

SAINT MARK

December 28, 2025, Español pagina 16



*FEAST of the HOLY FAMILY of
JESUS, MARY and JOSEPH*

May all who pass by know the true meaning of Christmas.

Welcome Home to St. Mark!



Happy New Year! We are now in the very short Holy Season of Christmas! Today we celebrate the Holy Family and on Thursday we celebrate the Solemnity of Mary, Mother of God. Readings can be found in the St. Augustine Hymnal or in the Mass handout: Holy Family page 823; Solemnity of Mary, page 825. The Order of the Mass can be found on page 7.



Thank you for being a part of our parish, either as a visitor or a long-time parishioner. We are thankful that you are here for Christmas. We welcome you back anytime for Mass, to pray in our Perpetual Eucharistic Adoration Chapel, or to attend any of our programs.

At St. Mark, we believe we are all called as one by Christ to embrace the spirit of stewardship and engagement to Grow in Christ, Serve One Another, Share Our Gifts and Connect in Faith. This mission is our quest for holiness. It is by our intentional discipleship that each of us become stewards of the gifts God has given us and to share them with others. Our time, our talent and our treasure are given to us by God to share with others by spreading the Gospel and building His kingdom.

We invite you to make St. Mark your parish home!

If you are interested in registering as a member of St. Mark, please go to stmarknc.org/registration. You may submit the form online or bring a paper copy to the Welcome Desk during normal business hours. Forms can be found in the narthex. Please know, you do not need to be Catholic to join and come to our parish.

Stay up-to-date on all happenings at the parish by following us on social media or signing up to receive our e-newsletter at stmarknc.org/emailnewsletter.



Thank you for generously sharing your gifts with the parish. You may make an online donation at stmarknc.org/online-giving

New Year's Day & Feast of Mary, Mother of God

New Year's Day, Jan. 1, is also the Solemnity of Mary, the Holy Mother of God. This feast honoring Mary closes out the Christmas octave, the eight days following the birth of Christ. It is an occasion to remember Mary as a model of perfect Christian discipleship and ask for her prayers to God on our behalf.

Mary, Mother of God is also the patroness of the Diocese of Charlotte.

Wednesday, December 31, Vigil Mass: 6:30 pm
Thursday, January 1, Holy Day of Obligation: 7 am, 9 am, 12:10 pm, 7 pm Spanish

FROM THE PASTOR



Today, as we continue our celebration of the Christmas season, we focus our attention in a special way on the Holy Family. This is a great time to thank God for the gift of family life.

The *Catechism of the Catholic Church* refers to the family as the “domestic church,” so today’s feast is also a fitting time to consider the importance of the virtue of hospitality — a fundamental aspect of the stewardship way of life — within the context of our domestic churches.

Why is hospitality so important to a stewardship way of life, beginning with family life? Well, we can hardly expect our family members to pray together, study their faith, and serve others if we have a home where we are disconnected from each other or the atmosphere is stressful and tense. Of course there will be moments like this. But we must be intentional in creating homes where everyone feels cherished, accepted and important. We want our homes to be the place where we can get recharged and filled up to go out and bring love to everyone we encounter outside our home.

Today’s first and second readings are full of practical wisdom on how to create an atmosphere of true hospitality within our homes.

Our first reading, from the Book of Sirach, speaks of the blessings that will come when children give honor to their parents — both young children who respect the authority of their mothers and fathers, and adult children who lovingly care for older parents. These are the actions and attitudes that create an atmosphere of respect, tenderness and unity in the family; all key elements of hospitality.

Our second reading, from St. Paul’s letter to the Colossians, gives still more specific

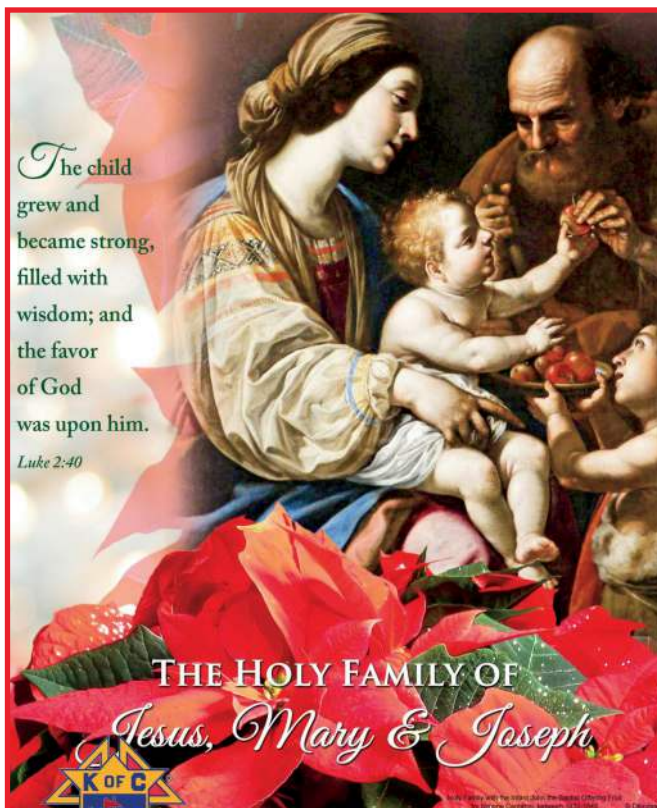
instructions on fostering hospitality within our homes. Paul reminds us of our great dignity as “God’s chosen ones, holy and beloved.” This applies to every member of the family, from youngest to oldest and all those in between. In the daily drudge of family life it is important to remember that each one of us is cherished by God. We are not just fathers, mothers, children, grandparents; we are all also brothers and sisters in Christ.

Paul’s instruction to “put on” compassion, kindness, humility, gentleness, and forbearance towards each other is the best possible formula for family hospitality. Paul is reminding us that (especially in the messiness of family life) we won’t always feel the feelings of compassion, kindness, and so forth. What can we do? We can “put them on” — we can act in ways that a compassionate, kind, humble person would act. This will create a transformative atmosphere of hospitality within the home that will spill out in the family’s interactions with those outside the home.

Of course, this is not easy to do. But we can turn to the Holy Family for help.

Lest we think that the Holy Family is somehow unable to sympathize with our struggles, we see in our Gospel passage from Matthew that this Family was certainly not free from trials and stress; quite the contrary. The very life of the newborn Jesus was threatened by Herod’s extreme jealousy such that the family had to flee suddenly into a foreign land for protection until Herod’s death. Yet Mary and Joseph remained united and ever obedient to the leading of the Holy Spirit for direction. Who better to turn to for help and inspiration for our own families?

Happy feast day to all families living a stewardship way of life!
© Catholic Stewardship Consultants, 2025



We invite every family of our parish to engage in the Consecration to the Holy Family.

PRAY ON DECEMBER 28

O Lord Jesus, you lived in the home of Mary and Joseph in Nazareth. There you grew in age, wisdom and grace as you prepared to fulfill your mission as our Redeemer. We entrust our family to you.

O Blessed Mary, you are the Mother of our Savior. At Nazareth you cared for Jesus and nurtured him in the peace and joy of your home. We entrust our family to you.

O Saint Joseph, you provided a secure and loving home for Jesus and Mary, and gave us a model of fatherhood while showing us the dignity of work. We entrust our family to you.

O Holy Family, we consecrate ourselves and our family to you. May we be completely united in a love that is lasting, faithful and open to the gift of new life.

Help us to grow in virtue, to forgive one another from our hearts, and to live in peace all our days.

Keep us strong in faith, persevering in prayer, diligent in our work, and generous toward those in need. May our home, O Holy Family, truly become a domestic church where we reflect your example in our daily life. Amen.

Jesus, Mary and Joseph, pray for us!

Thank you to the Knights of Columbus for this preparation prayer. It is our hope that this process may help strengthen and revitalize our parish families.



A good Catholic approach to New Year's resolutions roots them in conversion of heart, growth in holiness, and cooperation with God's grace, rather than mere self-improvement or willpower.

Here's how faithful Catholics typically frame them well:

1. Begin with Prayer and Discernment

- Don't just pick popular goals (lose weight, read more, save money). Spend time in prayer before the Blessed Sacrament or during a holy hour asking:
- "Lord, what do You want to change in me this year? Where am I resisting Your grace?"
- Consider making a short retreat (even one day) or going to Confession before January 1st to get a clear look at your soul.

2. Focus on the Theological Virtues and the Cardinal Virtues

Instead of generic goals, resolve to grow in:

- Faith→ Daily mental prayer (15–20 minutes), reading Scripture or the Catechism, attending an extra weekday Mass.
- Hope→ Practicing gratitude, spiritual reading about heaven and the saints, trusting God in areas of anxiety.
- Charity→ Concrete acts of mercy (visiting the lonely, tithing

As we come to the end of the calendar year, it is popular to make resolutions for the New Year. Often these resolutions are short-lived and don't come to much. Hence, I thought I would offer a Catholic take on New Year's resolutions to offer some help as we move into 2026.

- consistently, forgiving a specific person).
 - Prudence, Justice, Fortitude, Temperance→ Pick one capital sin you struggle with (e.g., gluttony, anger, sloth) and work on the opposing virtue (see page 6).
- ### 3. Make Resolutions Small, Specific, and Sustainable.

Catholics who succeed usually choose 1–3 concrete, measurable goals tied to grace:

- Pray a decade of the Rosary every night before bed.
- Go to Confession every month (or every two weeks).
- Fast on bread and water every Friday (or give up snacks between meals).
- Read 5–10 minutes of the lives of the saints daily.
- Perform one hidden act of charity each day without telling anyone.

4. Attach Resolutions to the Liturgical Year

Align goals with seasons instead of the secular calendar:

- Advent → deeper prayer and detachment.
- Lent → penance and almsgiving.
- Easter → joy and evangelization.

This keeps resolutions from being a one-time January push.

5. Use the Sacraments as the Engine, Not Willpower

The best Catholic resolutions assume:

- Frequent Confession (grace to overcome habitual sins).
- Daily or at least Sunday Mass + (worthy Communion).
- Regular spiritual direction or at least an accountability partner in the faith.

6. Embrace the “Do-Over” Mentality

In Catholicism, every day (even every moment) is a new beginning. If you fail your resolution on January 3rd, you don't wait until next year—you go to Confession and start again January 4th. This is the

opposite of secular “all or nothing” thinking.

7. Classic Catholic Resolution Ideas (tried and loved for centuries)

- Morning offering + 3 Hail Marys for purity every morning.
- 15 minutes of mental prayer daily (Lectio Divina, Ignatian meditation, or simple “Jesus, I trust in You” repetition).
- Monthly Confession and a personal rule of life.
- Spiritual reading (10–15 min/day): Bible, Catechism, Introduction to the Devout Life, Story of a Soul, etc.
- Friday penance (meat abstinence or another sacrifice) all year.
- Daily examination of conscience at night (5 minutes).
- One new devotion (First Saturdays, Sacred Heart enthronement, 54-day Rosary novena, etc.).

8. End with a Patron Saint for the Year

A beautiful modern Catholic custom: On January 1st (or the feast of Mary, Mother of God), pray and randomly draw (or intentionally choose) a patron saint for the year. Ask his or her intercession for your resolutions.

In short:

A good Catholic New Year's resolution isn't about becoming a “better version of yourself.” It's about becoming more like Christ, with the help of His grace and His Church, one small yes at a time.

“Be holy, for I am holy” (1 Pet 1:16) is the only resolution that ultimately matters—and everything else flows from it.

REMEMBER IN YOUR PRAYERS

Please Pray For

Julie Andrews
Sarah Armstrong
Donald Arrup
John & Casey Ball
Daisy Bayona
Deidre Beck
Richard Biddy
Beatrice Bilodeau
Marilyn Bissinger
Brian Blatchford & Family
Virginia "Gini" Bond
Kathy Brandt
Dave Breen
Helen Sally Buff
Elaine Burkinshaw
Carmen Cabranes
Anne Caestecker
Michelle Chichone
Rod Clair
Jim Clark
Murphy Clark
Beth Collins
William Conklin
Vic Crognale
Janice D'Angelo
Sheila DeArmon
Judy and Rich Deboer
John Deluca
Henry Diener
Charlie Donovan
Jane & William Dragoon
James Dupree
Barbara Dutton
James P. Durcan
Jack Evans
Frances & Kai Ferrell & Family
Charles Fillipo
Al Fischlein
Joseph Fiore
Tom Fox
Alan Friedl & Family
Maureen K. Frost
Carmine Gallo
Teri Gay
Valeria Gerbasi
Denny & Monica Golden
Tom Goodwin

To submit a prayer request, visit: stmarknc.org/prayerchain

Josette Grace
Robert Graham
Paige Grieshop
Rachel Grieshop
Hank Griffin
John Grivizas
Helen Haddad
Fran Hehn
Madeline Louise Henwood
Kevin Herman Sr.
Hannah Hopkins
Frank Hunnicutt III
Jerry Jackson Jr.
Cathi Kalberier
Karen Kastle
Gary Katz
Carol & Frank Kenny
Dennis Koenig
Jackie Kopicki
Peggie Lauricella
Craig Leiker
Joan Lesch
Marie Ligon
Peter R. Loew
Kitty Long
Mary Jo Lucey
Margaret Lynch
Tom & Collette Manente
Dr. Sivaramalingam
Manickavasagar
Rosina Marcucci
Vernon McCord
Cathy Milligan
Terry Milstead
Lucille Modica
Vincent Montoya
Mary Morgan
Haleigh Moss
Niall Mulkeen
Elizabeth Mulligan
Jamie Mulvihill
Angeles Murphy
Maria Magdalena Murphy
Carl Muti
Paul Nealon Jr.
Paul Sr. and Sally Nealon
Margaret Nelson
Joann Nigro
The Ober Family
Blanca Yolanda Ojeda
Margaret Paquette
Hazel Palmer
The Patterson Family
Fernando Paverpai
John Pecoraro
Doug Peterson
Angela Piraino
Gianni Piraino
Ella Postlewait
Nicole & Bruce Preiss
Thomas Ranney
Joette Reid
Lindsay Remington
Butch Remesch
Lola Rodriguez
Maria Rubinos
Thomas Rynne
Phyllis Searles
Daniel Sheffield
Sherwood Family
Mark Shields
Sue Sia
Pennie Singh
Todd Singh
Bill Sinnack
Robert Somerville
Betsy Spartz
Jeff Stark
John Williams Stoker & Family
Terri Summers
The Tate Family
Kenneth Terry & Family
Cheryl Thompson
Mike Tolbert
Alston Torres
Zaida Torres
Lucia Solis Vallarino
Robert Virgint
Caroline Vogel
Jonathan Wark
Welcome Retreat Staff
Paul Widman
Carol Woodard
Mary Jane Zimmerman

MASS INTENTIONS

Sunday, December 28

7:30 am † Anne & Daniel J. Cleary Jr.
9 am † Charles Kern
11 am † Alice Ley Cwetna
1 pm St. Mark Parishioners
5 pm † Teyanna Phillips

Monday, December 29

7 am Rosa Jimenez
9 am Irina Wolk

Tuesday, December 30

7 am † John Huber
9 am † Donald Bombay

Wednesday, December 31

7 am † Kieran & Carol Grogan
† Philip Eigenbauer
6:30 pm Purgatorial Society Mass

Thursday, January 1

7 am Yenmi & Gilberto Erazo
9 am † Sue McCarron
12:10 pm † Jim Cloutier
7 pm Fernanda & Ray Santana

Friday, January 2

7 am † Therese Condit
9 am † Bob & Peg Boudon
7 pm † Fritz Von Hennigs

Saturday, January 3

9 am St. Mark Parishioners
5 pm † Howard Winkle

Sunday, January 4

7:30 am † Dr. Moliner & Furmanek
9 am † Kayla Wilson
11 am † Frank Gilardi
1 pm † Cathi Kalberier
5 pm † Jose Mendoza

† Deceased

Saint Mark Purgatorial Society

Saint Mark offers the opportunity for you to have your loved ones remembered at a monthly Wednesday 6:30 pm Mass for a calendar year. Names enrolled for the year will also be placed on the altar during our Masses in November. To enroll a family member, please contact the Office at 704-948-0231 or complete the form on our website at www.stmarknc.org/purgatorial-society.

The following members will be remembered on December 31, 2025

Barbara Conklin
Catherine Ferriso Belloni
Raul Echevarria
Norma Suclupe
Rev. Fr. Kurt Fohn
Rosa TorresLouie DeMello
Steve Regeres

READINGS FOR THE WEEK

Sun. Feast of the Holy Family of Jesus, Mary and Joseph

Sirach 3:2-6, 12-14; Ps 128:1-2, 3, 4-5; Col 3:12-21 or 3:12-17;
Mt 2:13-15, 19-23

Mon. 1 Jn 2:3-11; Ps 96:1-2a, 2b-3, 5b-6; Lk 2:22-35

Tue. 1 Jn 2:12-17; Ps 96:7-8a; 8b-9, 10; Lk 2:36-40

Wed. 1 Jn 2:18-21; Ps 96:1-2, 11-12, 13; Jn 1:1-18

Thu. Solemnity of Mary, the Holy Mother of God

Num 6:22-27; Ps 67:2-3, 5, 6, 8; Gal 4:4-7; Lk 2:16-21

Fri. Memorial of Saints Basil the Great and Gregory Nazianzen, Bishops and Doctors of the Church

1 Jn 2:22-28; Ps 98:1, 2-3ab, 3cd-4; Jn 1:19-28

Sat. 1 Jn 2:29-3:6; Ps 98:1, 3cd-4, 5-6; Jn 1:29-34

Sun. The Epiphany of the Lord

Is 60:1-6; Ps 72:1-2, 7-8, 10-11, 12-13; Mt 2:1-12

HAPPY NEW YEAR!

Virtues in the New Year

As Fr. John reflects in his Pastoral Pondering on page 4, **the start of a new year is an invitation not just to set goals, but to grow in holiness.**

All around our church, the virtues are literally written on the pillars that support our worship: humility, courage, faith, hope, love, respect, and more.

These visible reminders echo the inner work we are called to do. In that same spirit, Fr. John encourages each of us to identify one vice or area of weakness and intentionally practice the opposing virtue.

The list below offers a simple guide as we begin 2026 with hearts open to grace, renewal, and deeper conversion.

Pride	→	Humility
Greed (Avarice)	→	Generosity
Lust	→	Chastity
Envy	→	Gratitude
Gluttony	→	Temperance
Anger (Wrath)	→	Patience
Sloth	→	Diligence
Presumption	→	Hope
Despair	→	Hope
Unbelief	→	Faith
Doubt	→	Faith
Hatred	→	Charity
Indifference	→	Charity
Dishonesty	→	Justice
Partiality	→	Justice
Cowardice	→	Fortitude
Fear	→	Fortitude
Intemperance	→	Temperance
Cruelty	→	Kindness
Harshness	→	Meekness
Disobedience	→	Obedience
Ingratitude	→	Gratitude
Anxiety	→	Trust in God
(no trust in God)		



Mass Schedule Changes

- Wed., Dec. 31:** There will be a 9 am daily Mass. The Holy Day of Obligation Vigil Mass for Holy Mary, Mother of God is at 6:30 pm.
Confession 6-7:15 pm
- Thurs., Jan. 1:** Holy Day of Obligation Holy Mary, Mother of God
7 am, 9 am, 12:10 pm, 7 pm Spanish

The Parish Offices and Kerin Family Center will be closed on Thursday, Jan. 1.

Closing Mass for the Jubilee Year of Hope

When: Sun., Jan. 4, 5 pm

Where: In the Church

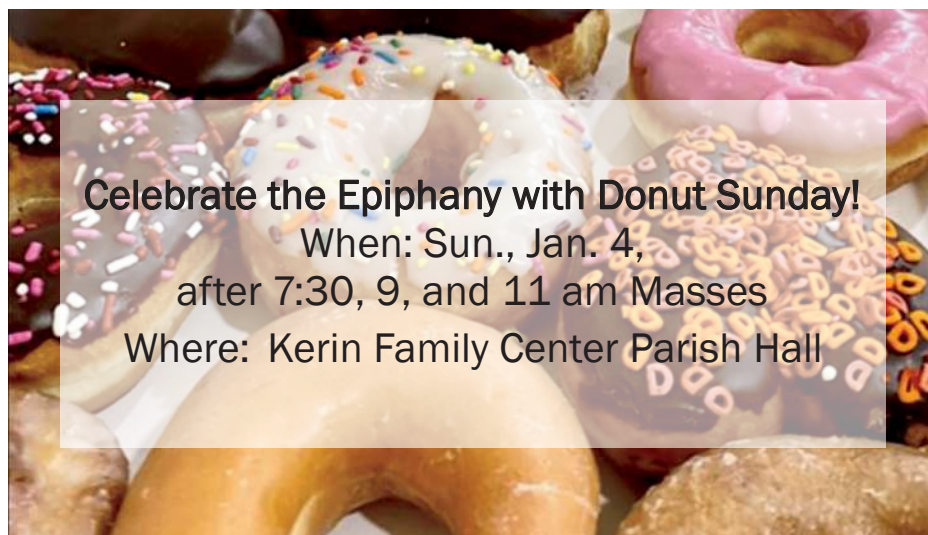
The Diocese of Charlotte will gather at St. Mark for one of three Closing Masses of the Jubilee Year of Hope, marking the culmination of a grace-filled holy year proclaimed by the Holy Father.

Monsignor Patrick Winslow will preside at this solemn liturgy, representing Bishop Michael Martin, OFM Conv. St. Mark was honored to be one of the bishop's stops for the opening of Jubilee Year in 2025, and now again serves place of prayer and thanksgiving as the diocese brings this sacred year to a close.

The Jubilee Year of Hope invited the faithful to a renewed encounter with Christ through prayer, conversion, reconciliation, and works of mercy. Throughout the year, pilgrims across the world passed through designated holy doors, sought indulgences, and embraced the Jubilee's call to become "pilgrims of hope" in a world longing for God's mercy and peace.

This Closing Mass offers the faithful an opportunity to reflect on the spiritual fruits of the Jubilee Year and to entrust its graces to the life of the Church moving forward. As we conclude this holy year, we do so not by leaving its message behind, but by carrying it into our families, parishes, and communities—living as witnesses of hope rooted in Christ.

All are warmly invited to attend this significant diocesan celebration.



STEWARDSHIP

Stewardship Spotlight: Family Ministry

Growing in Christ, Serving One Another, Sharing Our Gifts, and Connecting in Faith

On this Feast of the Holy Family, our first reading guides us to holy family relationships, and our Gospel reading summarizes the journey the Holy Family took to secure their safety in Jesus' early years. As some sought to destroy the Holy family, we face our own cultural and spiritual attacks on the family today.

Our St. Mark Family Ministry supports and strengthens families. It provides opportunities to connect in faith at parish events and to bring liturgical celebrations into our homes, building up the domestic church.



Their events are open to all parishioners and focus on fostering community. They include the Fall Wings and Trivia parish social, First Saturday Devotion Dinners, and the annual St. Nicholas Breakfast. They also host semi-monthly Pray & Play dates on select Tuesdays from 3-4:30 pm in the Parish Hall. Join them for prayer, fun activities for kids, and a chance for families to grow in fellowship. To receive their monthly Liturgical Living email with tips and event information, sign up here.

Join them to grow spiritually, connect and build friendships, and serve others in the community, regardless of your stage of family life. All are welcome!



Reflecting
God's
Light

DIOCESAN
SUPPORT
APPEAL 2025

Please make a
donation to the
2025 DSA today!



Ongoing Food Bin and Gift Card Collection

When: Anytime

Where: Narthex Bin

Please remember to bring non-perishable food donations with you any time you come to the church. We have a permanent food collection bin inside the entrance of the church. Volunteers take this food every week to various food pantries in Huntersville and Charlotte.

Grocery gift cards (\$25) can also be left in the parish office.

Please do not leave anything else in the Narthex Bin. It is a hardship to the volunteers to sort through clothing and household items. We do not use these items and do not have a way to get them to people in need. Thank you.



**END OF YEAR
GIVING**

Share Your Gifts

Donate online, at Mass, bring to the
office, or send in the mail.



stmarknc.org/online-giving

PARISH LIFE



"A family that prays together stays together, and a world at prayer is a world at peace."
-Venerable Father Patrick Peyton-



FIRST SATURDAY DINNER

THIS EVENT IS OPEN TO THE ENTIRE PARISH FOLLOWING THE 5 PM MASS IN THE ST. MARK PARISH HALL.

*ACTIVITIES FOR ALL AGES, INCLUDING BASKETBALL, COLORING, AND GAGA BALL.

Saturday, January 3, 2026

Blessing and food at 6:15 PM
Meditation video made by Father Christian Goduti & Rosary at 7:00 PM
Dessert and fellowship at 7:30 PM

\$5 per person
Please RSVP by December 30, 2025
*Scan QR Code for details on food



SAINT MARK FAMILY MINISTRY

Men's Bible Study: The Bible Timeline, A Story of Salvation

When: Wed., Jan. 7, 7:15–8:45 pm then most Wed. evenings

Where: Room 200, Family Center

This popular study, updated in 2025 and produced by Ascension Press, features the well-known Jeff Cavins and Fr. Mike Schmitz as presenters. It is a powerful and immersive journey through Scripture beginning with the story of Creation and concluding with the establishment of the Church after Christ's Ascension. In the course, you'll explore the fourteen narrative books that tell the Bible's complete story. You'll gain clear insights into how God's plan unfolds throughout history—and what it means for you today. Whether you're new to the Bible or looking to go deeper, *The Bible Timeline* will equip you to read and comprehend the entire biblical story—and discover your place within it. It is anticipated that this course will run through most of 2026.

For Registration & information: Ray FitzGerald Rfitzg@aol.com or 704-992-1702

There is a fee for the workbook or online access to the video and course materials.

Hear the Testimony of Paul Zucarelli

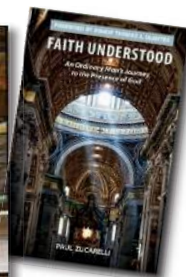
When: Wed., Jan. 9, 7pm

Where: Parish Hall

On Pentecost Sunday in 2017, Catholic businessman Paul Zucarelli went into sudden cardiac arrest after heart surgery. He suffered nine cardiac arrests and was clinically dead for nearly two hours. Doctors had little hope, yet through the fervent intercessory prayer of family, friends, and Bishop Thomas Olmsted, Paul survived and returned with a powerful testimony of Heaven and of Christ's merciful love.

We cannot comprehend the love, mercy and grace of God who created each of us. I am a Blessed man who gives all glory to God Through the Cross of Jesus Christ - Christ in us our hope of Glory.

Paul shares how that experience completely changed his life and his priorities. Once focused on success and comfort, he now travels the country urging people to take God seriously, to return to the sacraments, and to live every day in light of eternity. He tells his story in his books *Faith Understood: An Ordinary Man's Journey*



to the Presence of God and in One Lord, One Faith, One Church, written with evangelist Jesse Romero.

His witness has been featured on EWTN Live with Fr. Mitch Pacwa and on Divine Mercy programs with Fr. Chris Alar, as well as on the John-Henry Westen Show and other Catholic media.

Come hear Paul's testimony on January 9 at 7 pm in the Kerin Center. This is a chance to hear a modern story of God's mercy, the power of prayer, and the hope of Heaven. Invite family, friends, and anyone who may be struggling in faith or searching for answers.

Young Adult Ministry

If you are 21 -39 and looking for ways to connect with other faithful, our Young Adult Ministry would love to have you join them. Activities include both group study and social events. This group may be especially helpful for those new to the parish or otherwise looking to build new friendships.

The best way to learn about upcoming events for this ministry is through their GroupMe address by scanning the QR code.

Contact: Sean Meier at seanmeier1@gmail.com



Stephen Ministry

The Stephen Ministry is made up of St. Mark parishioners who have received extensive training to give emotional and spiritual support to fellow St. Mark parishioners as well as to those in our community. This ministry is a confidential, one to one opportunity to receive Christian care in a comfortable meeting place, whether in your home, parish hall, or even in a park setting.

Stephen Ministry is here to serve you, so you don't have to suffer alone.

For more information, please contact either Rich Kull at rkull@optonline.net Leanne Vaccaro leanne.vaccaro@stmarknc.org or visit our website at stmarknc.org/Stephen-ministry.

Fidelis January Jumpstart 2026 PERSEVERANCE

A Catholic retreat for young women in 6th-12th grade



St. Mark Catholic Church
14740 Stumptown Rd. Huntersville, NC

Friday, January 30th (Highschool) 6:30pm-9:00pm

Saturday, January 31st (Everyone) 9:00am-5:00pm

SISTERS
(6th-12th grade)



<https://tinyurl.com/JJ-2026-Sisters>

Registration:

\$25 FRIDAY NIGHT ONLY
\$45 PER ATTENDEE
\$100 FAMILY MAXIMUM

Register by January
16th to guarantee a
Jumpstart t-shirt!

LADIES
(volunteers)



<https://tinyurl.com/JJ-2026-Ladies>

Coffee & Conversation: December Schedule

Merry Christmas from our
Coffee & Conversation team of volunteers!

We will meet on Tuesday, December 30

Coffee & Conversation meets after the 9 am Mass
in the Kerin Family Center Parish Hall.

If you are home for the holidays, we invite you to stop by
to enjoy a cup of coffee, meet new people, and
reconnect with parish friends.

All are welcome.



Coming Up at Saint Mark

Thursday, January 1

Solemnity of Mary, Holy Day, Offices
Closed

Saturday, January 3

First Saturday Dinner

Sunday, January 4

Epiphany Donut Sunday

Closing Mass for Jubilee Year of Hope,
5 pm

Friday, January 9

Paul Zuccarelli Talk, 7 pm

Saturday, January 10

Knights of Columbus Free Throw
Contest

Volunteer Appreciation Dinner

January 30 & 31

Fidelis January Jumpstart

February 7 and 8

Women's Welcome Retreat

February 11

Young at Heart Luncheon

Saturday, February 14

Marriage Date Night

Wednesday, February 18

Ash Wednesday

Friday, February 20

Knights of Columbus Fish Fry

Monday, March 9

St. Serra Mass

Friday, March 13

Knights of Columbus Fish Fry

Sun-Tues, March 16-18

Parish Mission, Benedict Croell OP

Saturday, March 21

St. Patrick Dinner and Show

Friday, March 27

Knights of Columbus Fish Fry

Tuesday, March 31

Chrism Mass

April 2-5

Easter Triduum and Easter

Sunday, April 12

Divine Mercy Sunday

Wednesday, April 29

Young at Heart Ministry Luncheon

Saturday, May 23

Diaconate Ordination

Saturday, May 30

Priest Ordination

Women's Newcomers: After the Boxes Spring 2026

When: Wednesdays, Feb. 4-Apr. 22,
10-11:30 am

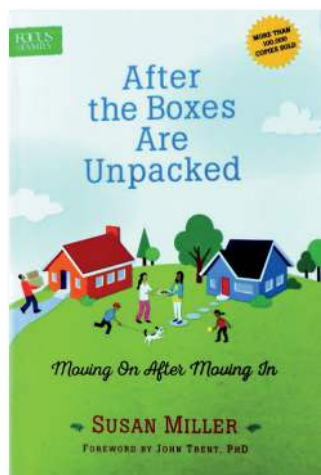
Where: Family Center, Room 200

New to our parish or still feeling a bit
"new"?

Join us for this welcoming and
supportive gathering based on Susan
Miller's book *After the Boxes Are
Unpacked*, which explores the spiritual,
emotional, and practical challenges that
often come with new seasons of life and
change.

This is a wonderful opportunity to
connect with other women, share
stories, grow in faith, and build lasting
friendships. Along the way, you will
laugh, reflect, and discover that you are
not walking this journey alone.

Space is limited. To reserve your spot or
for more information, please contact:
Catherine at 704-340-6234 or Maxine at
515-570-1293



The Sacrament of Reconciliation

Confession is offered every day at our
parish as a way to prepare our hearts to
receive God's mercy.

**Confessions always begin 45 minutes
before Mass and end 15 minutes prior
to the start of Mass**, when the priests
must begin preparing for the liturgy.

Confession lines will form down the side
aisle. Please be attentive to the
confessional lights:

Green: Open

Red: In Use

No Light: Confessional Closed

*The Confessional will close 15 minutes
prior to the start of Mass.*

**WOMEN,
ARE YOU
SEARCHING
FOR MORE
MEANING IN
YOUR LIFE?**

**DO YOU NEED
SOME TIME TO
RECONNECT
WITH GOD?**

**COME BE
INSPIRED BY A
COMMUNITY
OF WOMEN ON
YOUR FAITH
JOURNEY.**

 **DynamicCatholic.com**
Be Bold. Be Catholic.

NOW REGISTERING!

WOMEN'S WELCOME RETREAT

FEBRUARY 7TH & 8TH

Our retreats have been a life-changing experience for
the women who have attended. This is your opportunity
to be a part of this amazing retreat program at Saint
Mark.

The 6th annual Women's Welcome Retreat will take
place February 7 & 8, in the Kerin Family Center.

This is a 1.5 day women's retreat built around creating
fellowship with other women of the parish where they
can share their Catholic Faith and the challenges of
living a Christ-centered life.

Welcome is designed to meet every lady right where she
is in her faith journey, whether far away from God,
seemingly close, or somewhere in between.

Created by Matthew Kelly's Dynamic Catholic
organization, the retreat is led by ordinary parishioners.
Participants will hear 10 inspiring witness testimonies,
enjoy great food, Mass, Adoration, examine their own
faith experience, and build authentic Catholic
fellowship.

There is no cost, but space is limited.

At Saint Mark Catholic Church

Scan code or go to
stmarknc.org/welcome-retreat

Questions: Email Lauren at
LaurenFloyd@verizon.net



Welcome.

Altar Server Training

When: Sun., Jan. 11; 6:30 - 8 pm

Where: Church

Serving at the altar is a beautiful way
for our young people to grow in faith
and assist the priest during the Holy
Sacrifice of the Mass. We invite all
rising 4th graders and older who feel
called to serve the Lord in this special
ministry to attend our upcoming
training session.

Join us on Sunday evening, January 11,
to learn the roles, responsibilities, and reverence of being an Altar Server.

Contact: Matt Mixa, stmarkacolytes@gmail.com





Exodus 90

Exodus 90 in 2026: A Call to Freedom for Men

When: Begins Mon., Jan. 5 for 2026; Wed., Feb. 18 for Lent; Fraternity meets Saturday mornings at 7 am

Where: Kerin Family Center

Exodus 90 is a 90-day spiritual journey for men seeking greater freedom, discipline, and brotherhood through prayer, asceticism, and fraternity. Rooted in Sacred Scripture and the tradition of the Church, Exodus 90 invites men to deepen their relationship with Christ and grow in virtue together.

The full Exodus 90 journey begins Jan. 5 with the theme "I Will Be with You."

For those unable to commit to the full 90 days, the Exodus 90 Lenten Challenge begins Feb. 18 with the theme "To the Promised Land."

The St. Mark Exodus 90 fraternity meets Saturday mornings at 7 am, typically in the Kerin Center, with alternate meeting locations including the picnic tables or the Narthex if needed.

Scan the code. Download the Exodus 90 APP.

Questions? To learn more, visit exodus90.com or contact St. Mark parishioner Paul Foret at pbforet@gmail.com.



Mary's Women of Joy: Spring 2026

When: Thursday mornings, Feb. 12–May 7, 10 am–12:30 pm

Where: Kerin Family Center

Study Theme: Walking Through the Gospels with Jesus, Our Divine Healer

Walk through the Gospels with Jesus, Our Divine Healer, guided by the teachings of Father Richard McAlear, renowned Scripture scholar and healer.

Through his reflections, women are invited to encounter Christ as He walks with us in the healing moments of the Gospels—listening, restoring, and calling each of us by name.

In prayerful reflection on Scripture, we hear Jesus ask the question that still speaks to every heart:

"What do you want Me to do for you?" (Mark 10:51)

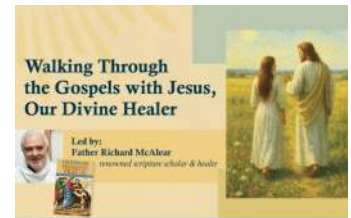
Participants are invited to respond with trust and openness, allowing Christ to heal, strengthen, and deepen their relationship with Him.



Mary's Women of Joy is a sisterhood rooted in prayer and the Catholic study of Sacred Scripture and Church teaching. It encourages women to grow together in faith, understanding, and joyful discipleship.

Space is limited. Registration closes Jan. 6 or when sessions are full. Cost: \$45

Info and registration: stmarknc.org/mwoj



CHRISTMAS

The Holy Family

Dr. John Schorn

FORMED**NOW**



The Holy Family

We are excited to announce our series of FORMED Now! Christmas and New Year special episodes. In these episodes, professors from the Augustine Institute Graduate School will lead us in reflections throughout the season!

Our parish has a free Formed subscription for you! Simply scan the QR code or visit formed.org/signup to create your account and select our parish to get free access to this content and much more!



THE AUGUSTINE INSTITUTE SHOW
WITH DR. TIM GRAY

NEW YEAR'S RESOLUTIONS

WITH DR. SCOTT HEFELFINGER



New Year's Resolutions | The Augustine Institute Show

What's your resolution this year? Dr. Tim Gray welcomes Dr. Scott Hefelfinger, Assistant Professor of Theology in the Augustine Institute Graduate School of Theology, to celebrate one year of the Augustine Institute Show!

Our parish has a free Formed subscription for you! Simply scan the QR code or visit formed.org/signup to create your account and select our parish to get free access to this content and much more!



An offering from the  AUGUSTINE INSTITUTE

St. Mark Preschool Registration 2026-27 School Year Opens in January!

Saint Mark preschool offers classes for 3-5 year old children in a safe, loving, secure and Catholic environment. Our children have fun while learning about their faith and preparing for kindergarten.

Registration dates for the 2026-27 school year:

- Jan. 13** Current and Alumni Families
- Jan. 21** Parishioners of St. Mark
- Feb. 3** Community

Go to stmarknc.org/preschool for complete program details, classes, registration forms and more. Contact our preschool director to schedule a tour:

Amanda.Rametta@stmarknc.org



Fr. Kevin Martinez Pilgrimage to Fatima, Spain & Lourdes

When: May 24-June 4, 2026

Where: Fatima, Spain, Lourdes



Join Father Kevin Martinez and Woodard Luxury Travel for an unforgettable 12-day pilgrimage through Fatima, Spain, and Lourdes—a sacred adventure filled with faith, food, fun, and awe-inspiring beauty!

Trip Highlights Include: The miraculous site of Fatima, where the Virgin Mary appeared to three shepherd children. A visit to the birthplace of St. Teresa of Avila, one of the great Doctors of the Church. Time to explore the vibrant culture and stunning sights of Madrid, Zaragoza, and La Rioja. A tour of Burgos Cathedral, a breathtaking UNESCO World Heritage Site. A moving experience in Lourdes, complete with the moving candlelight procession!

Whether you're deepening your spiritual journey or exploring Europe's holy gems, this trip is sure to uplift your heart and soul. Space is limited—don't miss this chance to travel with purpose and joy!

Reserve your spot today and make memories that will inspire you for a lifetime.

More Information: www.WoodardLuxuryTravel.com/events-trips

Contact: Donny Woodard, 980-483-3620

ADORATION

Follow the Yellow Brick Road.... to the Adoration Chapel?

By: Donna Fodale/Adoration Coordinator

A few weeks ago, I was looking for something to watch on TV and came across the original version of *The Wizard of Oz*. I didn't really care much about the movie as a child. The witch scared me and those flying monkeys, yikes!



Glinda, the good witch, tells Dorothy that all she needs to do to get back home is to follow this yellow brick road to the Wizard of Oz. He would be the one that would help her get what she wanted. He would help her friends get what they want as well. I am sure that you know how the story goes.

I am not sure if Glinda mentioned that following this road would not be easy. There would be many obstacles thrown at them. Many attacks from those monkeys, again... yikes!

The road that we are called to follow as Catholics isn't like the one in the Wizard of Oz.

It is much more beautiful. It has been traveled by many just like you and me. Both saints and sinners. Though it can be both challenging and difficult at times, it is a road that is filled with hope and the promise of coming face to face with our Lord and Savior Jesus Christ.

The good news is that we are given all we need to make sure that we reach our destiny, heaven. Can you imagine the disappointment that Dorothy felt when she saw that the wizard was not who he was made out to be? We, however, have a Lord and Savior who is exactly who he promises to be.

Dorothy had her red shoes to help her along the way, and we have been given even better things that help us get to Heaven. We have the Sacraments. We have the Eucharist!

We have Jesus truly present, body, blood, soul and divinity right in our Adoration Chapel.

I am definitely not Glinda, but I can promise you that if you follow the road that leads to heaven, you will have all that your heart desires.

I would like to invite you to make this coming New Year, a year that you spend more time with Jesus in Adoration. Add it to your weekly schedule. It may be the very thing that helps you overcome all that overwhelms you. The very thing that gives you the peace that you desire in a chaotic world.

The chapel is open 24 hours a day, 7 days a week. Come!! He waits for you!

If you are interested in becoming a weekly adoror, please register at: www.stmarknc.org/adoration



*Let the little children come to me;
do not prevent them, for the
kingdom of God belongs to such as
these.*

Mk 10:14

20th Annual March for Life Charlotte

Jan. 9, 2026

March at 12:00pm



Start to gather at 11am at the parking lot on the corner of W. Palmer and S. Church St. (across from the Diocese of Charlotte Pastoral Center) and march at 12:00pm to Trade & Tryon St. After the speakers have finished we will pray the Rosary and Chaplet of Divine Mercy. Signs will be available at the staging area parking lot. If you bring a sign, it must meet picketing law regulations. If you work uptown, join us on your lunch hour for part of the march! Be prepared to park on your own if needed. Check our web-site frequently for updates on parking.



Fr. Brian Becker
Director of Formation
St. Joseph's College Seminary
&
Vocations Promoter
Diocese of Charlotte

*Holy Sacrifice
of the Mass
Offered for The Unborn*

Jan. 9, 2026 10:00am



**Cathedral of St. Patrick
1621 Dilworth Rd. East
Charlotte, NC 28203**

Be a witness for the sanctity of human life and march for an act of reparation for an end to abortion.

marchforlifecharlotte.com



2025 Winners



**KNIGHTS
OF COLUMBUS®**



Free Throw Championship

Sponsored by St. Mark Knights of Columbus Council #12654

WHEN:

Saturday, January 10

Anytime between 9 am and Noon



WHERE:

**St. Mark Catholic Church, 14740 Stumptown Road,
Huntersville • In the Kerin Family Center Parish Hall**



WHO:

as of Jan. 1, 2026

Boys & Girls, Ages 9-14

Register on-site or use the QR Code to get registration form. You can send the completed form via email to Frank Salvato or bring the completed form to event.

Questions? Frank Salvato at GK6831@msn.com or 703-585-0534

Boys and girls Council Winners from each age category will receive a medal and earn the right to compete at the District Level in February!

All entrants will receive a certificate of participation.

Ages 9 thru 11 (Boys and Girls) competition will shoot from 12-foot foul line. All other age groups will shoot from the normal foul line which is 15 feet from the basket.

NO ENTRY FEE; Hot dogs, Snacks and Drinks Served.



Saint Mark Parish Directory

stmarknc.org | 14740 Stumptown Rd, Huntersville NC 28078
Parish Office | Mon-Thur 9 am-7:30 pm, Fri 9 am-4:30 pm
Sun 8:15 am-12:15 pm | Phone: 704-948-0231

Pastor

Very Rev. John T. Putnam, JV

Parochial Vicars

Rev. Kevin Martinez
Rev. Christopher Angermeyer
Rev. Aaron Huber (in residence)

Deacons

Rev. Mr. Thomas Martin
Rev. Mr. Richard McCarron
Rev. Mr. Thomas McGahey
Rev. Mr. Tom McMahan
Rev. Mr. Louis Pais
Rev. Mr. Ramon Tapia

Director of Parish Operations

Scott Bruno
scott.bruno@stmarknc.org
704-948-0231, Ext. 118

Sacristan

Sr. Mary Agnes
sacristan@stmarknc.org
704-948-0231, Ext. 211

Liturgy Coordinator/Office Manager

Emily Bixler
emily.bixler@stmarknc.org
704-948-0231, Ext. 102

Annulments, OCIA

Rev. Mr. Rich McCarron
deacon.rich@stmarknc.org
704-948-0231, Ext. 113

Sacrament Admin/Adoration

Donna Fodale
Donna.fodale@stmarknc.org
704-948-0231, Ext. 104

Director of Sacred Music

Manuel Mora
manuel.mora@stmarknc.org
704-948-0231, Ext. 130

Director of Finance

Richard Cataldo
richard.cataldo@stmarknc.org
704-948-0231, Ext. 116

Hispanic Ministry Coordinator

Emilio Gómez
emilio.gomez@stmarknc.org
704-948-0231, Ext. 117

Stewardship Coordinator

Karen Donahue
karen.donahue@stmarknc.org
704-948-0231, Ext. 136

Calendar Management

Sue Bruce
sue.bruce@stmarknc.org
704-948-0231, Ext. 123

Director of Evangelization and Catechesis

Paul Laskowski
paul.laskowski@stmarknc.org
704-948-0231, Ext. 121

Director of Faith Formation

Sarah Boyd (Formerly Rider)
sarah.boyd@stmarknc.org
704-948-0231, Ext. 137

Elementary Faith Formation Coordinator

Maddie Torres
elementary@stmarknc.org
704-948-0231, Ext. 124

Middle School Youth Ministry/ Confirmation Coordinator

Olivia DiGiovanni
olivia.digiovanni@stmarknc.org
704-948-1306, Ext. 105

High School Youth Ministry Coordinator

Augustine Free
augustine.free@stmarknc.org
704-948-0231, Ext. 122

Director of Preschool

Amanda Rametta
amanda.rametta@stmarknc.org
704-948-8015

Office of Faith Formation

Faith Formation Main Office Line:
704-948-0231, Ext. 103

Tribunal Advocate

Rod Brostrom
rnbrostrom@rcdoc.org

Bulletin Team

bulletin@stmarknc.org

Mass Schedule

Mon/Tue/Thu: 7, 9 am
Wed: 7 am, 6:30 pm
Fri: 7, 9 am
7 pm (Spanish)
Sat: 9 am, 5 pm Vigil
Sun: 7:30, 9, 11 am, 1 pm (Español), 5 pm

All Masses may be watched live: stmarknc.org/livestream

Please use Online Giving or mail in your offertory

stmarknc.org/Online-Giving

Please do not attend Mass if you are sick, have a fever or are in a high-risk group.

Confessions

Confessions are held 45 minutes prior to the start of Mass for a 30 minute duration.

In addition, Wednesday: 6 pm — 7:15 pm and Saturday: 3 pm — 5 pm

Rosary in the Church

Tue: 7—7:30 pm

Wed: Immediately preceding 6:30 pm Mass

Sat: Immediately preceding 5 pm Mass

Sun: Immediately preceding 7:30 am Mass

Perpetual Eucharistic Adoration

Available in the Monsignor Bellow Adoration Chapel in the Family Center. See stmarknc.org/adoration for complete details.

Hospitalization

If you or your loved one are in an area hospital, call the Parish Office to reach one of the Priests. The Priests offer Confession, bring the Holy Eucharist to you or administer the Sacrament of Anointing of the Sick.

Baptisms & Weddings

The use of the Church for Baptisms, Weddings and other Sacramental events is available to active parishioners. Contact the Parish Office. (Please note that weddings and baptisms cannot be celebrated during Lent.)

Financial Counseling

Complimentary and confidential services are available to provide financial literacy training, personal financial coaching, and/or advocacy support for you and your family. Contact the Parish Office.

Carolina Catholic Corner Gift & Book Store

Open daily in the Family Center

Coffee & Conversation Social Gathering

Tuesdays, 9:30 am, Parish Hall.

Cursillo

Visit www.CharlotteCursillo.com for information on upcoming retreat weekends, ultreys and group reunions.

Parishioner Assistance

Financial:

St. Vincent De Paul Society:
Emily.Bixler@stmarknc.org

Life Crisis: Stephen Ministry

stmarknc.org/stephen-ministry

Food Insecurity:

Parish Office
stmarknc.org/assistance or
Emily.Bixler@stmarknc.org or
704-948-0231, Ext. 102

Al-Anon

Ellen | 704-907-8555

Alcoholics Anonymous

Tom | 704-604-7739

Alateen program

Paul G. | 704-641-0654

Divorce Support Group

For anyone going through separation and/or divorce. Meetings are held Monday evenings at 7 pm in Room 204. If parish offices are closed, meetings are held at Lowe's Foods, exit 23.

Contact: divorce.support@stmarknc.org

Natural Family Planning

Joe and Kathy Hack; Sympto-Thermal Method;

704-548-1834; hackhouse@bellsouth.net; ccli.org

Elisabeth Laskowski; Creighton Model;

creightonmodel@gmail.com; 484-332-9084

Crisis Pregnancy Help

Community Pregnancy Center of Lake Norman:

704-727-0535

Catholic Charities: 704-370-3262; Birthright:

704-975-8572; Post Abortion: 1-800-5-WE CARE

Poor prenatal diagnosis? You're not alone. There is help.

benotafraid.net

Taken Abortion Pill? It may not be too late: Abortion Pill

Reversal 877-558-0333 or abortionpillreversal.com

DEL PASTOR



Hoy, mientras continuamos celebrando la temporada navideña, centramos nuestra atención de una manera especial en la Sagrada Familia. Este es un gran momento para dar gracias a Dios por el regalo de la vida familiar. *El Catecismo de la Iglesia*

Católica se refiere a la familia como la "iglesia doméstica", por lo que la fiesta de hoy es también un momento adecuado para reflexionar sobre la importancia de la virtud de la hospitalidad —un aspecto fundamental del modo de vida de la administración— en el contexto de nuestras iglesias domésticas.

¿Por qué es tan importante la hospitalidad para un estilo de vida responsable, empezando por la vida familiar? Bueno, difícilmente podemos esperar que los miembros de nuestra familia recen juntos, estudien su fe y sirvan a los demás si tenemos un hogar donde estamos desconectados unos de otros o el ambiente son estresante y tenso. Por supuesto que habrá momentos como este. Pero debemos ser intencionados al crear hogares donde todos se sientan queridos, aceptados e importantes. Queremos que nuestros hogares sean el lugar donde podamos recargar energías y llenarnos para salir y llevar amor a todos los que encontramos fuera de casa.

Las primeras y segundas lecturas de hoy están llenas de sabiduría práctica sobre cómo crear un ambiente de verdadera hospitalidad en nuestros hogares.

Nuestra primera lectura, basada en el Libro de Sirác, habla de las bendiciones que vendrán cuando los niños rindan homenaje a sus padres —tanto niños pequeños que respetan la autoridad de sus madres y padres, como hijos adultos que cuidan con cariño de los padres mayores. Estas son las acciones y actitudes que crean un ambiente de respeto, ternura y unidad en la familia, todos elementos clave de la hospitalidad.

Nuestra segunda lectura, de la carta de San Pablo a los Colosenses, ofrece instrucciones aún más específicas sobre cómo fomentar la hospitalidad dentro de nuestros hogares. Pablo nos recuerda nuestra gran dignidad como "elegidos de Dios, santos y amados." Esto se aplica a todos los miembros de la familia, desde el más joven hasta el mayor y todos los que están entre medias. En la rutina diaria de la vida familiar, es importante recordar que cada uno de nosotros es querido por Dios. No somos solo padres, madres, hijos, abuelos; todos somos también hermanos y hermanas en Cristo.

La instrucción de Pablo de "poner" compasión, bondad, humildad, gentileza y paciencia entre ellos es la mejor fórmula posible para la hospitalidad familiar. Pablo nos recuerda que (especialmente en el caos de la vida familiar) no siempre sentiremos compasión, bondad, etc. ¿Qué podemos hacer? Podemos "ponérnosla" —podemos actuar de la manera que una persona compasiva, amable y humilde actuaría. Esto creará un ambiente transformador de hospitalidad dentro del hogar que se reflejará en las interacciones

de la familia con quienes están fuera del hogar.

Por supuesto, esto no es fácil de hacer. Pero podemos acudir a la Sagrada Familia para pedir ayuda.

Para que no pensemos que la Sagrada Familia no puede simpatizar con nuestras luchas, vemos en nuestro pasaje evangélico de Mateo que esta Familia ciertamente no estuvo libre de pruebas y estrés; Todo lo contrario. La propia vida del recién nacido Jesús estuvo amenazada por los celos extremos de Herodes, hasta el punto que la familia tuvo que huir repentinamente a una tierra extranjera en busca de protección hasta la muerte de Herodes. Sin embargo, María y José permanecieron unidos y siempre obedientes a la guía del Espíritu Santo para la dirección. ¿Quién mejor a quien acudir para pedir ayuda e inspiración para nuestras propias familias?

¡Feliz día de fiesta a todas las familias que viven con una vida de mayordomía! © Consultores de Gestión Católica, 2025

Reflexión pastoral – Al acercarnos al final del año natural, es popular hacer propósitos para el Año Nuevo. A menudo estos propósitos son efímeros y no llegan a mucho. Por eso, pensé en ofrecer una visión católica sobre los propósitos de Año Nuevo para ofrecer algo de ayuda de cara a 2026.

Un buen enfoque católico para los propósitos de Año Nuevo los basa en la conversión del corazón, el crecimiento en la santidad y la cooperación con la gracia de Dios, más que en la mera superación personal o fuerza de voluntad. Así es como suelen enmarcarlos los católicos fieles:

1. Comenzar con la oración y el discernimiento

- No te limites a elegir objetivos populares (perder peso, leer más, ahorrar dinero). Pasa tiempo en oración ante el Santísimo Sacramento o durante una hora santa preguntando:
- "Señor, ¿qué quieres cambiar en mí este año? ¿Dónde resisto a Su gracia?"
- Considera hacer un retiro corto (aunque sea un día) o ir a confesarse antes del 1 de enero para ver claramente tu alma.

2. Centrarse en las virtudes teologales y las virtudes cardinales

En lugar de objetivos genéricos, prométete a crecer en:

- Fe→ Oración mental diaria (15–20 minutos), lectura de las Escrituras o del Catecismo, asistencia a una misa extra entre semana.
- Esperanza→ Practicar la gratitud, leer espiritualmente sobre el cielo y los santos, confiar en Dios en las áreas de ansiedad.
- Caridad→ Actos concretos de misericordia (visitar a los solitarios, dar el diezmo constantemente, perdonar a una persona concreta).
- Prudencia, Justicia, Fortaleza, Templanza→ Elige un pecado capital con el que luches (por ejemplo, gula, ira, pereza) y trabaja en la virtud opuesta.

3. Hacer propósitos pequeños, específicos y sostenibles.

Los católicos que tienen éxito suelen elegir entre 1 y 3 metas concretas y medibles ligadas a la gracia:

- Reza una década del Rosario cada noche antes de acostarte.

- Ir a confesarse cada mes (o cada dos semanas).
- Ayuno con pan y agua todos los viernes (o renuncia a los tentempiés entre comidas).
- Lee diariamente entre 5 y 10 minutos de la vida de los santos.
- Realizar un acto oculto de caridad cada día sin decirselo a nadie.

4. Adjuntar resoluciones al año litúrgico

Alinea los objetivos con las estaciones en lugar del calendario secular:

- El Adviento → oración y desapego más profundos.
- Cuaresma → penitencia y limosna.
- Pascua → alegría y evangelización.
- Esto evita que los propósitos sean una campaña puntual en enero.

5. Usa los sacramentos como motor, no como fuerza de voluntad

Las mejores resoluciones católicas asumen:

- Confesión frecuente (gracia para superar pecados habituales).
- Misa diaria o al menos dominical + (comunión digna).
- Dirección espiritual regular o al menos un compañero de rendición de cuentas en la fe.

6. Abraza la mentalidad de "reiniciar"

En el catolicismo, cada día (incluso cada momento) es un nuevo comienzo. Si fallas tu propósito el 3 de enero, no esperas hasta el año que viene: vas a confesarte y vuelves a empezar el 4 de enero. Esto es lo opuesto al pensamiento secular de "todo o nada".

7. Ideas clásicas de resolución católica (probadas y queridas durante siglos)

- Ofrenda matutina + 3 Ave Marías por la pureza cada mañana.
- 15 minutos de oración mental diaria (Lectio Divina, meditación ignaciana, o simple repetición "Jesús, confío en Ti").
- Confesión mensual y una regla personal de la vida.
- Lectura espiritual (10–15 min/día): Biblia, Catecismo, Introducción a la Vida Devota, Historia de un Alma, etc.
- Penitencia del viernes (abstinencia de carne u otro sacrificio) durante todo el año.
- Examen diario de la conciencia por la noche (5 minutos).
- Una nueva devoción (Primeros Sábados, entronización del Sagrado Corazón, novena del Rosario de 54 días, etc.).

8. Terminar con un Santo Patrón del Año

Una hermosa costumbre católica moderna: el 1 de enero (o la fiesta de María, Madre de Dios), reza y sortea al azar (o elige intencionadamente) a un santo patrón para el año. Pide su intercesión para que te propongan tus propósitos.

En resumen: un buen propósito católico de Año Nuevo no consiste en convertirse en una "mejor versión de ti mismo". Se trata de parecerse más a Cristo, con la ayuda de Su gracia y Su Iglesia, un pequeño sí a la vez. "Sé santo, porque yo soy santo" (1 Mscotas 1:16) es la única resolución que realmente importa—y todo lo demás fluye de ella.




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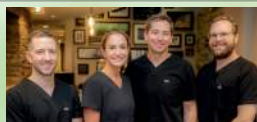
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