

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** reading: \_\_\_\_\_

**Spiritual** reading: \_\_\_\_\_

Extra **services** I will attend: \_\_\_\_\_

When will I go to **Confession**? \_\_\_\_\_

With whom do I need to **reconcile**? \_\_\_\_\_

How will I **help the needy**? \_\_\_\_\_

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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