Partners *in* FAITH™

Helping our children grow in their Catholic faith. January 2026

Blessed Sacrament School

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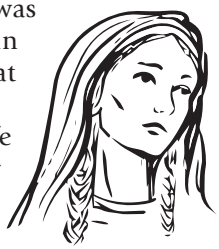
Thoughtful Moments

St. Genevieve of Paris



St. Genevieve was born near Paris in 422. Orphaned at fifteen, she dedicated her life to God and later moved to Paris, where she became known for her prayer, generosity, and prophetic insight. When Attila the Hun advanced toward the city, Genevieve urged the people to pray and fast. Attila withdrew, and Paris was spared. Later, during King Childeric's occupation, she crossed enemy lines to bring food to prisoners and persuaded the king to release them.

Mary, Mother of God

The Church dedicates New Year's Day to honoring Mary as the Mother of God. In humility and love, God came to us not in overwhelming glory but as a newborn in need of a mother, inviting us to draw closer to Him with greater love and trust.

"Before I formed you in the womb I knew you, and before you were born I consecrated you" (Jeremiah 1:5).

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Child-sized resolutions for the New Year

A new year presents a natural moment to start fresh and get back on the path to become the people God intends. Starting a new year with new habits helps children grow through the year. Consider these ideas:

Resolve to trust more. Children worry more than we may recognize, yet learning to trust in God is an important step toward easing that anxiety. Help her remember all the ways God has blessed her. Recommend a prayer he can say when he feels shaken. "Jesus, I trust in you," can steady them when their thoughts race.

Resolve to speak kindly. Children encounter hurtful talk earlier than ever, so offer a simple guide: THINK - Is it True, Helpful, Inspiring, Necessary, or Kind? If not, choose silence. This encourages thoughtful speech.

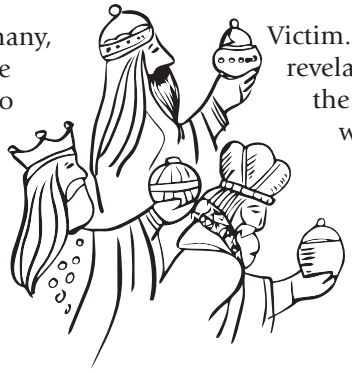
Resolve to think of the next person. Turn chores into acts of love. St. Teresa of Calcutta urged her sisters to wash a plate for the next person who would use it. Children can do the same by tidying toys or straightening shared spaces.

Resolve to know God better. God loves us like crazy and wants us to know Him. Invite children to choose a simple way to spend time with Him: reading Bible stories, bedtime prayer, or spending a few minutes talking to Jesus about their day.

Why Do Catholics Do That?

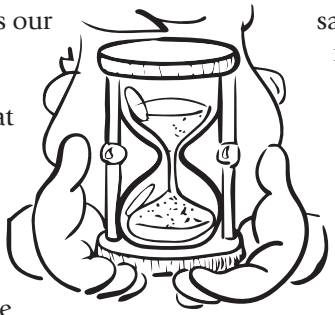
Why do Catholics celebrate Epiphany?

On the feast of Epiphany, we recall the visit of the Magi, or wise men, who came "from the East" to honor the newborn Jesus. Their gifts of gold, frankincense, and myrrh signify His identity as King, God, and Sacrificial Victim. Epiphany marks the revelation of the Messiah to the Gentiles and to the world. As the *Catechism* explains, "Their coming means that pagans can discover Jesus and worship him as Son of God and Savior of the world" (*CCC* 528).



Patience is the quiet virtue that transforms love

St. Paul places patience at the very front of his definition of love for a reason. Patience steadies our relationships, protects our peace, and keeps perfectionism from taking over. It teaches us to respond rather than react. Two saints show what this looks like in real life.



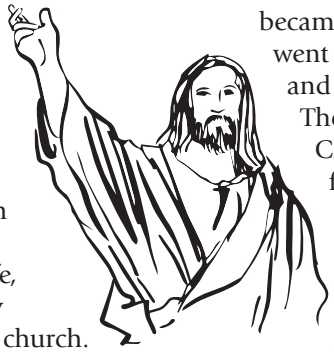
What patience looks like. St. Thérèse of Lisieux built her "little way" on small, hidden acts of patience. One sister's clacking Rosary beads irritated her every day, yet Thérèse chose not to dwell on it. Instead, she offered the annoyance to God and kept her peace. She took the same approach with her own faults: she worked to improve, but without harshness or self-disgust.

What patience is not. St. Francis de Sales warned against confusing patience with passivity. When facing trials, he said, we should act with wisdom and trust. His example is simple: when you're ill, follow the doctor's guidance, take your medicine, and do your part—"but complain as little as possible." Patience isn't silence; it's steady faith in action.

Scripture LESSON

Matthew 4:12-23, Follow Christ faithfully

Almost every child has played some version of "Follow the Leader." In the game, players follow a "leader" wherever he goes and do whatever he does. They stomp through puddles, climb over fences, swing from trees, all to stay in the game.



We follow leaders in real life, too. There are leaders we may follow at school, in sports, at church. It's important to choose a leader who will lead us in the right direction. Then, we must decide how much of what his or her requirements we're willing to meet.

Jesus called twelve ordinary men to be His closest followers and He became their leader. They went where He told them and did what He asked. Their steadfast faith in Christ is the foundation of the Church today. Jesus is still calling people to follow Him today, including us.

What can a parent do? Jesus is our true leader. We follow Him before any other leader. Help children understand what it means to go where Jesus tells us and to do what He asks. The prize is worth it!

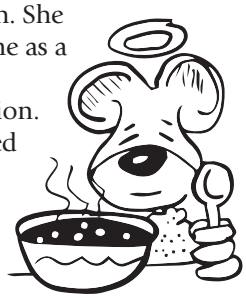
Feasts & Celebrations

January 3 – Feast of the Most Holy Name of Jesus. *"…At the name of Jesus every knee should bend, of those in heaven and on earth and under the earth"* (Philippians 2:10). Today, a deep bow of the head at the Name is an accepted form of respect.

January 24 – St. Francis de Sales (1622). As bishop of Geneva, St. Francis bolstered the faith of others by his writings and works. St. Francis wrote *Introduction to the Devout Life*, which is still widely influential today.

January 25 – The Conversion of St. Paul (1st century). "Saul" persecuted the Christians until Jesus appeared to him on the road to Damascus (Acts 9:5). After that, Saul became Paul and traveled around the known world, preaching the Faith.

January 27 – St. Angela Merici (1540). Born in Italy, St. Angela received the call to become a Third Order Franciscan. She opened her home as a girls' school for religious education. She later founded the Ursuline Order to educate young women.



Parent TALK

My twelve-year-old son, Nick, is always late. If dinner is at 6:00pm, he sits down at 6:20pm. If we need to leave for church at 10:30am, Nick climbs into the car at 10:40am.

One Saturday, before he went to play at a neighbor's house, I reminded him to be home by 4:15pm. We were going to Mass, and then dinner and a movie for a treat. I warned that we wouldn't wait if he was late.

When it was time to leave, Nick wasn't home. I called a babysitter, and left without him. When he returned, Nick found Amanda waiting with a tuna sandwich for dinner. He was shocked. He was in bed when we returned from our fun evening.

The next day, I told him we were sad that he didn't come but hoped that he would make it next time. He promised to be on time from then on.

Our Mission

To help parents raise faithful Catholic children

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