

LITURGICAL LIVING

Series 19: December 31– January 6

See AFC Website for Digital Version!

December 31: Feast of the Holy Family

This feast honors Jesus, Mary and Joseph as the holiest of families and a model for all Christian families. They show us how we should all love one another as the Body of Christ.

Celebrate

- Be present with your family. Try a technology free day. Unwind and connect!
- Consider offering aid. The Holy Family fled to Egypt as refugees. Is there anything you could be doing to aid refugees in today's climate, in our city? Consider donating goods, money or time.
- Pray. Ask Jesus, Mary and Joseph to watch over the specific needs of your family. Think about what your family has done this year and what is to come. Is there anything that needs discernment? Ask the Holy Family to guide you!
- [Holy Family Hearts Coloring Page](#)



January 1: Mary Mother of God

- This solemnity is dedicated to Mary's motherhood: to Jesus and to each of us. This solemnity of Mary, Mother of God is a holy day of obligation.
- The title "Mother of God" means "God-bearer" in Greek. We are each called to be God-bearers in this world in how we live.
- This day is the end of the Octave of Christmas. But it is still the Christmas Season!

Celebrate

- Attend Mass. Mass is in St. Peter at 7pm.
- Pray the [Magnificat](#)
- Read a [Book about Mary](#)

January 4: St. Elizabeth Ann Seton

Mother Seton helped establish Catholic Schools in America. Say a prayer for all schools, students and teachers, especially John Ireland.

Pray



Almighty God, You sent forth your Son as a beacon of hope for all people. As a Teacher, He has given us the prime example of the importance of education. As disciples, we look to him for inspiration and strength. Thank you for the many people who have dedicated their lives in service to our Catholic Schools. Thank you for the teachers and administrators who sustain our schools. Thank you for the parents who have given support and witness to the importance of Catholic education. Thank you for the students who work hard to further their education. Bless all our Catholic Schools and the many people who advance our mission. May our schools be a home for those who seek to grow in openness, faith, love, intellect and commitment to justice. In your name, we pray. Amen.

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January 6: Epiphany

The Christmas season continues until Epiphany, the visit of the magi, which is celebrated January 6. The magi (or wise men) traveled far to worship Jesus and brought Him three gifts; gold, frankincense and myrrh. Gold because He is the King of kings, frankincense because He is the great High Priest and myrrh because He would sacrifice himself on the Cross. This is part of the Christmas tradition of gift exchange, this day to exchange their



some cultures even wait until Christmas gifts!

Celebrate

- Three Kings bread. This is a sweet bread that comes from the Mexican tradition and it contains a baby Jesus doll hidden inside. The tradition is whoever finds the doll will host the Candlemas party which occurs on February 2.



- Bless your home, remembering the way the Holy Family opened their dwelling place to the visitors of the magi (read Matthew 2:1-12). This link will have instructions. Most Churches will provide blessed chalk and instructions also. :) [Epiphany Home Blessing](#)

- Use the blessed chalk to mark the lintel of your front door: **20 C + M + B + 24**
- C= Caspar, M=Melchior and B= Balthasar. These are the traditional names given the three wisemen. The initials also stands for Christus mansionem benedicat which means “Christ, bless this house.” And the year surrounds the letters.
- Say aloud the prayer in the link or your provided prayer.
- Leave the marking all year long.

- Gold, Frankincense and Myrrh Diffuser
 - Place about 20 drops of each Frankincense and myrrh essential oils into 1 cup of Himalayan Pink salt in a shallow ceramic or glass bowl. You can use a gold one if you have or decorate as you are able. Light a votive candle that is placed in the middle. The warming of the salt by the candle will diffuse the smell. Have this going while you pray this day.

