



Focus on Religious Freedom

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Catholics Openly and Joyfully Practicing Religious Freedom

New Year's resolutions can be effective tools in enhancing the practice of our faith in a way that is open and joyous and in keeping with the 1st amendment freedom of religion which is our right as Americans.

- Attend Mass more than once a week
- Dress up for Sunday Mass, reflecting the solemnity of the Eucharist
- Visibly proclaim your Catholic faith with bumper magnets for Christmas and Easter, a favorite Bible verse, a church ministry message
- Wear your faith on your shoulder with a lapel pin of the Cross, of the Nativity or other Catholic symbols
- Mount a cross near your front door
- Display a Christmas or Easter scene on your lawn
- Say grace before meals at restaurants
- Organize a rosary in public witness for America outside your church or school
- Make a pilgrimage to one of the shrines of Our Blessed Mother, Mary
- Subscribe to the National Catholic Register and/or Our Sunday Visitor and share with other Catholics after you read it
- Encourage and participate in a Eucharistic procession in your community or combine with other churches to process in an appropriate location
- Plan a *Sing-Along for God and Country* at a local park with hymns and patriotic songs

Because your love is better than life, my lips will glorify you. I will praise you as long as I live, and in your name I will lift up my hands. Psalm 63:3