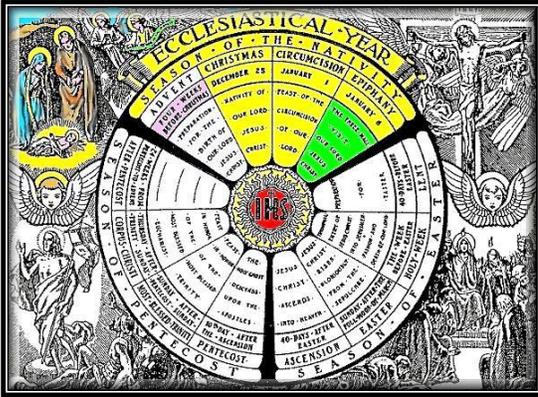




## Resolutions for the New (Liturgical) Year



The celebration of the Solemnity of Our Lord Jesus Christ, King of the Universe brings with it the last Sunday of the Liturgical Year and the opportunity to make our New Year’s resolutions; resolutions that can help us prepare for the coming again of Christmas, and more importantly: the coming again of Christ!

The practice of making resolutions has long been associated with preparing for the New Year. And while most of the resolutions associated with the **Calendar Year** challenge us to take better care of our physical health, the resolutions we make at the end of the **Liturgical Year** should help us take care of our spiritual health. It is with that goal, that I offer you the following Act of Resolution:

“I (state your name) Resolve to:

1. Attend Mass every Sunday and Holy Day of Obligation (1 January – Solemnity of Mary the Mother of God, 14 May – the Ascension, 15 August – the Assumption, 1 November – All Saints, 8 December – Immaculate Conception, 25 December – the Nativity of the Lord (Christmas))
2. Invite someone (spouse, sibling, neighbour, friend, non-Catholic, etc.) to Mass with me every Sunday
3. Confess my sins (“*what I have done and what I have failed to do*”) in the Sacrament of Penance
4. Seek membership in a Church Liturgical Ministry (Usher, Altar Server, Lector, Choir)
5. Volunteer in a Church Pastoral Ministry (Religious Education, Human Services, Thrift Shop, Mercy Mission)
6. Offer more *time* to Our Holy Redeemer – perhaps attend daily Mass
7. Offer more *talent* to Our Holy Redeemer – perhaps painting, electric work, plumbing, carpentry, security
8. Offer more *treasure* to Our Holy Redeemer – perhaps *25 Cents more a Week*
9. Pray the Rosary – perhaps every Sunday with my friend, my spouse, my child
10. Read the Bible – perhaps for fifteen minutes a day
11. Read Catholic Publications – perhaps *the Long Island Catholic, Inside the Vatican, National Catholic Register*

**Dear God,** I firmly resolve with the help of Thy Grace to consider these suggestions in Light of my Baptismal resolution to know You, love You, and serve You in this world so that I may be happy with You forever in the next, and to decide upon the one(s) that will help me to “be ye prepared” for Christ, Who will come again in glory to judge the living and the dead!



## Christmas Anticipation Prayer

Beginning on 30 November, the Feast of Saint Andrew the Apostle, the following beautiful prayer is traditionally recited **fifteen times a day** until Christmas. This is a very meditative prayer that helps us increase our awareness of the real focus of Christmas and helps us prepare ourselves spiritually for His coming.

Hail and blessed be the hour and moment in which the Son of God was born of the most pure Virgin Mary, at Midnight, in Bethlehem, in piercing cold. In that hour vouchsafe, O my God! to hear my prayer and grant my desires, **[here mention your resolution]**

through the merits of our Saviour Jesus Christ, and of His blessed Mother. Amen.