

# Some Possible Resolutions to Help Make 2014 Truly a Year of the Lord Jesus

*This is by no means a comprehensive list. It is for private use and reference. Do not turn this in to the priest or parish office. Keep this private, or share it with those close to you. Make notes and refer back to this throughout the year.*

## **My Moral Life:** *I resolve to:*

- keep the 10 Commandments and moral teachings of the Church, especially: \_\_\_\_\_  
\_\_\_\_\_
- work to overcome the sin(s) of \_\_\_\_\_  
\_\_\_\_\_
- work to overcome the vice(s) of \_\_\_\_\_  
\_\_\_\_\_
- develop the virtue(s) of \_\_\_\_\_
- be more attentive to the religious formation and spiritual needs of my children
- other: \_\_\_\_\_  
\_\_\_\_\_

## **My Life of Charity:** *I resolve to:*

- be more attentive to the emotional and spiritual needs of my spouse and children
- spend more time with my family
- be kinder or more patient with someone who is difficult (Name(s): \_\_\_\_\_)
- forgive someone who hurt me a long time ago (Name(s): \_\_\_\_\_)
- be more kind and helpful with fellow parishioners
- volunteer time with a local Catholic/community charity, \_\_\_\_\_
- provide for the financial needs of those in need, either individually or through charitable organizations
- adequately provide financial support to the Church
- other: \_\_\_\_\_  
\_\_\_\_\_

## **My Prayer Life:** *I resolve to:*

- set aside time to pray every day
- pray first thing every morning
- pray before I go to bed at night
- pray the Rosary daily/weekly
- read Scripture daily/weekly
- pray before the Blessed Sacrament
- make a weekly holy hour before the Blessed Sacrament
- spend time in mental/meditative prayer
- pray part of the Liturgy of the Hours daily
- pray more with my spouse and children
- do a better job of praying and sacrificing during Lent and Advent this year
- other \_\_\_\_\_  
\_\_\_\_\_

## **My Life of Grace:** *I resolve to:*

- attend Mass every Sunday, no excuses
- attend one weekday Mass every week
- attend Mass daily
- be more attentive, reverent and prayerful at every Mass
- arrive a little early and stay a little after Mass to pray
- go to Confession more often this year
- go to Confession once every month
- bring my family to Confession
- do a better job of examining my conscience before going to Communion and/or Confession
- attend Exposition of the Blessed Sacrament more often
- attend special Holy Hours in the parish
- make use of the various devotional opportunities in the parish, especially during Lent and Advent
- other \_\_\_\_\_  
\_\_\_\_\_

## **My Catholic Education:**

### *I resolve to read:*

- more books in the parish's library \_\_\_\_\_
- the Bible daily/weekly
- all four Gospels this year
- all the Letters of St. Paul this year
- the whole New Testament this year
- the Catechism of the Catholic Church (CCC) to learn about specific doctrines I don't understand very well
- the whole CCC this year
- some of the writings of soon-to-be-Saint John Paul II
- a good history of the Catholic Church
- books about the lives of my favorite saints
- other: \_\_\_\_\_  
\_\_\_\_\_

### *I resolve to watch or listen to:*

- EWTN more often
- Catholic Radio more often
- some good Catholic movies or DVDs
- some good CDs on apologetics, doctrine, etc.
- \_\_\_\_\_

### *I resolve to attend:*

- (for youth) CCD and/or Youth Group events more regularly, and more attentively
- lectures by guest speakers in the parish
- the parish's Lent and/or Advent series
- the parish's Adult Bible Study

- RCIA
  - as a refresher course on Catholicism
  - to learn more about Catholicism
  - to become a Catholic
- Other: \_\_\_\_\_

### **Evangelization:**

*I resolve to invite at least one:*

- non-Christian friend to come to know Jesus Christ and His Church
- non-Catholic friend to join me in attending
  - parish lectures/RCIA/Bible Study  
(Name(s): \_\_\_\_\_)
  - Sunday Mass (Name(s): \_\_\_\_\_)
- fallen-away Catholic to join me in attending
  - parish lectures/RCIA/Bible Study  
(Name(s): \_\_\_\_\_)
  - Sunday Mass (Name(s): \_\_\_\_\_)
- fellow parishioner to join me in attending Exposition/Lectures/RCIA/Bible Study  
(Name(s): \_\_\_\_\_)
- other \_\_\_\_\_

*I resolve to do a better job of:*

- explaining my faith to those who show ignorance, especially in a derogatory way
- defending the Church's teachings when they are attacked or maligned, knowingly or inadvertently
- letting others know I'm happy to be Catholic, and why
- not hiding my Catholic faith, or avoiding opportunities to share it
- talking about my Catholic faith more often at work, school, the dinner table, and with friends, family and strangers
- always discussing/defending my faith with charity
- other \_\_\_\_\_

### **Commitment to Volunteering in the Parish:**

*I resolve to be a committed volunteer working on one or more of these parish committees/groups/activities (the name in parenthesis is the chair or main contact):*

- **Adoration** (Diane Spinelli) 703-451-1779
- **Adult Education Programs (RCIA, Bible Study)** (Bob Ward) 703-644-5873
- **Altar Servers** (Mark Arbeen) 703-597-8564
- **Altar Society** (Nena Brennan) 703-541-5151
- **American Heritage Girls** (Mary Hansen) 703-405-4145
- **Bake Sales** (Stephanie Curb) 703-569-2953
- **Basketball Team (Youth) (CYO)** (Ed Gloninger) 703-451-8049

- **Bereavement Committee** (Theresa Mullen) 703-455-4428
- **Book Club** (Kathy Campbell) 703-451-5360
- **Choir (all music for Masses)** (Elisabeth Turco) 703-506-4644
- **Cursillo** (Chuck Tiso) 703-866-1081
- **Flower Committee** (Rosario Méndez) 202-253-9471; (Julie Mullen) 703-493-9291
- **Gift Shop** (Rena DeRosa) 703-307-9351
- **Home School Group** (Sheri Burns) 703-455-1820; (Tania Slaton) 703-493-8186
- **Knights of Columbus** (Mike Mullen) 619-895-4267
- **Landscaping** (Vacant) 703-440-0535
- **Lectors** (Philip Bettwy) 703-690-6379
- **Legion of Mary** (Tom Delaney) 703 690-1930
- **Library** (Liz Hildebrand) 703-455-3193
- **Mother's Group** (Sarah Schrimpf) 703-728-8802
- **Natural Family Planning** (Bob or Geri Laird) 703-339-7261
- **One Spirit Special Needs Apostolate** (June Adelsberger) 703-690-2815
- **Prayer Group** (Elaine Perricone) 703-440-8356
- **Respect Life Committee** (Liz Hildebrand) 703-455-3193
- **Project Gabriel** (Vacant) 703-440-0535
- **Project Rachel** (Diane Spinelli) 703-451-1779
- **Religious Freedom** (Bob Laird) 703-339-7261
- **Religious Education ("CCD")** (Maria Ammirati) 703-440-0537
- **Samaritans** (Laura Haas Connolly) . 703-690-6254
- **St. Martin de Porres Society** (Flavia Tommasi) 703-866-4671
- **Trail Life** (Vince Drouillard) 703-992-0490
- **Ushers** (Paul DeRosa) ) 703-307-9351
- **Wedding Committee** (Carol Ann McKim)703-644-4040; (Kathy Siner) 703-569-0958
- **Welcome Committee** (Mary Butler) 703-440-0535
- **Women's Group** 703-440-0535
- **Youth Apostolate ("Youth Group")** (Jeanne Sause) 703-440-0535
- **Other** \_\_\_\_\_

***[Note: resolving to commit is useless until you actually contact the group to volunteer]***

*I resolve to:*

- carefully consider every particular request the pastor makes for volunteers this year
- not let pride, status or preference keep me from humbly serving Christ in the parish in any way He wills.