

Restore the Roots



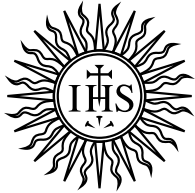
Cultivating Your Domestic Church

A Liturgical Living Initiative of St. Joseph the Workman Cathedral, La Crosse, WI

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JANUARY

3 Most Holy Name of Jesus



This feast day honors the sacred name of Jesus Christ. Instituted by the Franciscan order in the 16th century, the feast emphasizes the power and significance of Jesus' name as a source of salvation, healing, and strength. The name "Jesus" itself means "God saves" in Hebrew, reflecting His divine mission to redeem humanity. Today encourages us to reflect on the importance of invoking the name of Jesus in prayer, especially as a reminder of His love and presence. It also underscores the reverence due to Jesus' name, often seen as a sign of His protection and grace. It is a day of gratitude for the gift of salvation through Jesus Christ and a call to live by His example of humility and love. For ways to celebrate today, check out page 2.

21 St. Agnes



St. Agnes was a virgin and martyr whose name means "lamb." Several men tried to win her over to be their wife, but she was determined that Christ would be her only suitor. Those men turned Agnes in for being a Christian. She was just an adolescent when she was threatened with a torturous death. She took all the threats with heroic calmness and showed no fear for pain. In response, the judge had her stripped naked and put out in the street. Some say her hair miraculously grew to cover her bare body. In the end, it was ordered that she be beheaded. St. Ambrose said, "She went to the place of execution more cheerfully than others go to their wedding." She was going home to the One whom she loved most. St. Agnes is the patroness of girls, chastity, purity, Girl Scouts, rape victims, engaged couples, and gardeners. To celebrate her feast day, decorate with red and white flowers, ribbon or table set. White represents her purity and red represents her being a martyr. If you are feeling up to a challenge, bake a cake or cookies shaped like a lamb!

28 St. Thomas Aquinas



St. Thomas Aquinas (1225–1274) was a Dominican friar, theologian, and philosopher, widely regarded as one of the most influential figures in Christian intellectual history. Born in Italy, Aquinas entered the Dominican Order and pursued studies at the University of Naples, later continuing his education in Paris and Cologne. His most famous work, the *Summa Theologica*, presents a systematic theology that integrates Christian doctrine with the philosophical ideas of Aristotle, making it a cornerstone of Catholic thought. Aquinas emphasized the harmony between faith and reason, asserting that both lead to truth. He also wrote extensively on ethics, the nature of God, and the sacraments, deeply influencing Catholic doctrine. Declared a Doctor of the Church in 1567, Aquinas' theological insights continue to shape Christian teaching and philosophy. He is the patron saint of students and scholars. A symbol often associated with Thomas is the star, to represent the Divine Guidance he had while writing. A simple treat for the day would be star cookies! Or consider finding a copy of G.K. Chesterton's book, *St. Thomas Aquinas, The Dumb Ox*.

Monthly Devotion: THE HOLY NAME OF JESUS

JAN. 3

THE HOLY NAME OF Jesus



Honoring the name of Jesus can be a deeply meaningful and reflective experience. Here are several ways to observe the feast day and incorporate the name of Jesus into your daily life:



Attend Mass: The readings and prayers Mass on January 3rd, focus on the significance of Jesus' name. This liturgy especially reminds us of His divine mission and encourages deep reverence for His name.



Invoke the Name of Jesus in Prayer: Throughout the day, incorporate the name of Jesus into your prayers. This can include traditional prayers, such as the "Jesus Prayer" ("Lord Jesus Christ, Son of God, have mercy on me, a sinner"), "Jesus, I trust in you!" or simply invoking His name in personal, spontaneous prayer.



Reflect on Scripture: Read and meditate on passages from the Bible that speak to the power of Jesus' name, such as Philippians 2:9-11, John 14:13-14 or Acts 4:12



Devotional Practices: Incorporate specific devotions to the Holy Name, such as the Litany of the Holy Name of Jesus or a prayer of consecration, offering oneself to Jesus under the power of His name.



Sing Hymns to the Holy Name: Sing or listen to hymns that honor the Holy Name of Jesus. Hymns like "Jesus, Name Above All Names" or "At the Name of Jesus" can help focus the mind and heart on the Sacred Name.



Silence and Contemplation: Take time for quiet reflection or adoration before the Blessed Sacrament, contemplating the power of Jesus' name and its significance in your life. This silence allows for a deeper connection to the sacredness of the day.

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A NEW TRADITION!

If you've never celebrated your Saint name day, start this year! Here's how to find your saint: (If you have kids, remember to do this for them too!)



Identify Your Saint

If you were named after a saint, you'll need to identify which saint that is. Some are easy because there is only one saint with that name. Others share a name with multiple saints (for example, "John" can refer to 'the Baptist', 'the Evangelist', etc.) Or you might need to look at variations like "Theresa" and "Teresa" or "Mariah" and "Mary" If you were named after a biblical figure, such as John or Mary, their feast days will be tied to the liturgical calendar.

If you were named after Mary, you could choose any one of the many titles of Mary. If you don't have a specific saint tied to your first name, try your middle name. Or try different variations of your name. If you still can't find one, use your confirmation saint.



Find the Feast Day on the Liturgical Calendar

Once you've identified the saint, find out the date of their feast day, which is often tied to their death anniversary or a significant event in their life. Find the feast day by searching online for the name of your saint and "Roman Catholic Feast Day"



Put it in your calendar!

If you don't write it down, you'll forget. You might even want to put a reminder in one week before if you plan to celebrate in a special way.



Celebrate Your Name Day!

Once you've identified your name day, you can celebrate it in a variety of ways, such as attending Mass, praying to your patron saint, learn more about your saint, hosting a small gathering, performing acts of charity in their honor or having a special meal or dessert tied to their feast. (Check Catholic Cuisine for ideas!)