

Watching CatholicVote.org's annual and much awaited Top 10 Reasons for Hope is a terrific way to begin the New Year. Link to it at:

http://www.catholicvote.org/discuss/index.php?p=39676&utm_source=dlvr.it&utm_medium=twitter

U.S. Bishops' 5 Point Plan for Catholics in the New Year

Announcing a new "movement for Life, Marriage and Religious Liberty," the U.S. Bishops unveiled the following **5 Points for Catholics** to embrace in the New Year.

1. Starting with the Sunday after Christmas (Feast of the Holy Family) and continuing on the last Sunday of every month until Christ the King Sunday (November 2013), parishes are encouraged to hold a Eucharistic Holy Hour for Life, Marriage and Religious Liberty.
2. Families and individuals are encouraged to pray a daily Rosary especially for the preservation of Life, Marriage and Religious Liberty in the nation.
3. At Sunday and daily Mass, it is encouraged that the Prayers of the Faithful include specific intentions for respect for all human life, from conception to natural death, the strengthening of marriage and family life and the preservation of religious liberty at all levels of government, both at home and abroad.
4. Abstinence from meat and fasting on Fridays for the intentions of the protection of Life, Marriage and Religious Liberty, recognizing the importance of spiritual and bodily sacrifice in the life of the Church.
5. Celebration of a second Fortnight of Freedom at the end of June and the beginning of July, 2013.

"With the challenges this country is facing, it is hoped that this call to prayer and penance will help build awareness among the faithful as well as spiritual stamina and courage for effective witness."
Archbishop Salvatore Cordileone

As we begin this New Year, may each of us resolve to implement these **5 Points** in our own lives and encourage every Catholic we know to do the same.

Start a New Faith Habit in the Year of Faith

These three simple suggestions can make a big difference in your own spiritual life and that of your entire family.

1. Consecrate your Family and Home to the Sacred Heart of Jesus.

Learn more about this consecration at:

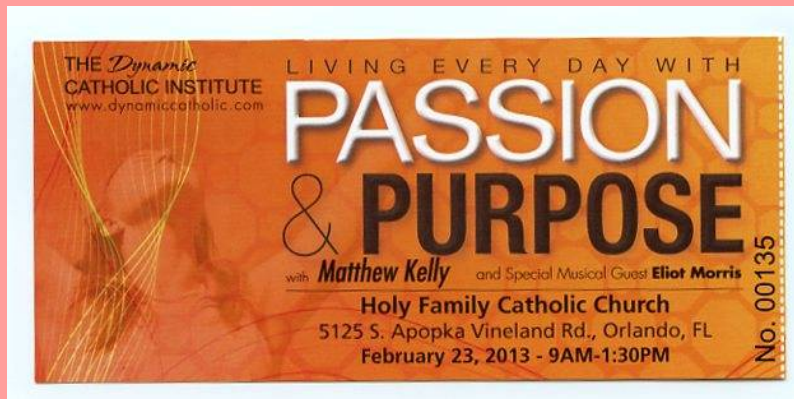
www.mariancatechist.com/formation/sacred_heart/index.html

2. Begin each day with a Morning Offering. There are a number of Morning Offerings so

find one that most suits you. The Apostleship of Prayer has many to choose from even a very simple one for small children. Be sure check out St. Therese's beautiful morning offering. There is even a morning offering in rhyme for little children.

<http://www.apostleshipofprayer.org/morningofferingprayers.html>

3. Make sure to attend Living Everyday with Passion and Purpose here in Holy Family Catholic Church on February 23, 2013 a morning to nourish the soul and invigorate your faith.



The Mission of Una Fides is to build the Body of Christ by encouraging Catholic men and women to enrich, fortify, and embrace their faith through prayer, study, and fellowship

www.UnaFides.com