

### Family Life Office

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#### IDEAS FOR LIVING BETTER FROM THE FAMILY LIFE OFFICE

## Family Ritual

Does your New Year's Resolution include coming closer to God? As we continue through the uncertainty of our times, it is our priority as Christians to encounter Him more deeply. Consider doing spiritual reading, alone or as a family, to learn more about your faith. Schedule in daily prayer times and consider ways you can love and serve others better this year.

Andre McCarville
Director of Family Life
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### To Start A New Year

"A new year is unfolding-like a blossom with petals curled tightly concealing the beauty within.

Lord, let this year be filled with the things that are truly good-with the comfort and warmth in our relationships, with the strength to help those who need our help and the humility and openness to accept help from others.

As we make our resolutions for the year ahead, let us go forward with great hope that all things can be possible—

with Your help & guidance.

Anonymous

#### **WHEN** is the Feast of the Epiphany?

Traditionally, the Epiphany has been celebrated on January 6. The time from Christmas to Epiphany is 12 days, which gives us the 12 days of Christmas. Nowadays, the Epiphany is celebrated on the Sunday that falls between January 2 - 8.

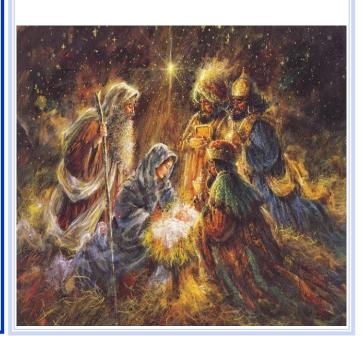
#### This Year it is January 3rd!

Future Dates: January 2, 2022

January 8; 2023 January 7, 2024

Caspar, Melchior and Balthasar were the three kings from the Orient. They are also known as the Three Wise Men or the Three Magi. The word "Epiphany" comes from the Greek word "to reveal". This day is known as "Theophany" - the revelation of God to Man.

For many, the nativity scene, with the manger and figurines of those at the stable on this day, are kept up through January 6th, and are the last decorations to be put away until next Christmas.



### Families and the Gospel

January 3, 2021: Epiphany Sunday

(Matthew 2:1-12)

The Magi in today's gospel were led to Jesus by a star. Who are the stars your children follow? Do not let it be the tabloid stars. Resolve in this New Year to be the guiding star in the life of your children.



# January 10, 2021: The Baptism of the Lord (Mark 1:7-11)

The gospel today points to Jesus' humanity; like us He needed RECOGNITION ("You are my Son"), AFFFECTION ("My Beloved Son") and AFFIRMANTION ("With you I am well pleased."). In our families it is easy to focus on irritating behaviors and take for granted all the positives. This New Year take a lesson from God the Father, be an AFFIRMER and not a BLAMER.

**January 17, 2021**: Second Sunday of Ordinary Time (John 1: 35-42)

Jesus' question in today's gospel is still valid today: "What are you looking for?" What do you want from your spouse, children or parents? Families are populated with imperfect people. To expect perfection is unreal. To expect and accept imperfection is wisdom.

January 24, 2021: Third Sunday of Ordinary Time (Mark 1:14-20)

It must have been difficult for Zebedee to watch his sons walk away and follow Jesus. It was the end of "Zebedee and Sons Fishing, Inc." Our children were never ours. They are only on loan to us. We raise them to let them go.

**January 31, 2021**: Fourth Sunday of Ordinary Time (Mark 1:21-28)

Today's gospel reminds us "unclean spirits" still haunt our families. These "spirits" thrive inside our grudges, punishing silence, impatience and abruptness. Today Jesus offers you the "authority" to cast out these spirits from your life and your family.

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# Farewell Address ...... President George Washington (1732-1799)

"I now make it my earnest prayer, that God would have the United States in his holy protection, that he would incline the hearts of the Citizens to cultivate a spirit of subordination and obedience to Government, to entertain a brotherly affection and love for one another, for their fellow citizens of the United States at large, and particularly for their brethren who have served in the Field, and finally, that he would most graciously be pleased to dispose us all, to do Justice, to love mercy, and to demean ourselves with that Charity, humility and pacific temper of mind, which were the Characteristicks of the Devine Author of our blessed Religion, and without an humble imitation of whose example in these things, we can never hope to be a happy Nation. Amen '

 $\begin{tabular}{lll} WWW.mountverrnon.org The Mount Vernon Ladies Association of the Union \end{tabular}$ 

"Prayer adapted from Washington's <u>Circular Letter to the States</u>, which he wrote on June 8, 1783 as the commander in chief, at his headquarters in Newburgh, New York. This circular was directed to the governors and states of the new nation. His reference to them has been replaced by the words "the United States." Otherwise, the words and the spellings are those of General George Washington of the Continental Army. "

