 36:26

In 2026, let us change our hearts by committing to a group, an action, or a movement. Find something that resonates in your heart or causes you to be filled with outrage. Read, research, pray, and then commit to a concrete action to make a difference.

How will I “move my feet”?

Change My Heart With a Disarming Peace

The Catholic Church celebrates New Year's Day with an annual day of peace. [Pope Leo](#) picked the theme "Peace be with you all: Towards an unarmed and disarming peace". An unarmed peace is not based on fear, threats, or weapons. A disarming peace can resolve conflicts and open hearts. It generates mutual trust, empathy, and hope. It is not enough to call for peace. We must choose it as a way of life that rejects every form of hidden, overt, or systemic violence.



How will I "move my feet"?

Change My Heart with a Commitment to Rise and Shine

In this unprecedented moment:

I commit
to take concrete steps with others
to defy fear, confront cruelty, dissolve hate,
and work for the well-being of all.

I commit
to connect, train, plan, and take action

to resist the injustices we face
with courage, goodness, and the power of nonviolent struggle.

I commit
to learn from the examples of people around the world
who ended dictatorships with powerful nonviolent movements.

It has been done before. It can be done again. Therefore:

I commit
to *rise* to the challenges of this time and
to *shine* with the power of love, truth, and solidarity.

Alarms are ringing. Time to rise . . . and shine!

[Pace e Bene](#)

How will I “move my feet”?



Change My Heart With Solidarity with Our Immigrant Neighbors

Read Archbishop Grob's weekly letter, The Branches, on Immigration

[The Branches 10-14-2025](#)

The United States bishops issued a [Special Message](#) expressing their concern about the evolving situation affecting immigrants in the United States. It marked the first time in twelve years that the USCCB invoked this particularly urgent way of speaking as a body of bishops.

Visit the [Elizabeth Ann Seton Migrant Ministry Post](#) and reflect on and consider their examination of conscience.

Join members of the community on Friday mornings from 9 to 10 at the ICE building on Knapp Street and show support.

How will I “move my feet”?

Change My Heart With Care for Our Common Home

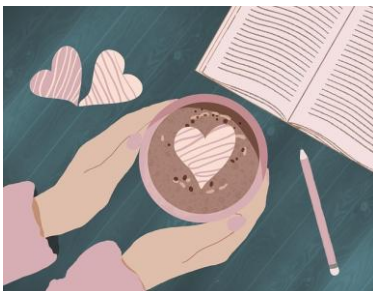


Learn to care for our common home and achieve climate and ecological justice by exploring the [Laudato Si Movement](#) website.

How will I “move my feet”?

Change My Heart with Support For Women Survivors

[St Bakhita Catholic Worker House](#) offers hope and healing to women survivors of human trafficking and sexual exploitation.



[Franciscan Peacemakers](#) connects women survivors of sexual exploitation with safe housing, meaningful work and a healing network of support.

How will I “move my feet”?

Change My Heart with Support for Justice



Transformative Justice (TJ) is a political framework for responding to violence, harm, and abuse by creating community-based solutions that don't rely on the punitive criminal legal system (police, prisons) but instead address root causes like systemic oppression, aiming for healing, accountability, and safety for everyone involved, especially survivors, through transformative social change.

[MICAH](#) (Milwaukee Inner City Congregations Allied for Hope) is a multi-racial, multi-cultural interfaith organization that works for justice and equality.

Restorative justice (RJ) is a philosophy and practice focused on repairing harm from crime by bringing together those affected—victims, offenders, and communities—to collectively decide how to fix relationships and address needs, emphasizing accountability through making amends rather than just punishment, and seeking to heal, reintegrate, and build safer communities

The Interfaith Conference of Greater Milwaukee builds relationships among people of faith to promote greater understanding, dignity, and respect, and to advocate for the inclusion and acceptance of all

<https://www.interfaithconference.org/restorative-practices>

How will I “move my feet”?

Change my Heart and Pray for Justice

O Lord, open my eyes that I may see the needs of others
Open my ears that I may hear their cries;
Open my heart so that they need not be without succor;
Let me not be afraid to defend the weak because of the anger of the strong,
Nor afraid to defend the poor because of the anger of the rich.
Show me where love and hope and faith are needed,
And use me to bring them to those places.
And so open my eyes and my ears
That I may this coming day be able to do some work of peace for thee.

- Alan Paton, South Africa, United Methodist Hymnal #456

How else do you feel led to “move your feet”? Does your heart hurt for the homeless, the persecuted transgender, the folks worried about losing food benefits, children affected by education cuts, folks killed in boat strikes, or challenges to our foundational balance of powers?

Change My Heart,

Pray,

Move My Feet!