

## 2024 NATIVITY FAST Psalm Readers Group:

The 2024 Nativity Fast Psalm Readers Group will be starting on Wednesday, November 15th and continue through Christmas Eve, December 24th.

The goal is to read the Book of Psalms, also called the Psalter, daily during the 40 days of the Nativity Fast individually and as a group. The Book is divided into 20 sections called kathismata consisting of 1-8 psalms. Each reader will be assigned one of the sections per day, so if we have 20 readers, the entire Psalter will be read through by the group each day! At the end of 40 days each individual reader will have read the entire Book of Psalms twice through. We also pray for each other daily.

You can read an individual book that has just the Psalms or the Book of Psalms found within your bible or online versions.

St. Athanasius the Great said, "The Psalms are different from the rest of Scripture in that while the rest of Scripture speaks to us, the Psalms speak for us. When we pray the Psalms, we are praying the words God has given us to pray."

The Book of Psalms is an allegory of each person's spiritual journey, the story of God's dealings with every human soul.

If you would like to be a reader, please let Anna Pink know ASAP as she is organizing the group. You may join in at any time, it's never too late to add readers! She also has all the information and instructions to email to you.

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