

# Restore the Roots

Cultivating Your Domestic Church

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

Vol. 1 No. 9



## January Feast Days

### 1 Solemnity of Mary, Mother of God



This first day of the new year is set aside to honor Mary as Mother of God. But also as our Mother too. How can you grow close to your mother this year? Pray about it and make a resolution today. Although typically this is a holy day of obligation, this year the obligation is lifted. It's still a great practice to go to Mass today.

### 7 Solemnity of the Epiphany of the Lord



Shepherds and Kings sought the baby Jesus. Do you? Resolve to come seek Jesus this year. Read about this great feast on page 3!

### 8 Feast of the Baptism of the Lord



This is the last day of the Christmas season. Honor today by renewing your baptismal promises found of page 4.

### 20 St. Sebastian



St. Sebastian was a Christian in the early third century during the time of the Christian persecutions. He joined the Roman Army in 283 AD and was promoted to serve and protect Emperor Diocletian. Sebastian quietly taught others about his faith and converted many to Christianity. When Diocletian found out Sebastian was a Christian, he ordered him to be killed with arrows. However, Sebastian survived the arrows, giving Diocletian quite the surprise! He was then ordered to be beaten with clubs and thrown into the sewers. His body was later recovered and buried in the catacombs outside of Rome. Saint Sebastian is the patron saint of soldiers and athletes. To remember his feast day, say "thank you" and/or make a card for a soldier, play a sports game, and strive to be as courageous as Sebastian by sharing your faith with a new friend.

### 25 Conversion of Paul



Before he was Paul, he was an infamous persecutor named Saul. He took part in the persecutions of early Christians, including Stephen, the first martyr. While on the road to Damascus searching for Christians to incriminate, Jesus appeared to him in a flash of light. For three days, he lay blind and forever changed by his encounter. Once he was baptized and his sight was restored, he went on to be a great evangelist influencing Christianity around the Mediterranean Sea. He traveled from city to city, proclaiming the gospel and writing letters to encourage new Christians in their faith. His writings make up thirteen books in the New Testament—the most of any biblical writer. To celebrate, take a walk and pray for the conversion of heart for your family/friends (see pg. 4). You could also read about Paul's moment of conversion in the Bible (Acts 9:1-19).

### 31 St. John Bosco



Born in 1815 in Becchi, Italy, John Bosco was raised by his faithful, hardworking mother, Margherita. She speculated that John was possibly meant to become a priest, as John had a dream early in his life in which Jesus and Mary told him that he would be saving souls with kindness. After receiving Holy Orders at 26, John drew young boys to himself through his kind and caring nature, as well as with sleight of hand tricks. He worked tirelessly serving the young boys who needed instruction in the faith and strove to meet their temporal needs as well. This Father to the fatherless was protector of "his boys'" souls, but he was also a great defender of the faith and carried apologetic pamphlets everywhere with him. He was frequently defended from bodily harm by a massive grey dog called Grigio. Saint John Bosco is the patron saint of boys. If you have kids in your life, play with them today. If you have kids in school, write their teacher a note of thanks or give them a spiritual bouquet.

*Monthly Devotion:* **The Holy Name of Jesus** *see page 2*

# The Holy Name of *Jesus*

When we speak someone's name, it signifies that we are in a relationship. If we are addressing them, it implies that we desire their attention; we want to receive them and want them to receive us. To know and to speak someone's name means that you can live in a reciprocal friendship of asking, receiving, and giving.

If this is true of human friendships, how much more true is it of friendship with God. On January 3, the Catholic Church celebrates the Feast of the Holy Name of Jesus. Not only did God reveal His name (Yahweh) to Moses on Mount Sinai, but He also deigned to take on human flesh and live as a brother with us, accepting a body, a family, a trade, a community, and a name. What makes Jesus' name above every other name is that its very invocation affects the thing it signifies. The name Stephen, for example, means "to crown," but if I address my friend Stephen, it is not as if I place a wreath on his head or receive one from him. God's name, however, is more dynamic. Jesus is Hebrew for "God saves," and simply by speaking his name, demons tremble and we may be healed from physical and spiritual ailments.

The early Church knew this, remembering vividly Christ's promise that "whatever you ask in my name, I will do, so that the Father may be glorified in the Son." In the Acts of the Apostles, we see several instances of the Apostles invoking the Most Holy Name. "I have neither silver nor gold," Peter says to the beggar at the Beautiful Gate, "but what I do have I give you: in the name of Jesus Christ the Nazorean, rise and walk." Later, he testifies before the Sanhedrin, "There is no salvation through anyone else, nor is there any other name under heaven given to the human race by which we are to be saved."

Saint Paul agrees, writing to the Romans that "everyone who calls on the name of the Lord will be saved." This brings to mind the Old Testament prophecy of Joel, who says the same thing with respect to the Lord, Yahweh. Paul is identifying Christ with the God of the Old Testament, perhaps looking forward to the day when "at the name of Jesus every knee should bend, of those in heaven and on earth and under the earth, and every tongue confess that Jesus Christ is Lord, to the glory of God the Father."

The January 3 Feast has been closely connected to the celebration of Christ's circumcision, for it was on the eighth day after a boy's birth that he was circumcised and received his name. While they used to be celebrated together, Saint Bernardine of Siena focused his preaching on the Holy Name of Jesus, and as devotion spread, a separate feast day was established. In 1597, Pope Sixtus V granted an indulgence to anyone who reverently said, "Praised be Jesus Christ!" Today, we may still gain a partial indulgence for invoking his name and praying the Litany to the Most Holy Name of Jesus.



**This month, let us praise God that He accepted a name! And let us call upon it as often as we call upon our closest friends and family. The Jesus Prayer ("Lord Jesus Christ, Son of God, have mercy on me, a sinner") is a powerful invocation we may easily say as we go about our day. As we do, let us ask for the salvation and sanctification Jesus desires to give.**



## ! Indulgence Alert! !

There is a plenary indulgence for reciting the Litany of the Holy Name of Jesus. All conditions of obtaining indulgences must be met, otherwise it becomes a partial indulgence. The litany can be found on EWTN's website or by scanning the QR code here.

A partial Indulgence is granted to the faithful who devoutly invoke the name of Jesus while going about daily life or doing a difficult task.



## *Holy, Holy, Holy*

To honor the Holy Name of Jesus this month, learn and sing the hymn "Holy God". It's a beautiful hymn to meditate on, add to your prayer time, or sing to your kids before bed.

*Holy God, we praise Thy Name;  
Lord of all, we bow before Thee!  
All on earth Thy scepter claim,  
All in Heaven above adore Thee;  
Infinite Thy vast domain,  
Everlasting is Thy reign.*

*Hark! the loud celestial hymn  
Angel choirs above are raising,  
Cherubim and seraphim,  
In unceasing chorus praising;  
Fill the heavens with sweet accord:  
Holy, holy, holy, Lord.*

*Holy Father, Holy Son,  
Holy Spirit, Three we name Thee;  
While in essence only One,  
Undivided God we claim Thee;  
And adoring bend the knee,  
While we own the mystery.*

**Editors: Msgr. Richard Gilles and Natalie Elskamp**  
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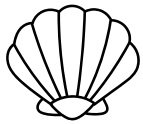
## Epiphany

The word 'Epiphany' means 'manifestation.' The January 6 feast is also known as 'Theophany' in the Eastern Church, heralding God's manifestation of Himself to the world. Four events are traditionally associated with the Feast of the Epiphany: the birth of Christ, the adoration of the Magi, Christ's baptism, and the Wedding Feast at Cana. These each reveal Jesus to be the Messiah of Israel, Son of God, and Savior of the world. Today in the West, each event has its own celebration, and we take January 6 to remember the journey of Melchior, Casper, and Balthasar who, in their wisdom, were humble enough to stoop before the child Jesus and pay him homage. Venerable Fulton Sheen writes that there are two groups of people who hear the gentle cry of the Christ Child, "the Shepherds, who know they know nothing, and the Wise Men, those who know they do not know everything. The very simple, the very learned....Never the man who thinks that he knows everything." Let us, like the Magi and the Shepherds, humble ourselves before the baby Jesus!

## 20+C+M+B+24

Have you seen this above a door and wondered what it meant? This is the Epiphany blessing. The year bookends the CMB which stands for Caspar, Melchoir and Balthasar, the names of the wise men. It could also stand for Christus mansionem benedicat, "May Christ bless this dwelling place".

If you want to do the blessing, pick up a handout and chalk on Epiphany weekend!



## Renewal of Baptismal Promises

On the Solemnity of the Baptism of the Lord, it is good to remember our own Baptismal promises and renew them. Do this as a family or household. The head of the house should lead and sprinkle everyone with holy water when finished. (If you are saying these alone, you can state each one in the first person.) This practice is a perfect way to honor your own baptism anniversary. Save this renewal for your baptism anniversary (and anyone else in your house) but mark it on the calendar now so you remember. If you don't know your baptism date, look it up and celebrate it this year! Bring out your baptism candle on your day and have a treat too!



V. Do you renounce Satan? **R. I do.**

V. And all his works? **R. I do.**

V. And all his empty show? **R. I do.**

V. Do you believe in God, the Father  
Almighty, creator of heaven and earth?

**R. I do.**

V. Do you believe in Jesus Christ, his only  
Son, our Lord, who was born of the Virgin  
Mary, suffered death and was buried, rose  
again from the dead, and is seated at the  
right hand of the Father?

**R. I do.**

V. Do you believe in the Holy Spirit, the holy  
Catholic church, the communion of saints,  
the forgiveness of sins, the resurrection of  
the body, and life everlasting?

**R. I do.**

V. And may almighty God, the Father of our  
Lord Jesus Christ who has given us a new  
birth by water and the Holy Spirit, and  
bestowed on us forgiveness of our sins,  
keep us by his grace, in Jesus Christ our  
Lord, for eternal life.

**R. Amen.**

All are sprinkled with holy water.



## Litany to Obtain Conversion



Lord, have mercy upon him\*.  
Christ, have mercy upon him.  
Lord, have mercy upon him.  
Christ, hear us. Christ, graciously hear us.  
God the Father of Heaven, have mercy upon him.  
God the Son, Redeemer of the world,  
have mercy upon him.  
God the Holy Spirit, have mercy upon him.  
Holy Trinity, one God, have mercy upon him.  
Holy Mary, pray for him.  
Holy Mother of God, pray for him.  
Holy Virgin of virgins, pray for him.  
St. Michael, pray for him.  
St. Joseph, pray for him.  
St. Joachim and St. Anne, pray for him.  
St. John the Baptist, pray for him.  
Good thief, pray for him.  
St. Peter, pray for him.  
St. Paul, pray for him.  
St. Stephen, pray for him.  
St. Augustine, pray for him.  
St. Dominic, pray for him.  
St. Francis of Assisi, pray for him.  
St. Ignatius Loyola, pray for him.  
St. Mary Magdalene, pray for him.  
St. Monica, pray for him.  
St. Teresa, pray for him.  
St. Catherine of Siena, pray for him.  
St. Elizabeth, pray for him.  
Holy patron, pray for him.  
Lamb of God, who takes away the sins of the world,  
spare us, O Lord.  
Lamb of God, who takes away the sins of the world,  
graciously hear us, O Lord.  
Lamb of God, who takes away the sins of the world,  
have mercy on us.  
Christ hear us.  
Christ graciously hear us.  
We beseech Thee, O Lord, grant to Thy faithful  
people forgiveness of their offenses and true peace,  
that being cleansed from all their sins, they may  
serve Thee in peace of mind and with holy  
confidence.

Through our Lord Jesus Christ, Amen

This litany was written by Servant of God Elisabeth Leseur who prayed it for her athiest husband. After her death, he converted to the Catholic faith and became a priest. This powerful prayer can be used to pray for your loved ones who need conversion.  
\*You may change this to "her" in your prayers.  
(This prayer can be found in Lesuer's diary,  
Published by Sophia Press. Used with permission.)