

JANUARY

calendar

*Liturgical
Living*



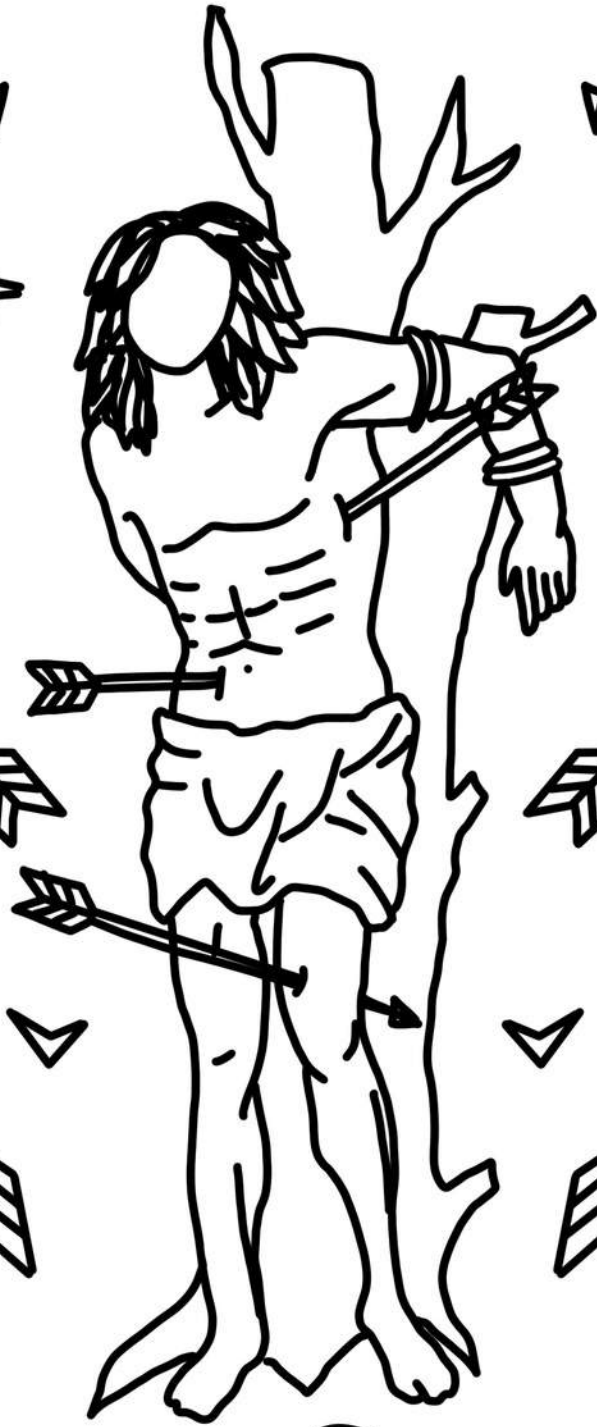
St Elizabeth Ann Seton

“God
loves
us

this is
our
comfort”



St. Sebastian

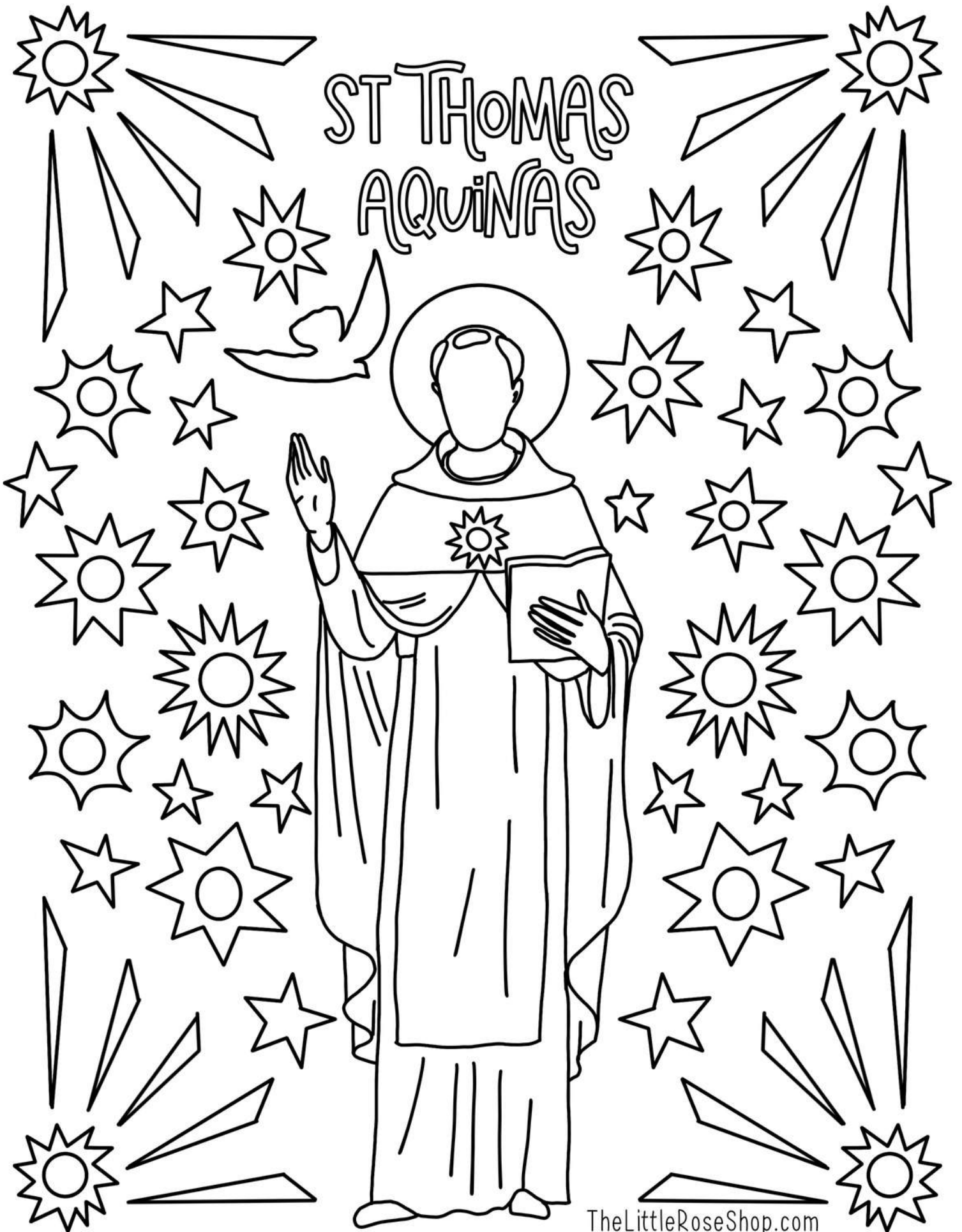


pray for us



St. Agnes

ST THOMAS AQUINAS



January

Devotion-The Holy Name of Jesus

"...at the name of Jesus every knee should bend of those in heaven, on earth and under the earth."

Phil. 2:10

Daily

Morning Prayer

My God I believe you are present here. And I adore thee with my whole soul. Oh Jesus, through the Immaculate Heart of Mary, I offer you my prayers, works, joys, and sufferings of this day.

Say Grace before meals

Bedtime Prayer

(Examen - reflect on the day, the highs & lows,)

In Christ is the source of life; in hit light, we see light: let us give thanks and praise.

Glory Be...

*optional daily devotions:

- Divine Mercy Chaplet at 3pm
- Rosary

Weekly

Weekend Mass Obligation
Family Rosary

Monthly

Confession:

Wed. 5-5:45pm
Sat. 8:40-10am*

First Friday

January 3rd

First Saturday

January 4th
Mass @ 8:00am

XLT Adoration

January 8th
6-7pm

Celebrate a Feast Day (*see next page)

Novena of the Month Novena to End Abortion



ADDITIONAL RESOURCES

January Challenges:

- Read the Daily Readings at USSCCB, on Hallow, or Amen App.
- Pray Novena to support those attending March for Life on January 24th (novena start - Jan 16th) <https://www.praymorenovenas.com/march-for-life-novena>
- Continue to celebrate the Christmas Season through Jan 5th - the Epiphany
- Consider starting the Bible in a Year or Catechism in a Year program with Fr. Mike Schmitz. This is available for free through podcast apps or the Hallow or Ascension Press App.
- Fill a bag of food and goods for the families in need.
 - Please check the bulletin for the current month's needs.

FORMED

HAVE QUESTIONS?
julie.g@cathedraljc.org

For Daily Readings and more:

www.ussccb.com



Hallow



Laudate



Formed



Ascension

Catholic Apps:



@CATHEDRALOFSTJOSEPH

@JCCATHEDRAL



<https://watch.formed.org/catholic-all-year-with-kendra-tierney>

JANUARY *calendar* *Liturgical Living*

Ideas for Celebrating Feasts/Memorials in January.

1st SOLLEMNITY OF MARY, THE HOLY MOTHER OF GOD - This is a Holy Day of Obligation requiring participation in Mass. This day commemorates Mary for her role in salvation. Consider stopping by a Mary statue to spend a few extra moments with her.

4th St. Elizabeth Ann Seton - Founder of the first free Catholic school in America. Take this opportunity to support your Catholic school either financially or through volunteering your time and/or talent.

5th Epiphany - The arrival of the Wise men to pay homage to the child named Jesus. This is the official end to the Christmas season in the US. Bless your house with chalk using the blessing included in this packet. The Cathedral will have blessed chalk available at Mass this weekend, or you can ask your priest to bless chalk or even bless it yourself if you are unable to secure blessed chalk otherwise.

20th St. Sebastian - a member of the Praetorian guard, he converted many individuals to Christianity. Once Diocletian found out, Sebastian was sentenced to death as a target for archery practice. Pray a family rosary for members serving in the military, try your hand at archery practice, or make kabobs for dinner.

21st St. Agnes - known for her beauty and commitment to the Lord. She turned down all proposals stating that the Lord was her spouse. She was later martyred at the young age of 12-13 for being a Christian. Have lamb for dinner (she was frequently portrayed holding a lamb), pray for survivors of sexual assault.

22nd National day of prayer for the legal protection of unborn children. See Novena above and if you weren't able to start it to end today, take this opportunity to start it today!

24th March for Life - The March for Life is an inspiring, peaceful, vibrant, and joy-filled rally of women, men, young people, and children from all across the country. Every year, tens of thousands of pro-lifers converge on the National Mall and march on Capitol Hill, peacefully, on the anniversary of the Supreme Court's 1973 Roe v. Wade ruling which legalized abortion in all 50 states. TOGETHER, WE GATHER TO CELEBRATE LIFE. Pray for those in attendance and for the protection of all life.

28th St. Thomas Aquinas - Doctor of the Church, advocate for reason and divine revelation. Tanto Ergum, used at Benediction of the Blessed Sacrament, was written by St. Thomas - sing or listen to this in homage of his work. Take time to read a book today in honor of his love of learning.

31st St. John Bosco - an Italian priest in the 19th Century, patron of young people, apprentices, and Catholic publishers/editors. He had a fondness for young people and their education and faith. Spend time with your children today, especially tweens and teens doing one of their favorite activities. Pray for young people all over the world.



Blessing of the Home and Household on Epiphany

The traditional date of Epiphany is January 6, but in the United States it is celebrated on the Sunday between January 2 and January 8.

When all have gathered, a suitable song may be sung. The leader makes the sign of the cross, and all reply, "Amen."

The leader greets those present in the following words:

Let us praise God, who fills our hearts and homes with peace.
Blessed be God forever.

R/. Blessed be God forever.

In the following or similar words, the leader prepares those present for the blessing:

The Word became flesh and made his dwelling place among us. It is Christ who enlightens our hearts and homes with his love. May all who enter this home find Christ's light and love.

One of those present or the leader reads a text of sacred Scripture, for example, Luke 19:1-9:

Listen to the words of the holy Gospel according to Luke: Jesus came to Jericho and intended to pass through the town. Now a man there named Zacchaeus, who was a chief tax collector and also a wealthy man, was seeking to see who Jesus was; but he could not see him because of the crowd, for he was short in stature. So he ran ahead and climbed a sycamore tree in order to see Jesus, who was about to pass that way.> When he reached the place, Jesus looked up and said to him, "Zacchaeus, come down quickly, for today I must stay at your house." And he came down quickly and received him with joy. When they all saw this, they began to grumble, saying, "He has gone to stay at the house of a sinner." But Zacchaeus stood there and said to the Lord, "Behold, half of my possessions, Lord, I shall give to the poor, and if I have extorted anything from anyone I shall repay it four times over." And Jesus said to him, "Today salvation has come to this house because this man too is a descendant of Abraham."

The intercessions are then said:

Leader: The Son of God made his home among us. With thanks and praise let us call upon him.

R/. Stay with us, Lord.

Leader: Lord Jesus Christ, with Mary and Joseph you formed the Holy Family: remain in our home, that we may know you as our guest and honor you as our Head.

We pray:

R/. Stay with us, Lord.

Leader: Lord Jesus Christ, you had no place to lay your head, but in the spirit of poverty accepted the hospitality of your friends: grant that through our help the homeless may obtain proper housing.

We pray:

R/. Stay with us, Lord.

Leader: Lord Jesus Christ, the three kings presented their gifts to you in praise and adoration: grant that those living in this house may use their talents and abilities to your greater glory.

We pray:

R/. Stay with us, Lord.

After the intercessions the leader invites all present to say the Lord's Prayer.

The leader says the prayer of blessing with hands joined:

Lord God of heaven and earth,
you revealed your only-begotten Son to every nation
by the guidance of a star.
Bless this house
and all who inhabit it.

Fill them (us) with the light of Christ,
that their (our) concern for others may reflect your love.
We ask this through Christ our Lord.

R/. Amen.

The leader concludes the rite by signing himself or herself with the sign of the cross and saying:

May Christ Jesus dwell with us,
keep us from all harm,
and make us one in mind and heart,
now and forever.

R/. Amen.

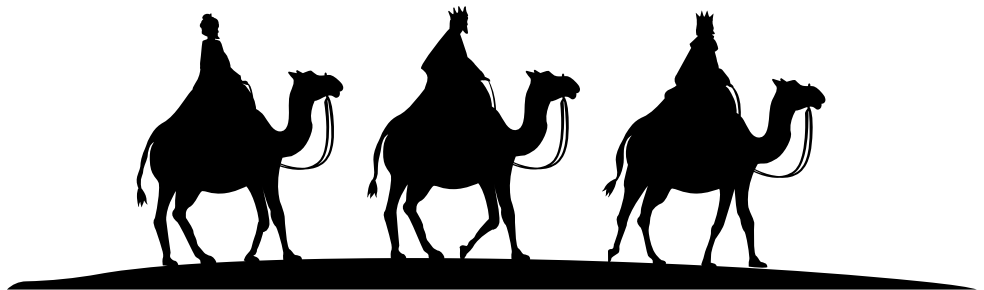
It is preferable to end the celebration with a suitable song, for example:

"O Come, All Ye Faithful" or "We Three Kings."

PRAYER REQUESTS

NAME

REASON





THANK GOD EVERY DAY

WHAT I'M THANKFUL FOR:

