

# **The Good Portion Women’s Study Group 2025**

**First Tuesday of Each Month in the Great Hall, 6pm**  
**We share a potluck meal each gathering**

This year we will embark on daily readings from a book by St. Theophan and engage in journaling things we are grateful for each day. When we meet each month we will discuss things that struck us about St. Theophan’s daily reflections, and also share something that we were especially grateful for during the month. ***This daily practice, and sharing the wealth we discover each month has been blessed by Fr. Josiah.***

We may also add the reading of books, determined through group discussion and agreement. One such suggestion is to add readings on the lives of the Saints.

Below is the plan for 2025 daily reflections.

## **Daily Gratitude Journal**

*Book: A Journal of Thanksgiving*

by Nicole Roccas

## **2025 Daily Reflection Reading Plan**

*Book: Thoughts for Each Day of the Year from the Word of God*

by St. Theophan the Recluse

Please note that the reflections in this book don’t track day by day with our current calendar year – the book was compiled from reflections written during the life of St Theophan. Liturgical Calendars vary year to year. We will read his reflections day by day, not being concerned if they line up perfectly with the 2025 Liturgical calendar. We will simply look for valuable insights and truths that we can apply to our lives and share with each other when we meet.

The book’s daily readings have been mapped to each day of the year by page so that people can read and join with the study group at any time of the year – they will know exactly what to read based on the guide below.

Enjoy!

<b>Daily Reading Plan</b>				
	<b>Day</b>	<b>Day of Week</b> <i>Readings Compiled from years St. Theophan Lived</i>	<i>(Day of Week 2025 )</i>	<b>Page</b>
<input type="checkbox"/>	1-Jan	Monday	<i>(Wednesday)</i>	25
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