

How will you make August 1-14 a Holy Time?

A Purposeful Dormition Fast

Keep this list in a prominent place to remind you of your goals.

Dietary Abstinence: _____

Bible & Spiritual reading: _____

How will I grow in **Prayer**? _____

When will I attend **Paraklesis**? _____

When will I go to **Confession**? _____

With whom do I need to **reconcile**? _____

How will I grow **generosity & mercy**? _____

From what **media** will I unplug? _____

How will I create **stillness**? _____

How can I be more **attentive to God**? _____

What big **decision** will I postpone? _____

How will I be more **pure in heart**? _____

How will I become **more** like the **Virgin Mary**?

How will I **celebrate the Feast** on August 15?



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