

JANUARY – THE MONTH OF THE HOLY NAME OF JESUS

Every month in the Church's liturgical year has traditionally been dedicated to a particular theme. For example, November is the Month of All Souls, May is the Month of Mary, etc. Not coincidentally, most of the monthly themes also correspond to an important feast day during the same month. **January is the Month of the Holy Name of Jesus.**

Jesus is God Incarnate. His very name, which is above every other name, means, literally, "God Saves." It is a good idea for parents to teach their children and for catechists and teachers to teach their students ... and for we adults to be reminded, to make reparation for the countless times each day that the Lord Jesus' name is taken in vain. Reparation is God allowing us to take part in repairing damage caused by sin. Two great ways we can show reverence for Jesus' name and make reparation for when His name is taken in vain are as follows:

1. **Bow your head and say quietly or to yourself, "Bless His holy name."** This is easy for children (and adults) to do .. whether in school, at work, playing sports, or in some public venue.
2. **Say a silent prayer of reparation.** Offer an extemporaneous silent prayer of reparation (for the blasphemy committed), or do some small personal penance.