

Orthodox Spiritual Resolutions for the New Ecclesiastical Year

1. Join a new ministry here at St. Nicholas and participate in it for the whole New Year.
2. Attending Divine Liturgy on Time for the Fall. (Sundays at 10am)
3. Attending Feast Day Vespers during the new year. (12 Feast Days at 6pm)
4. Attending Wednesday Family Night each week it is offered in the Fall. (Wednesdays dinner at 6pm with a class to follow at 7pm)
5. Praying Morning and Evening each day in the new year. (5-10 minutes in the morning and evening)
6. Praying for those in need each day in the new year. (We need this more than we know.)
7. Reading the Liturgical Readings for each day in the New Year. (~10 minutes)
8. Reading about the Lives of the Saints for each day in the New Year. (10-20 minutes)
9. Reading the entire book of Psalms in small sections each day in the New Year. (2 minutes)
10. Reading the entire book of Proverbs in small section each day in the New Year. (2 minutes)
11. Reading the entire Old Testament in small sections each day in the New Year. (15-20 minutes)
12. Reading the entire New Testament in small sections each day in the New Year. (10 minutes)
13. Reading the entire Orthodox Study Bible in small sections each day in the New Year. (25-30 minutes)
14. Reading 2 good Orthodox spiritual books in the New Year. (one in the Fall and one in the Winter)
15. Fasting properly on Wednesdays and Fridays throughout the New Year.
16. Fasting properly for the 4 major fasting periods throughout the New Year.
17. Coming to Confession 2 times during the New Year.
18. Inviting 5 people to come and worship with you at St. Nicholas in the New Year.
19. Sharing your Orthodox Faith with 10 people in the New Year.