



GETTING READY FOR THE NEW (LITURGICAL) YEAR!

Liturgical Year 2018 – 2019 comes to an end with today’s universal celebration of the Solemnity of Our Lord Jesus Christ, King of the Universe. The week that follows that celebration (the XXXIV Week in Ordinary Time) would be a good time for all of us to make an “examination of conscience”, and in Light of what that “review” reveals, make a return to the Sacrament of Confession/Penance/Reconciliation (CPR) and then make our “new (Liturgical Year’s) Resolutions.

In order to help you prepare for more than just a new year, I offer you this “Act of Resolution”.

An Act of Resolution (I Resolve ...)

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 beginning of the Liturgical Year should help us take care of our *spiritual health*.



“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 (**We need Ushers. Please call (516) 378-0665**).
5. **Volunteer** in a Church Pastoral Ministry (Religious Education, Human Services, Thrift Shop)
6. **Offer** more **time** to Our Holy Redeemer – perhaps one more Mass a week (e.g., “Ashless Wednesday”)
7. **Offer** more **talent** to Our Holy Redeemer – perhaps painting, electrical, plumbing, carpentry, security
8. **Offer** more **treasure** to Our Holy Redeemer – perhaps a ‘step’ to increase your weekly offering
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, Magnificat*

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 lead me in holiness to the Holy One of Christmas: Christ, our Lord. **Amen!**”



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 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.