

PRAYERS IN THE PEW™ MONTHLY

FAITH IN ACTION CALENDAR / HIGHLIGHTS

FRI JAN 3	Feast of the Most Holy Name of Jesus
SUN JAN 12	Solemnity of the BAPTISM OF THE LORD
FRI JAN 24	St. Francis de Sales, Bishop/Doctor of the Church

Faith Formation Companion to Prayers in the Pew™

→ MONTHLY SYNOPSIS ←

January 2025 – As we begin a new year, our spiritual focus concentrates on the precious gift of life itself, which is the beginning of our earthly existence and our call to choose eternal life in heaven. And we must never forget that Our Lady is the Mother of Life.

SALVE REGINA

The Salve Regina (“Hail Holy Queen”) is a very popular Marian prayer that has ancient origins. Some scholars believe that it was written by a French bishop named Adhémar, who, before going on the First Crusade (1096-1099 AD) wrote it as a hymn to accompany the Christian soldiers into war.

The prayer’s most famous phrase, “in this valley of tears” recognizes that life is full of sorrows and that we need a loving advocate who has royal power (a Queen) to plead our cause.

The Salve Regina is traditionally prayed at the end of the Rosary and after Night Prayer as an act of entrustment of our lives and needs to Mary before we sleep. The Latin hymn of this prayer is one of the most exquisite Gregorian Chants in existence.

THE PRAYER

Hail, holy Queen, Mother of mercy, our life, our sweetness and our hope. To thee do we cry, poor banished children of Eve. To thee to we send up our sighs, mourning and weeping in this valley of tears. Turn, then, most gracious advocate, thine eyes of mercy toward us, and after this, our exile, show unto us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary.

*V. Pray for us, O holy Mother of God.
R. That we may be made worthy of the promises*



BIBLE BASICS



Jeremiah 1:5 “Before I formed you in the womb I knew you, and before you were born I consecrated you; I appointed you a prophet to the nations.”

2 Thessalonians 2:15 “So then, brethren, stand firm and hold to the traditions which you were taught by us, either by word of mouth or by letter.”

SPIRITUAL CHALLENGE

The month of January gives us a tremendous faith opportunity to deepen our devotion to Mary and to challenge ourselves to stand up for the sanctity of all human life. Let us make sure Our Lady is well-represented in our homes, and let us also join in solidarity with those who are leading the cause to restore respect for life in our society.



The Apostles Creed

A “creed” is essentially a statement of belief. As the name indicates, our creed comes to us from the Apostles. It lists the minimum beliefs that define what it means to be a Christian. It is recited by Roman Catholics, Eastern Orthodox, and most Protestants.

The Apostles’ Creed has its origin in what has been called “The Old Roman Creed” of the 2nd century AD. St. Ambrose called it the Apostles’ Creed in the late 4th century, and it has been known by that title ever since. The Creed which we recite during Mass is called the Nicene Creed, dating from the Councils of Nicea and Constantinople in the 4th century and is an expansion on the simpler Apostles’ Creed.

The Apostles’ Creed is commonly used to begin the Rosary and the Divine Mercy Chaplet and gives us all the essential Catholic doctrines in one short prayer!

1. The Most Holy Trinity
2. The Virgin Birth
3. The Death, Resurrection, and Ascension of Jesus Christ
4. The communion of the Church, and
5. The doctrine of Eternal Life.



“I would not believe in the gospel myself if the authority of the Catholic Church did not move me to do so.” ~ *St. Augustine*

“O sinner, be not discouraged, but have recourse to Mary in all your necessities. Call her to your assistance, for such is the divine will that she should help in every kind of necessity.” ~ *St. Basil the Great*

Back to Basics Featured Prayer

Pro-Life Novena Prayer

God, our heavenly Father, Source of all life and goodness, Creator of all things, we turn to You with deep humility, and ask You to restore respect for the sanctity of all human, life in our society and in our world. The culture of death is so pervasive and powerful today that our only hope is to trust entirely in Your grace to transform it into a culture of life. We make this prayer in the Name of Jesus Christ, Our, Lord. Amen.

(This prayer is taken from the Prayers in the Pew Church Edition Prayer Card. Please refer to our website SitStandKneel.com for the online version of this newsletter and all our prayer cards.)



26 – We begin our profession of faith by saying: “I believe” or “We believe”.... Faith is man's response to God, who reveals himself and gives himself to man, at the same time bringing man a superabundant light as he searches for the ultimate meaning of his life.

181 – “Believing” is an ecclesial act. The Church's faith precedes, engenders, supports and nourishes our faith. The Church is the mother of all believers. “No one can have God as Father who does not have the Church as Mother” (St. Cyprian, De unit. 6: PL 4, 519).

CALENDAR OF FAITH | January

JAN 1	(Wed) – SOLEMNITY OF MARY, MOTHER OF GOD
JAN 2	Sts. Basil the Great and Gregory Nazianzen, Bishops and Doctors of the Church
JAN 3	Feast of the Most Holy Name of Jesus
JAN 4	St. Elizabeth Ann Seton, first American saint and Founder of Sisters of Charity
JAN 5	(Sun) – EPIPHANY (Feast of the Three Kings)
JAN 5	St. John Neumann, Bishop
JAN 6	St. André Bessete, Religious
JAN 7	St. Raymond of Peñafort, Priest
JAN 12	Solemnity of the BAPTISM OF THE LORD (NOTE: The Season of Christmas ends with this feast; Ordinary Time begins on Tuesday, 1/13)
JAN 13	St. Hilary, Bishop and Doctor of the Church
JAN 17	St. Anthony, Abbot
JAN 21	St. Agnes, Virgin and Martyr
JAN 22	Day of Prayer for the Legal Protection of Unborn Children
JAN 23	St. Vincent, Deacon and Martyr
JAN 24	St. Francis de Sales, Bishop and Doctor of the Church
JAN 25	Conversion of St. Paul, Apostle
JAN 26	Sts. Timothy and Titus, Bishops
JAN 28	St. Thomas Aquinas, Priest and Doctor of the Church
JAN 31	St. John Bosco, Priest and Founder of the Salesian Order

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Helping Catholics to Learn, Live, and Love their Faith.