

JANUARY –NEW YEAR RESOLUTIONS

Leader: Read the following and then give the group time to discuss what they will/might do either individually, in small groups or as a larger group. (Note: Included pg 2-4 “How To Say The Rosary” Columbiette commitment to Daily Rosary but not everyone knows how.)

January is here again, and it's time to make the annual New Year's resolutions. Every Catholic should add to their list a few spiritual resolutions designed to help them walk higher up that mountain of faith. Let the freshness of a new year be your impetus to make new strides in your walk with God! There is no time but the present! Here are some ideas.

1. Increase Your Marian Devotion and/or Pray the Rosary

2017 marked the 100th anniversary of the apparitions of the Blessed Virgin Mary to three shepherd children at Fatima, Portugal. In this most prophetic of all Marian apparitions, Our Lady of Fatima made urgent pleas for mankind to reform themselves and pray her rosary daily, along with other grave messages and warnings with dire consequences for the entire world. Her messages were then authenticated on October 13, 1917 with an undisputed public miracle of biblical proportions, when an estimated 70,000 people were gathered to witness what became known as the Miracle of the Sun.

However, Our Lady's pleas were not heeded, and the last century has seen a widespread loss of Christian faith, breakdowns in marriages and families, and a rejection of basic morality. This affects all of us, and, as a result, anxiety and depression have risen to epidemic levels. The way to turn back to God is the same way that God came to us—through the Blessed Mother. In 2020, commit yourself to increasing your Marian devotion so that she may lead you to deeper conversion, to follow God's will for your life more perfectly, and to increase your faith and trust in Jesus Christ.

2. Make more time for spiritual reading

Your best bet is to stick to the classics written by Catholic saints known for their practical spiritual wisdom—such as Teresa of Avila, Francis de Sales, Therese of Lisieux, and John of the Cross. There are also audio books available for many classic Catholic titles. The four Gospels and the letters of St. Peter and St. Paul are also excellent choices for reading, being the very inspired Word of God.

3. Make good stewardship a lifestyle

This means good management of our "time, talent, and treasure" for the greater glory of God.

4. Share your Catholic faith with others

You don't have to be obnoxious or overbearing about your faith, just focus on doing simple things like being joyful in your walk with Christ or inviting people to come to Mass with you. If someone you know is going through a difficult time and you hand them a Miraculous Medal or a prayer card out of a stash you always keep handy, it might be for them the touch of God in that moment.

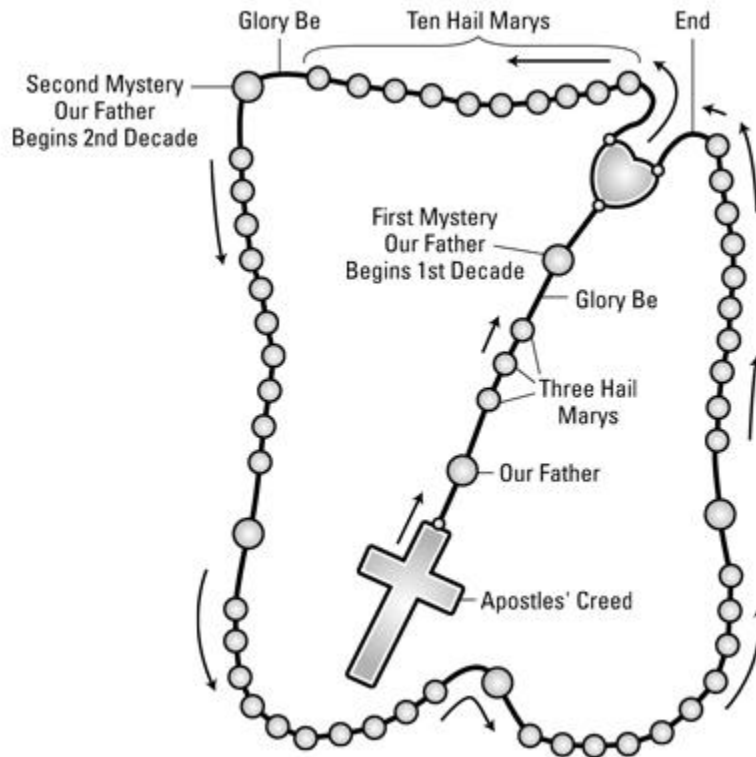
5. Bring back regular penances

What penitential practice can you do each Friday in reverence of the day Christ died. (i.e. abstinence from meat; Stations of the Cross; act of service)

6. Go an extra day to Mass

Prayer Service – “New Year Resolutions” is excerpted from “8 (Spiritual) New Year’s Resolutions For Catholics” by Gretchen Filz <https://www.catholiccompany.com/getfed/eight-new-years-spiritual-resolutions-6309>

HOW TO PRAY THE ROSARY



Rosary beads help Catholics count their prayers. More importantly, Catholics pray the rosary as a means of entreaty to ask God for a special favor, such as helping a loved one recover from an illness, or to thank God for blessings received — a new baby, a new job, a new moon. Our Lady of Fatima requested all Catholics pray the rosary daily and to include the prayer called here the “Fatima Prayer” a.k.a. “Oh My Jesus”

1. On the crucifix, make the sign of the cross and then pray the Apostles’ Creed.

I believe in God, the Father Almighty, Creator of Heaven and earth; and in Jesus Christ, His only Son, Our Lord, Who was conceived by the Holy Spirit, was born of the Virgin Mary, suffered under Pontius Pilate, was crucified; died, and was buried. He descended into Hell; on the third day He arose again from the dead; He ascended into Heaven, and sits at the right hand of God, the Father Almighty; from there He will come to judge the living and the dead. I believe in the Holy Spirit, the holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

2. On the first large bead, say the Our Father. (*For the intentions of the Pope.*)

Our Father, Who art in heaven, hallowed be Thy name; Thy kingdom come; Thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil, Amen.

3. On the following three small beads, pray three Hail Marys. (*For Faith, Hope, Charity*)

Hail Mary, full of grace. The Lord is with thee. Blessed art thou among women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

4. On the *chain*, pray the Glory Be & Fatima Prayer a.k.a. “Oh My Jesus”

Glory be to the Father, to the Son, and to the Holy Spirit, as it was, is now, and ever shall be, world without end. Amen.

Oh my Jesus, forgive us our sins, save us from the fires of hell and lead all souls to Heaven, especially those who are in most need of thy mercy.

5. On the large bead, meditate on the first mystery and pray the Our Father.

You pray mysteries for each of the five sections (decades) of the rosary according to the day of the week:

a) Mondays and Saturdays:

The Joyful Mysteries remind the faithful of Christ’s birth: The Annunciation (Luke 1:26–38); The Visitation (Luke 1:39–56); The Nativity (Luke 2:1–21); The Presentation (Luke 2:22–38); The Finding of the Child Jesus in the Temple (Luke 2:41–52)

b) Tuesdays and Fridays:

The Sorrowful Mysteries recall Jesus’ passion and death: The Agony of Jesus in the Garden (Matthew 26:36–56); The Scourging at the Pillar (Matthew 27:26); The Crowning with Thorns (Matthew 27:27–31); The Carrying of the Cross (Matthew 27:32); The Crucifixion (Matthew 27:33–56).

c) Wednesdays and Sundays:

The Glorious Mysteries focus on the resurrection of Jesus and the glories of heaven: The Resurrection (John 20:1–29); The Ascension (Luke 24:36–53); The Descent of the Holy Spirit (Acts 2:1–41); The Assumption of Mary, the Mother of God, into heaven; The Coronation of Mary in heaven.

d) Thursdays:

Pope John Paul II added The Mysteries of Light, also known as the Luminous Mysteries, in 2002: The Baptism in the River Jordan (Matthew 3:13–16); The Wedding Feast at Cana (John 2:1–11); The Preaching of the coming of the Kingdom of God (Mark 1:14–15); The Transfiguration (Matthew 17:1–8); The Institution of the Holy Eucharist (Matthew 26).

6. Skip the centerpiece medallion, and on the ten beads after that, pray a Hail Mary on each bead; on the chain, pray a Glory Be and Fatima Prayer a.k.a. “Oh My Jesus”.

These prayers form a decade of the rosary.

7. Repeat Steps 5 and 6 four more times to finish the next four decades.
8. At the end of your Rosary, say the Hail Holy Queen.

Hail, Holy Queen, Mother of mercy, our life, our sweetness, and our hope. To thee do we cry, poor banished children of Eve, to thee do we send up our sighs, mourning and weeping in this valley of tears. Turn then, most gracious advocate, thine eyes of mercy toward us; and after this our exile show unto us the blessed fruit of thy womb Jesus, O clement, O loving, O sweet Virgin Mary.

Pray for us, O holy Mother of God. *That we may be made worthy of the promises of Christ.*

O God, whose only-begotten Son, by His life, death, and resurrection, has purchased for us the rewards of eternal salvation; grant we beseech Thee, that meditating upon these mysteries of the most holy Rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise. Through the same Christ our Lord. Amen

9. Close by making the Sign of the Cross. Amen.