

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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