

## January: Month of the Holy Name of Jesus

January 1

**Solemnity of Mary, The Holy Mother of God**



Prayer: [Litany of Loreto](#)

Story: [Franciscan Media Saint of the Day](#)

Food: Anything white or blue in honor of Our Lady.

Craft/Activity: Sing [this song](#) to gain a [plenary indulgence](#).

[On the OCTAVE of Christmas...](#)

January 2 \*\*6\*\* (USCCB it's celebrated the 2nd, but traditionally and the world it's the 6th)

**The Epiphany of the Lord**



Prayer: [Epiphany House Blessing](#)

Story: Matthew 2: 1-12

Food: Make this easy version of [King Cake](#)

Craft/Activity: Great time to head to Adoration and adore Jesus as the Wise Men did. Here are some ideas for [Adoration with kids](#).

January 2

**Sts. Basil the Great and Gregory Nazianzen, Doctors of the Church**

Prayer: [Collect](#)

Story: short reflection- [Pope's Worldwide Prayer Network](#)

Read More- [Catholic Culture](#)

Food: Keep it simple. Have something with basil tonight! Caprese salad is always a hit!

**Craft/Activity:** Talk as a family about who has been influential in your faith journeys. These Saints were close friends and had many family members who led them to Christ.

[On the 9th day of Christmas...](#)

January 3

**The Most Holy Name of Jesus**

**Prayer:** [Litany](#)

**Story:** [Franciscan Media](#)

**Food:** Spell Jesus with a snack or write Jesus in Ketchup 😊

**Craft/Activity:** [Draw](#) the Most Holy Name of Jesus.

[On the 10th day of Christmas....](#)

January 4

**St. Elizabeth Ann Seton**

**Prayer:** [Prayers for students and teachers](#)

**Story:** [Holy Heroes video](#)

**Food:** have some New York favorites like [pizza](#), bagels, New York style cheesecake, or [Manhattan clam chowder](#).

**Craft/Activity:**

[On the 11th day of Christmas...](#)

January 5

**St. John Neumann**

**Prayer:** [St. John Neumann prayers](#)

**Story:** [Franciscan Media](#)

**Food:** Make Philly Cheesesteak sandwiches since he was the 4th bishop of Philadelphia. Or have something from his native [country](#).

**Craft/Activity:** Go to [Adoration or just spend some time in front of the tabernacle](#). If you can't make it to a church to be with Jesus, recite the [Litany of the Most Blessed Sacrament](#).

[On the 12th day of Christmas...](#)

January 7  
St. Raymond of Penafort

Prayer: [Litany](#)

Story: [Pope's Worldwide Prayer Network](#)

[Kids' Saint of the Day Podcast: Ep. 1 - St Raymond of Peñafort](#)

Food: Have a [tapas](#) night! Or just make something Spanish

Craft/Activity: [Read](#) what Canon Law says about the laity.

January 9  
The Baptism of the Lord

Prayer: [Collect](#)

Story: [Today's Readings](#)

Food: Fondue party! Dunk all of your food in cheese 😊

Craft/Activity: [Renew Baptismal Promises.](#)

*Last day of Christmas! Watch a [Christmas movie!](#)*

January 13  
St. Hilary, Doctor of the Church

Prayer: [2nd Collect Prayer](#)

Story: [Pope's Worldwide Prayer Network](#)

Food: Have your favorite French food! Or French fries or French toast 😊

Craft/Activity: Make a paper [hammer](#) because he is referred to as the “Hammer of the Arians”.

January 17  
St. Anthony (of Egypt)

Prayer: [The sign of the cross.](#)

St. Anthony used the sign of the cross to fight against the devil.

Story: [Kids' Saint of the Day Podcast: Ep. 91 - St Paul of Thebes and St Anthony the Great](#)

[Franciscan Media Saint of the Day](#)

Food: make something [Egyptian](#).

Maybe start dinner with what St. Anthony ate (bread, salt, and water) and talk about fasting as a spiritual practice.

**Craft/Activity:** Watch this paper theatre video on the [legend of St. Anthony](#).

Commit your family to making the Sign of the cross with reverence and bringing to mind it's [meaning](#).

January 19

*Start 9 Days for Life Novena (9 Days for Life: January 19-27, 2022 - Respect Life or 9 Days for Life 2022 Signup | Respect Life)*

January 20

**St. Fabian, Pope and Martyr**

**Prayer:** [Collect](#)

**Story:** [Franciscan Media Saint of the Day](#)

[Pope's Worldwide Prayer Network](#)

**Food:** Make these fun [dove dinner rolls](#) at the bottom of the page.

**Craft/Activity:** Check out this [video of the catacombs](#) where the stone of St. Fabian's tomb can still be seen today.

January 21

**St. Agnes**

**Prayer:** [Prayer to St Agnes](#)

**Story:** [St. Agnes - Catholic Online](#)

**Food:** [Agnesenplätzchen \(St. Agnes Cookies\) - Catholic Cuisine](#)

**Craft/Activity:** [Celebrating The Feast Day Of St. Agnes With Kids - Catholic Icing](#)

January 22

**Day of Prayer for the Legal Protection of Unborn Children**



**Prayer:** [Prayers for the Unborn - National Shrine of the Immaculate Conception](#)

**Story:** [USCCB - Day of Prayer for the Legal Protection of Unborn Children](#)

[Annual Pro-Life Events | USCCB](#)

**Food:** *Consider abstaining from meat or something else as an act of penance/prayer.*

**Craft/Activity:** *Observe today through the penitential practices of prayer, fasting or almsgiving in reparation for abortion. Consider attending mass, a prayer vigil, Adoration, or saying a rosary, novena, prayer or Chaplet for the legal protection of the unborn & an end to abortion.*

January 24

**St. Francis de Sales, Doctor of the Church**

**Prayer:** [The Prayer for Peace by St. Francis de Sales](#)

**Story:** [Kids' Saint of the Day Podcast: Ep. 3 St Francis de Sales](#)

**Food:** Use honey in a meal or snack today in honor of St. Francis' axiom, "A spoonful of honey attracts more flies than a barrelful of vinegar."

**Craft/Activity:** Reflect on a picture of the Visitation of Mary to Elizabeth (St. Francis helped found the Visitation Sisters). Contemplate how those of us in the world can live devout lives according to our station in life, as St. Francis de Sales advocated.

January 24

**The Conversion of St. Paul the Apostle**

**Prayer:** [St. Paul's Conversion Story & Prayer](#)

**Story:** [Kids' Saint of the Day Podcast: Ep. 93 - St. Paul the Apostle](#)

**Food:** [Almond Horseshoe Cakes](#)

**Craft/Activity:** Write an epistle! Have each family member write a letter of encouragement to a pal/family member, sharing how much God loves them! ♥

January 26

**Sts. Timothy and Titus**

Prayer: [Prayer for a Priest](#)

Story: [Saints Timothy and Titus - My Catholic Life!](#)

Food: [Apostle Cookies](#)

Craft/Activity: Write a note, e-mail, or call a priest and thank him for all his hard work ♥

January 27

**St. Angela Merici**

Prayer: [St. Angela Merici Prayers](#)

Story: [Saint Angela Merici - Franciscan Media](#)

Food: [Scroll down for Pasta Bolognese](#)

[Tiramisu for Feast of St. Angela Merici - The Ursuline Sisters - Catholic Nuns](#)

Craft/Activity: [St. Angela Merici coloring page](#)

January 24

**St. Thomas Aquinas**

*Patron Saint of Students*

Prayer: [St. Thomas Aquinas' Prayer for Students](#)

Story: [Kids' Saint of the Day Podcast: Ep. 56 - St Thomas Aquinas](#)

Food: [St. Thomas Aquinas: Grilled Pork Chops Lazio Style](#)

Craft/Activity: Take a relaxing, prayerful moment to contemplate St. Thomas Aquinas' famous hymns, [Tantum Ergo Sacramentum](#), [Panis Angelicus](#), [Pange Lingua \(w/ English Translation\)](#), [O Salutaris Hostia](#), [O Saving Victim](#) & [Adoro Te Devote](#)

January 31

**St. John Bosco**

Prayer: [St. John Bosco's Prayer To Our Lady, Help Of Christians](#)

Story: [Kids' Saint of the Day Podcast: Ep. 4 - St. John Bosco](#)

Food: [St. John Bosco's Feast Day Skillet Lasagna - Catholic Cuisine](#)

Craft/Activity: [St. John Bosco Coloring Page](#)