



December 24, 2024 -
December 28, 2025

Building Faith@HOME

February 2, 2025
Presentation of the Lord

1st Reading: Malachi 3:1-4
Responsorial: Psalm 24:7, 8, 9, 10
2nd Reading: Hebrews 2:14-18
Gospel: Luke 2:22-40

Jubilee Year - Faith Facts

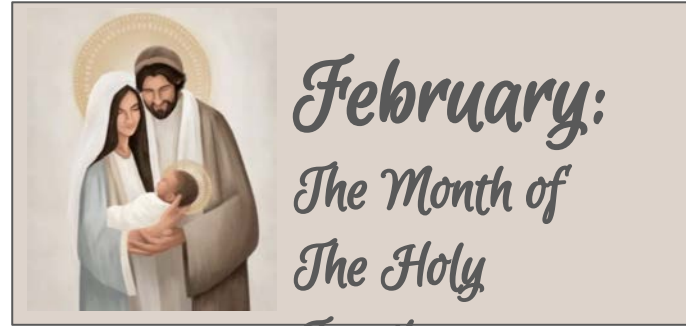
*"During the Holy Year, may the **light** of Christian hope illumine every man and woman, as a message of God's love addressed to all!"* -Pope Francis, 2025

Pope Francis invites us to reflect on ways we can be a light to others and give hope where there is darkness. The Holy Father asks: "Are we radiant with hope? Are we able to give hope to others with the light of our faith?" He challenges us to live as beacons of hope, reflecting God's love. Illuminate your light of Christ!

As we follow the liturgical calendar, we see important celebrations that help us grow in our faith. One of these is the Presentation of the Lord, which happens 40 days after Christmas. This tradition comes from the Jewish practice of bringing a newborn to the Temple 40 days after birth. Mary and Joseph bring their newborn child, Jesus, to the temple in accordance with Jewish law. When presented in the temple, Luke shares what Simeon, a man of faith, experienced when he sees Jesus. "...for my eyes have seen salvation, which you prepared in sight of all the peoples, **a light for revelation** for the Gentiles, and glory for your people Israel." (Lk. 2:30-32)

For us today, this reading reminds us that Jesus is the light of the world. In many Christian traditions, this day is also celebrated as "Candlemas," commemorating that Jesus is the Light of the World. The practice of blessing candles is a significant part of the celebration, symbolizing the light of Christ dispelling darkness. The candles are a symbol of Jesus, who is called the "Light of Revelation" by Simeon in the Gospel. Just as candles bring light into darkness, Jesus brings light into a world that often feels dark or uncertain. The candlelight reminds Catholics that Jesus guides them and shines brightly, even when life is challenging. Lighting these candles at home can be a way to keep this reminder close in daily life.

As we celebrate this special time, let's take a moment to understand what these traditions mean for our families and how they can help us in our daily lives.



Family
+
JMJ

What Does JMJ Mean?

JMJ stands for "Jesus, Mary, Joseph." It's a special way to remember and call on the Holy Family, who are great examples of love and faith. In February, the month dedicated to the Holy Family, using JMJ can inspire us to think about how we can love and support each other, just like Jesus, Mary, and Joseph did.

Try it!

- + Begin letters, notes, lists, cards, etc with JMJ at the top.
- + Start a "JMJ Gratitude Jar" where family members can write down things they are thankful for and place them in the jar.
- + "JMJ Blessings" -At the end of each day, gather as a family and take turns sharing one good thing that happened. Close with a prayer that includes "JMJ," asking for blessings for each family member and for guidance in the days to come.

Jesus, Mary, and Joseph, pray for us!

Family Table Talk

Dinner by Candlelight

Choose a dinner time this week when you sit at the table, dim the lights and light a set of dinner candles. Notice how the light dispels the darkness.

- Simeon said that Jesus would be a "light to all nations." When, where or how do you see the light of Jesus?
- What can you do to become more aware of God's presence each day?

Add a Special Touch to your Dinner Table - Candlemas Fold Napkins!



The whole family can help fold napkins for your special candlelight dinner to celebrate Candlemas -The Light of Christ. Start a new tradition in your home - watch and follow this video.



bit.ly/Candle-Napkin-Fold

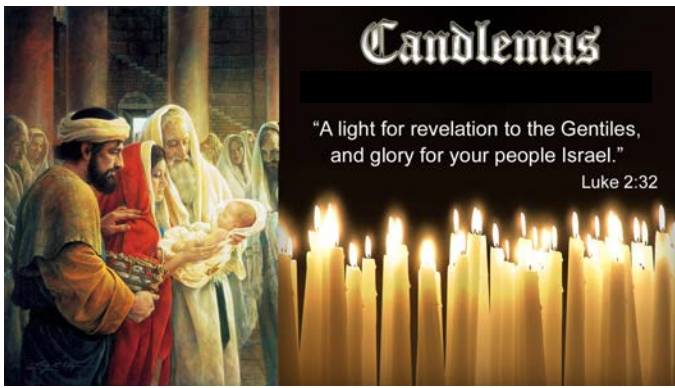


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More Faith Builders!



Candlemas Day, celebrated on February 2nd, is a time to bless candles and remember Jesus as the Light of the World. It's also Groundhog Day, when we look to see if the groundhog's shadow predicts more winter or an early spring! An old Candlemas poem tells us:

***"If Candlemas day be fair and bright,
Winter will take another flight.
If Candlemas day be cloud and rain,
Winter is gone and will not come again."***

Just like the groundhog and the poem, Candlemas reminds us to trust in God's light and hope, no matter the season ahead!



"If the groundhog sees its shadow, there will be six more weeks of winter. If it doesn't see its shadow, spring will come early."



Guess if the Groundhog will see his shadow and see how others speculate! Use the link below to vote and learn more about this day and Candlemas Day!

<https://bit.ly/Groundhog-Day-Guess>

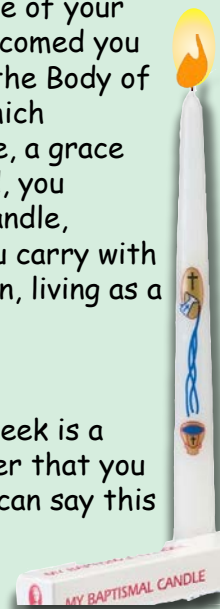


Fun in the snow... Make Snow Angels!

"Receive the light of Christ."



"Much like Jesus was presented in the Temple, you were presented to the Church at the time of your baptism. At this moment, the Church welcomed you into the faith community and as part of the Body of Christ. You were baptized with water, which provides you with the grace of God's love, a grace that is always with you. As a child of God, you received a candle, lit from the Paschal candle, representing the Light of Christ that you carry with you. You are called to holiness and mission, living as a child of light."



If you have your baptismal candle, this week is a wonderful time to relight it and remember that you are a Child of God, a child of light. You can say this simple prayer or a similar one:

Dear Lord,
Today, as I relight my baptismal candle, I remember the light of Christ that shines in my heart. Just as this candle brings light into the darkness, may I share your love and kindness with others. Help me to live as a child of light, reflecting your goodness in all that I do. May your grace guide me on my journey of faith. Amen.



Pilgrims of Hope - Where is The National Shrine of the Holy Family

The National Shrine of the Holy Family is located in Washington, DC. The cornerstone of the Shrine was blessed on October 7, 1979 by His Holiness, (now Saint) Pope John Paul II.

