

“YEAR OF THE EUCHARIST”—SPIRITUAL NEW YEAR’S RESOLUTIONS—BY FR. STEVE LAPE

As our diocese’s “Year of the Eucharist” heads into 2018, it’s good to consider new ways to grow in our faith—how we can make Jesus Christ more central in our daily living. As the Eucharist is central to our worship in the Catholic Church, here are suggestions on how to utilize more readily the graces that flow from that centrality of the Eucharist. It’s arranged like a checklist, so you can gauge your progress in these spiritual resolutions:

- ✪ Strive to compliment people each day---for something good they did, or a good quality they have. Especially strive to do this with people you find a bit difficult to like.
- ✪ Read at least 1 Catholic book or magazine in the next couple of months, feeding your soul with new insights to strengthen your faith relationship with God and others. If you need an idea for reading, ask someone.
- ✪ Read 1 Bible chapter a day, starting with a Gospel. (2018 is the Year of Mark’s Gospel in the Church, so maybe start with that.) Use a Bible with good notes to understand it better. Also, make a more conscious effort to prepare for Mass each weekend by reading in advance and reflecting a bit on that Sunday’s Mass readings. You can look at them online at the U.S. Conference of Catholic Bishops website (usccb.org/bible/readings).
- ✪ Celebrate God’s forgiveness in your life by going to Confession at least twice in 2018.
- ✪ Get involved in a church service project or church activity you haven’t done before.
- ✪ Start each day with prayer, thanking God for the new day and asking for the Spirit’s guidance throughout the day’s journey in your decision-making. End each day reflecting on the blessings you received for that day and ask forgiveness for any failings.
- ✪ Pick a day each month to refrain from watching TV or using the computer, using that extra time saved for strengthening personal relationships with family, friends, neighbors, or others through visits, phone calls, or letters.
- ✪ Once a month, give your money you’d usually use for something fun for yourself to a needy cause. Make it a true sacrifice, giving according to your means, but a little beyond. (As the saying goes, “Give till it hurts a bit.”)
- ✪ Take time to reflect on someone whom you have negative feelings towards, and try to either reconcile with the person, or treat the person with greater loving kindness and patience. Praying for this person by asking God to bless him/her and thinking of some positive qualities about this person (since every person has something good about them) is a great way to start the process.
- ✪ If you’re not already doing so, attend Mass every weekend & Holy Days of Obligation to celebrate and give thanks for God’s love for you within the community. In addition, try to attend a daily Mass at least twice a month at a church and a time that fits your schedule.

