



January 2025
The Holy Name
of Jesus



Merry Christmas and Happy New Year! I hope everyone's year is off to a joyous start. A new year is often synonymous with new beginnings, new chances, new experiences in the secular world. As Catholics, our new year began with Advent as we prepared our homes and hearts for the arrival of our Savior. While the world is encouraging us to seek the new, Holy Mother Church has given us the opportunity to partake in life with things that are *saeculorum saeculis*. Through her liturgical year we are able to experience life for ages of ages, for eternity, evermore and evermore! The month of January is dedicated to The Holy Name of Jesus. And isn't this fitting as we will, until January 11th, be celebrating the birth of Him whose "name is above every name" (Philippians 2:9)? I pray for you to seek your Creator more by invoking the name of Jesus with reverence and love. Here are a few suggestions of ways you and your family may practice this devotion:

- **Make the Sign of the Cross as you pass by a Catholic Church.**
- **Bow your heads when the name of Jesus is spoken during Mass or while reading scripture.**
- **Offer a silent prayer when you hear the Lord's name used in vain.**
- **Pray together as a family The Litany of the Most Holy Name of Jesus or another devotional prayer.**

I'll leave you with a verse from a Christmas hymn, *Of The Father's Love Begotten*.

O ye heights of heaven adore him;
 angel hosts, his praises sing;
Powers, dominions, bow before him,
 and extol our God and King!
Let no tongue on earth be silent,
Every voice in concert sing,
 evermore and evermore!