

# MOM TO MOM GROUP

JANUARY 2014

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## *Excitement and Anticipation*



**A**s we begin the new year, we are still celebrating the Christmas season through to Epiphany.

### *January Holidays*

After *New Years Day*, which is also the *Feast Day of Christ's Circumcision* (Christ's first blood is being spilled for us), the second feast day this month is on January the 5th, which is the *Twelfth Night*. It begins the celebration of Christ's revealing His Divinity in three ways which is formally celebrated on the next day on the *Feast of Epiphany*. Here the three

At Christmas time we celebrate the new life of the earth's own sun—the Light of the World – that which, through the good will of men and women, forever shines in the darkness and will not be overcome.

We are now in the midst of winter, and as we enter the new year with new hopes and wishes, it can seem somber for some to see the world blanketed in a white garment of endless possibilities; but it can also look like a table set before

Magi visit the Christ child bearing gifts of gold, frankincense and myrrh. A lot of families exchange gifts on this special day of gift bearing instead of Christmas day, especially in Italy where Old Befana brings gifts to the children.

The first Sunday after Epiphany (12th of January) is the *Feast of the Holy Family*,

us with fresh white linens, just waiting to be dressed with some color. The month of January in the liturgical year is dedicated to the Holy Name and childhood of Jesus Christ.

Until the 2nd of February, on Candlemas, the spiritual focus is the Divine Childhood. The mood is joyous and filled with anticipation.

After Candlemas we turn our attention away from Christ's youth and concentrate on his adult life.

where we consecrate our family to the Holy Family. We can also renew marriage vows, even privately, and bless our children on this day.

On the 13th of January we celebrate the *Baptism of Our Lord Jesus Christ* which also ends the feast days for the month of January and we enter the time after Epiphany.

### UPCOMING HOLIDAYS:

- ◆ New Years Day (1. Jan.)
- ◆ Twelfth Night (5. Jan.)
- ◆ Feast of Epiphany (6. Jan.)
- ◆ Feast of the Holy Family (12. Jan.)
- ◆ Baptism of Christ (13. Jan.)

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## *Epiphany Cake*

### **Ingredients:**

- ◆ 2,5 cups of flour
- ◆ 2 sticks of butter
- ◆ 1 1/4 quarter cup sugar
- ◆ 1 1/4 cup glazed cherries or mixed dried fruit
- ◆ 1cup chopped nuts
- ◆ 4 eggs
- ◆ 1/2 cup raisins, soaked in rum
- ◆ Pinch of cardamom, cinnamon
- ◆ 1 grated lemon rind
- ◆ Melted honey

*There are a few blessings and prayers to be found for the Feast day of Epiphany and for the blessing of the home on that day.*



Grease a 9 inch baking pan. Cream the butter and sugar together and stir in the beaten eggs. Next sift the flour, cinnamon and cardamom and gradually fold it into the mixture. Mix the nuts, dried fruit, raisins, lemon rind and a

dry bean into the cake mixture. This bean, when later found by a family member, empowers the finder to be ‘king’ for the day and he or she may choose what activities will be done that day.

Glaze the cake with melted honey and finish it with a golden crown made from card stock.  
Enjoy!

Now pour the dough into the prepared baking tin and bake at 315 Fahrenheit for about 1.5 – 2 hours.

Let the cake cool in the tin for 15 minutes before removing it.

### *Prayer to the Holy Family*

Lord Jesus Christ,  
Who, being made subject to Mary and Joseph, didst consecrate domestic life by Thine ineffable virtues;

Grant that we, with the assistance of both, may be taught by the example of Thy Holy Family and may attain to its everlasting fellowship.

Who livest and reignest forever.  
Amen.

*This prayer can be spoken by the family on the Feast Day of the Holy Family.  
Blessings on your family!*

For more information contact the Cathedral Office or Maggie Kaska at 603.203.8300

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### *Next Months Topic*

Our topic for the month of February will be: “Marriage – The Foundation of Family Life”, this will be a cheese and wine event!

### *Please Note*

Our Book Club will be meeting on the 21st of January, at 7pm in the church hall.

Our book discussion: “Embracing Motherhood” by Donna-Marie Cooper O’Boyle.