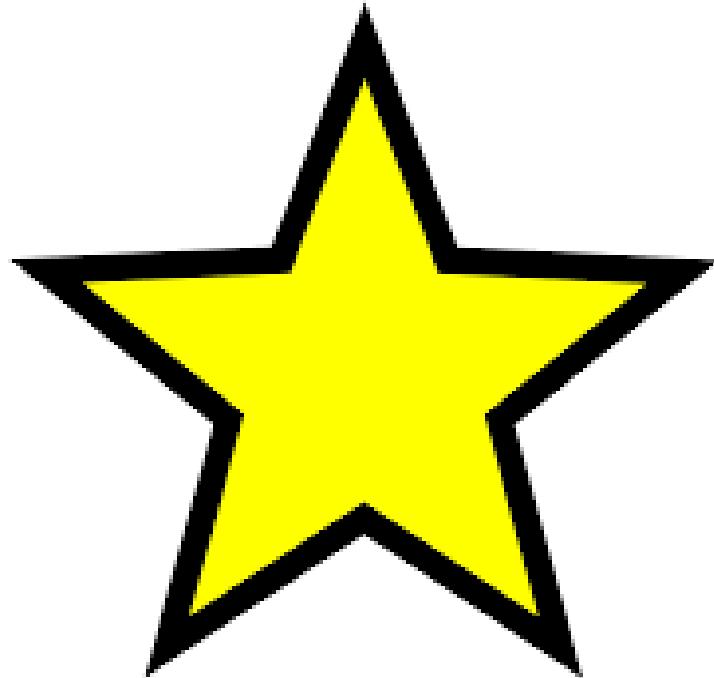


December Reflect on this year's word and
prepare for next year's word!

- ★ What is the most important thing (or few things) that you have learned this year?
- ★ What do you look forward to as you await a new word next year?
- ★ When you think about the star of Bethlehem this Advent and Christmas, think about your star word above the stable. Journal about what this means to you to see your word above the manger, pointing the way to Jesus.
- ★ If you have a nativity at home, take down your star word from where it's been and put it over the scene. Think about this word leading you to Jesus.



My Star Word 2026



Like the Magi followed the star to find Jesus, you too can have a star to guide you as you follow Jesus this year. Star Words will be handed out on Epiphany Sunday, a wooden star- with a different word for each person written on it. Star Words are picked randomly, guided by the Holy Spirit. We encourage you to accept the word given with an open heart to learn how the Spirit might be calling you to live into the word. This booklet will help you reflect on your guiding word throughout the year. If you would like to receive a star word by email or mail, please contact us at westside@westsideccdoc.org

Star Word Journal

Some people who have used star words in the past have gotten really excited about them in January but then by March or April, they have gone the way of New Year's Resolutions. They get forgotten or people run out of ways to interact with their star word. Rev. Charissa Clark Howe created a Star Word Journal that can help with keeping up on your star word for the entire year. She has generously given permission to us to adapt and reprint her journal for members of St. Michael and All Angels. Each month has a topic to reflect on, as well as some sample prompts you can use to kick off your reflections on your star word every month of the year.

January *Live with your word*

- ★ Write your star word on the blank star at the front of this journal.
- ★ Put your star somewhere you'll see it frequently. Every time you see it, it will be a visual reminder of your focus word for this year.
- ★ Find a few minutes a couple times a week that you can set aside for reflection, study, and/or journaling. Try to keep this time consistent throughout the year.
- ★ Make a "New Year's Resolution" that includes your word. It might be as simple as saying "I resolve to study and meditate on my word daily." Or it might be something that has to do with "living into" your word. Write this resolution in your journal.
- ★ Begin to pray that God will enlighten you and point you to what God has to say to you through this word.

October *Words and Saints*

- ★ As you prepare for All Saint's Day (November 1), think about what this word meant to other people of faith. Who comes to mind when you think about your word? How has that person influenced you?
- ★ What can you change or focus on to live a life more like the people who come to mind when you think about your word?
- ★ How does this word fit into the practices of a "saintly life"?



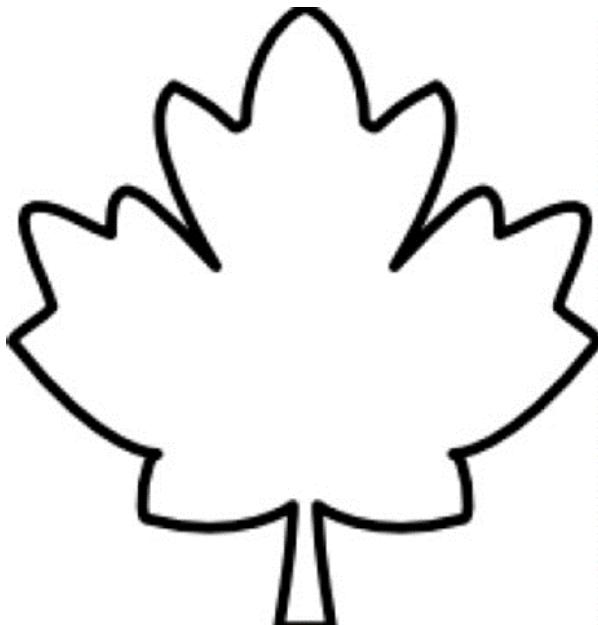
November *Give thanks for your word*

- ★ Write a prayer, poem, or song of thanks to God for your word and what you have learned this year.
- ★ What are you most grateful that God has taught you this year? You might need to read back through this booklet to remember all that God has spoken to you this year.
- ★ The cornucopia is a symbol of harvest and abundance. It's used to represent thanksgiving for all we've been given. Copy or cut out this cornucopia and write your star word on one of the fruits.

September Words and Seasons

- ★ Even if you're not in school, September seems to start the year in many ways. Keep your star word in mind as you reset yourself and your routines for the school year. How can your star word inform your routine as you enter into this next season?
- ★ This is the time of year we often reflect on seasons as we transition from summer to autumn. What season of life are you in right now? How does this word fit with your current season of life?
- ★ Don't forget to reflect on the practices you began in May from the list you made in April.

Copy this paper leaf and write your word on it. Think about how the word has traveled with you through all these seasons and how it can move forward through more seasons with you.



February Learn about your word

★ Listen as people talk to you, as you read, as you watch TV/movies and pay attention to how and when and how often your word comes up in the world around you.

★ Look up your word in the dictionary. Write the definition in below. Circle or highlight anything in the definition that stands out to you, anything that surprised, annoyed, or delighted you about the word's definition.

★ Look up your word in the thesaurus. Write the synonyms in the space below. Circle or highlight anything that stands out to you, surprised, annoyed, or delighted you.

★ Look up your word in a Bible concordance. Feel free to borrow one from the church library or use the one at: <https://www.biblegateway.com/keyword/> List the Scripture references to begin reading through them next month. Setup a daily reading plan if you'd like.

March Think about your word

- ★ Do you use your word? How do you use it?
- ★ How has that word been used in reference to you (Have people said you have that word/trait or that you lack it? Would they use it to describe you?)
- ★ How do you feel about your word? Do you love your word? Dislike your word?
- ★ Do an online search or skim the newspaper for news articles that contain your word. Note what you read and learn through this search. It might seem to have nothing to do with your word.
- ★ Read the scripture passages you listed last month. Note what you read and learn through this search. It might seem to have nothing to do with your word.

In March, we remember St. Patrick, known for his trinitarian theology. A common symbol of the Trinity is the "triquetra". Trace this symbol and write your word on it to hang up like the star. Think about how God the Creator made us with that word in our being, how Jesus the Son saved us so that we might live into and experience the freedom of that word, and how the Holy Spirit leads us to full understanding and embrace of that word



August Reflect on "God Sightings"

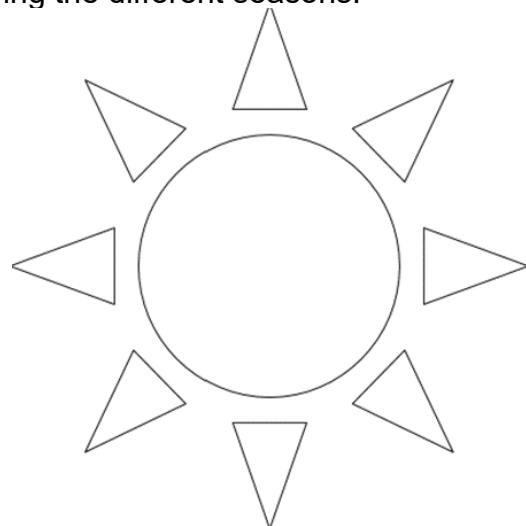
- ★ Where have you seen God at work generally this year?
- ★ How has the study of your star word affected the way you've seen God at work this year?
- ★ How do you think you could keep growing with this word? What still bugs you about it? What do you still struggle with?
- ★ Don't forget to reflect on the practices you began in May from the list you made in April.

Copy and cut out this paper magnifying glass and write your word on it. Think about how the word helps you to better see the world around you from God's perspective.



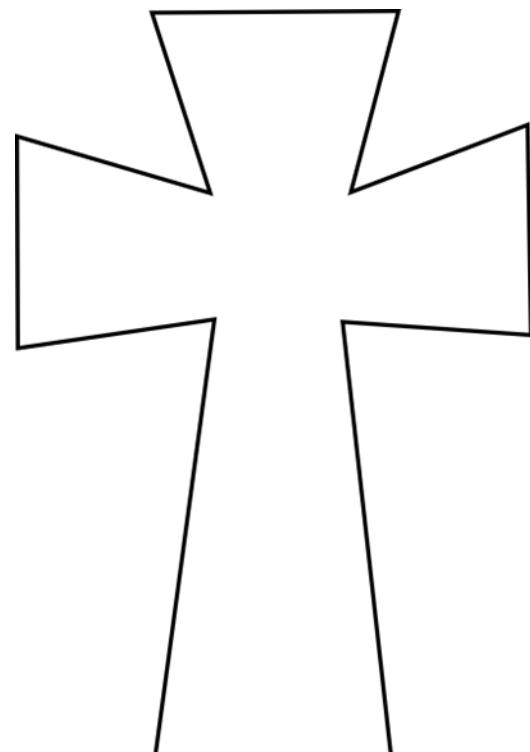
July Share your word

- ★ Ask someone close to you if they have noticed a change that might have something to do with the word or how they see you and that word fitting together. Reflect on what they said.
- ★ Write a prayer or poem about your journey with your word or create a piece of art or music based on your word and what you've learned about it and through it so far. Share it with others.
- ★ Don't forget to reflect on the practices you began in May from the list you made in April, haven't started? Start now!
- ★ In the winter month of January, we think about stars because the nights are long and the days are short. In July, it's the opposite. We see the sun more than the stars. Copy or draw a paper sun to write your word on this month to remind you that our paths are lit by different kinds of light during the different seasons.



April Listen to God

- ★ Why is this word important? Why would it come up in a list of "spiritual" words?
- ★ What themes, ideas, or actions have come up in your study so far?
- ★ Make a list of ideas for "living" your star word based on what God's been saying to you.
- ★ Holy week and Easter usually fall in late March or early April. Draw a cross and write your word on it. Hang it up like the others and think about what your word has to do with redemption.



May Lean Into Your Word

- ★ Each week this month and in the following months, pick one of the ideas from your “living the star” list (April) and make it a practice that week. Write your reflections each week as you explore these practices.
- ★ Is there a new skill you could learn or a class you could take, maybe a group you could join that has to do with your word and how God is speaking through it? Sign up for a class or group or get on youtube and learn that new skill! Write in your journal what skill you are going to learn, what group are you joining, or what class are you going to take.
- ★ As you go about your day to day life, visualize your word being printed on the front of your shirt. How does that change the way you interact with the world around you? (Maybe you want to actually make a t-shirt that has your word on it.)

Pentecost is usually in May or early June. Pentecost is the celebration of the Holy Spirit coming to guide us.

Let the Spirit use your word to guide your days.



Draw and cut out a Pentecost dove and write your word on it.

June Reflect on your word

- ★ How have your ideas and perceptions of your word changed or grown?
- ★ How does this word fit into themes and ideas that have come up in scripture or music or conversation at church?
- ★ Don’t forget to keep trying new practices that have to do with your word. Journal about those experiences.

The birthstone for June is a pearl. Pearls are often used in Scripture and other places to represent something very precious. Copy or draw a pearl and write your word on it to hang up. Think about this word being a precious word from God and treasure it in your heart.

