

St. Joseph's Family Activities



January 2022

Year C weeks 2-4

stjoe.fam.activities@gmail.com

A Blessed new calendar year to you

New calendar year, new resolutions! May be this month we can all (and I am speaking to myself here) resolve to spend more time with Jesus? Later in the month we celebrate the memorial of St. Anthony of Egypt, who took spending time with Jesus so seriously that he is credited with being the father of monasticism.

This year, being year C of the three-year Sunday cycle is the year of Luke, and so we begin Luke's Gospel this month with what is called the "Nazareth Manifesto;" Jesus setting out His "Mission statement". Each of us is called to take part in His mission, which is also ours by way of Baptism. Doing some of these activities with the family or in schools is one way of sharing in that mission.

Thank you so much to those who have sent me feedback on their activities. I do want to hear what works and what doesn't work, as they all help to make these sheets a more useful resource.

You may notice that I have begun to label the activity sheets with the liturgical year (C).

As ever, if you wish to see past copies of these sheets, please go to <https://www.stjosephsmalvern.org/j/> and then click on the dropdown box for past editions.

There are Four Dimensions of our Faith, and the activities all reflect one or more of each of these dimensions.

Whenever we hear Good News, be it the birth of a child or a family celebration, we want to pass it on! The Good News of the coming of the Son of God is not just to celebrate on 25h December but every day. May be this year we can resolve to welcome Jesus into our hearts each day.

I love this statue of Jesus above St. Peter's Basilica in Rome. He is holding the Cross, which is the means of our salvation, and his right arm is raised in blessing. May Our Lord Jesus Christ bless you, your homes and schools each day this year and may you welcome Him in each day also.



The family is the "domestic Church" and if we are not able to gather in person with the parish, it's a good idea to set aside special times to pray with the family, even if it is just 10 minutes two or three times a week. These are graced moments. Light a candle and have a few moments' silence and remind everyone that they are in the presence of God who is Father, Son and Holy Spirit. These times are very precious and even if it is just a few minutes after a meal, it can be a fruitful time. Don't bite off more than you can chew! Start with just a few moments and build up the scope and variety of prayers slowly. Give everyone the opportunity to voice their own prayers as well as reciting traditional prayers.

**Speaking/Learning the faith
(which the Church calls
"professing the faith")**

**Living it (in Christ) – i.e. the
choices we make in
everyday life**

**Celebrating it in the Liturgy
and the Sacraments**

**Christian
prayer.**

Children's liturgy of the word for this week



Gospel for Sunday 16th January; 2nd Sunday in Ordinary Time

John 2:1-11

There was a wedding at Cana in Galilee. The mother of Jesus was there, and Jesus and his disciples had also been invited. When they ran out of wine, since the wine provided for the wedding was all finished, the mother of Jesus said to him, 'They have no wine.' Jesus said 'Woman, why turn to me? My hour has not come yet.' His mother said to the servants, 'Do whatever he tells you.' There were six stone water jars standing there, meant for the ablutions that are customary among the Jews: each could hold twenty or thirty gallons. Jesus said to the servants, 'Fill the jars with water', and they filled them to the brim. 'Draw some out now' he told them 'and take it to the steward.' They did this; the steward tasted the water, and it had turned into wine. Having no idea where it came from – only the servants who had drawn the water knew – the steward called the bridegroom and said, 'People generally serve the best wine first, and keep the cheaper sort till the guests have had plenty to drink; but you have kept the best wine till now.'

This was the first of the signs given by Jesus: it was given at Cana in Galilee. He let his glory be seen, and his disciples believed in him.

The Gospel of the Lord

R/: **Praise to you Lord Jesus Christ**

Discussion on the Gospel

- ✠ Light a candle
- ✠ Make the Sign of the Cross
- ✠ Someone read the Gospel slowly

Originally "Epiphany" which means something that is revealed or coming to an understanding, celebrated three moments in the Gospels when people came to an understanding of who Jesus is; the wise men realised that this baby was indeed someone to worship (c.f. Mt. 2:11) the revelation of Jesus as the Son of God in His Baptism (which we celebrated last Sunday) and today's reading of Jesus' first miracle, or "sign" as miracles are called in John's Gospel. So, this Sunday could be considered as "Epiphany Part 3."

Q: What did Jesus tell the servants to do? (A: To fill the huge jars with water.)

Q: What happened when the steward tasted the "water"? (A: The water had changed to wine.)

Q: What did the steward think about the wine? (A: That it was the best wine.)

Q: Why did Jesus' disciples believe in Him now? (A: Because He "let His glory be seen and He performed an amazing miracle.)

Q: There are various "things" featured in this parable which are linked to our lives as Christians, what do you think they are? (A: Water, wine, wedding party.)

Q: Which Sacrament uses water? (A: Baptism.)

Q: Which Sacrament uses wine? (A: The Eucharist/Holy Communion.)

Q: What Sacrament is celebrated at a wedding party? (A: Marriage/matrimony.)

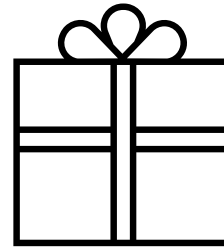
Q: In the Gospel story we have just heard, Jesus is acting and makes a big change – what was that change again? (A: He changed the water into wine.)

Q: In the sacraments, Jesus changes us. How does He change us in Baptism? (A: He cleans our souls from sin and joins us to Himself for ever.)

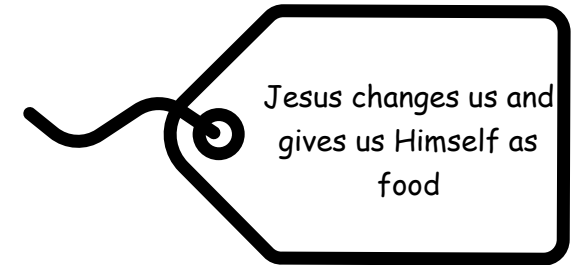
Q: What change does Jesus make to the bread and wine at Mass? (A: He changes the bread and wine into Himself, His Body and Blood.)

Let's just shut our eyes and say a silent prayer to Jesus thanking Him for changing us to be more like Him.

Sacraments are gifts, or presents, from Jesus that change us when we receive them. The labels below have been separated from the gifts - can you draw a line from each of the labels to match the correct gift? Colour in the gifts afterwards.



The gift of Baptism



Jesus changes us and gives us Himself as food



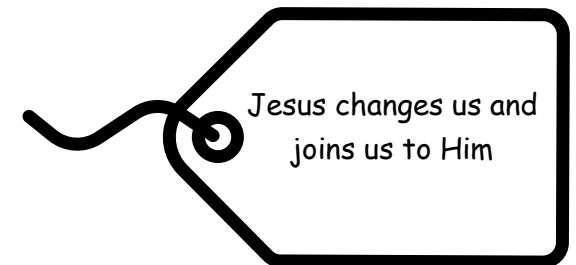
The gift of Confirmation



Jesus changes us and forgives our sins



The gift of Holy Communion/Eucharist



Jesus changes us and joins us to Him



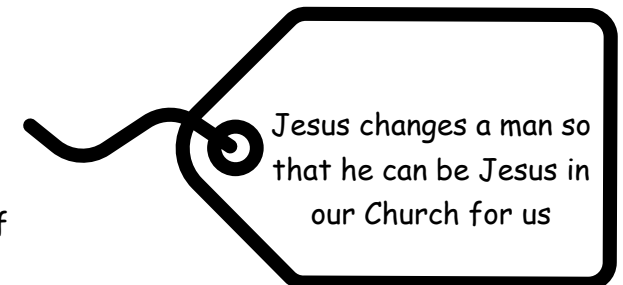
The gift of Confession/Reconciliation



Jesus changes us and gives us His Holy



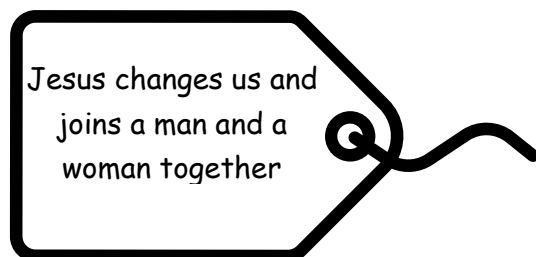
The gift of anointing of the sick



Jesus changes a man so that he can be Jesus in our Church for us



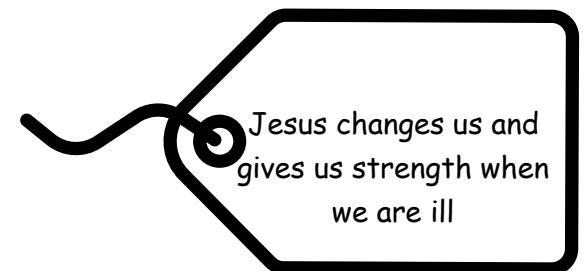
The gift of Marriage



Jesus changes us and joins a man and a woman together



The gift of Ordination



Jesus changes us and gives us strength when we are ill



Children's liturgy of the word for this week

Gospel for Sunday 23rd January; 3rd Sunday of Ordinary Time

Luke 1:1-4,4:14-21

Seeing that many others have undertaken to draw up accounts of the events that have taken place among us, exactly as these were handed down to us by those who from the outset were eyewitnesses and ministers of the word, I in my turn, after carefully going over the whole story from the beginning, have decided to write an ordered account for you, Theophilus, so that your Excellency may learn how well founded the teaching is that you have received.

Jesus, with the power of the Spirit in him, returned to Galilee; and his reputation spread throughout the countryside. He taught in their synagogues and everyone praised him.

He came to Nazareth, where he had been brought up, and went into the synagogue on the sabbath day as he usually did. He stood up to read and they handed him the scroll of the prophet Isaiah. Unrolling the scroll he found the place where it is written:

The spirit of the Lord has been given to me,
for he has anointed me.

He has sent me to bring the good news to the poor,
to proclaim liberty to captives
and to the blind new sight,
to set the downtrodden free,
to proclaim the Lord's year of favour.

He then rolled up the scroll, gave it back to the assistant and sat down. And all eyes in the synagogue were fixed on him. Then he began to speak to them, 'This text is being fulfilled today even as you listen.'

The Gospel of the Lord

Discussion on the Gospel

- ✠ Light a candle
- ✠ Make the Sign of the Cross
- ✠ Someone read the Gospel slowly

This week's Gospel is sometimes called the "Nazareth Manifesto" as we hear Jesus proclaiming His intentions. He also does this by quoting from the prophet Isaiah in what we call the "Old Testament." The Gospel begins with Luke's opening words in chapter 1 and then jumps to the beginning of Jesus' ministry after His Baptism and temptations in the desert.

Q: Where did Jesus stand up to read? (A: In the synagogue in Nazareth. A synagogue is the building where Jews meet for prayer and worship of God.)

Q: What does Jesus say that He has been sent to do? (A: To bring Good News to the poor etc...)

Q: What power was in Jesus? (A: The Holy Spirit.)

Q: When did Jesus receive the power of the Spirit? (A: His Baptism.)

Q: Do you know other times that the Holy Spirit came to Jesus? (A: Various, including when He was conceived in Mary's womb [Lk. 1:35]. Some may say when He cried out in prayer, when He prayed in the garden of Gethsemane etc. Basically, Jesus' whole life on earth was led and guided by the Holy Spirit, because as God, He was never without the Holy Spirit.)

Q: When do we receive the Holy Spirit? (In Baptism, Confirmation and in all the sacraments.)

Q: Why does the Holy Spirit come to us? (A: To help us to live a Christian life [a life like Jesus, loving as He does]...)

Q: What else did Jesus do apart from heal people? (A: Various – including that Jesus came to die for us on the Cross so that we can go to heaven and be with Him and the Father and the Holy Spirit.)

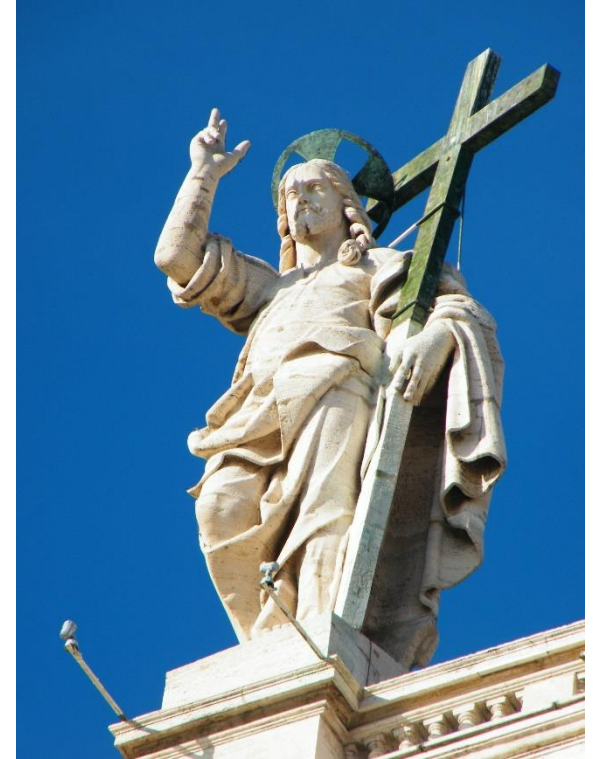
Q. Who will help us to tell other people about Jesus? (A: the Holy Spirit.)

Q. Who can we tell this Good News to today? How – in person, on social media, write a letter, make a poster to put up in front our house? (A: Open.)

Finish the poster on the page below or make your own.

Jesus died for us on a C_____

So that we can go to
H_____ and live for
ever with His F_____



And He gives us His H_____ S_____

To help us on our way.

**Gospel for Sunday 30th January; 4th
Sunday of Ordinary Time**

Luke 4:21-30

Jesus began to speak in the synagogue: 'This text is being fulfilled today even as you listen.' And he won the approval of all, and they were astonished by the gracious words that came from his lips. They said, 'This is Joseph's son, surely?'

But he replied, 'No doubt you will quote me the saying, "Physician, heal yourself" and tell me, "We have heard all that happened in Capernaum, do the same here in your own countryside."'

And he went on, 'I tell you solemnly, no prophet is ever accepted in his own country.'

'There were many widows in Israel, I can assure you, in Elijah's day, when heaven remained shut for three years and six months and a great famine raged throughout the land, but Elijah was not sent to any one of these: he was sent to a widow at Zarephath, a Sidonian town. And in the prophet Elisha's time there were many lepers in Israel, but none of these was cured, except the Syrian, Naaman.'

When they heard this everyone in the synagogue was enraged. They sprang to their feet and hustled him out of the town; and they took him up to the brow of the hill their town was built on, intending to throw him down the cliff, but he slipped through the crowd and walked away.

The Gospel of the Lord

R/: *Praise to you Lord Jesus Christ*

Children's liturgy of the word for this week

Discussion on the Gospel



- ✚ Light a candle
- ✚ Make the Sign of the Cross
- ✚ Someone read the Gospel slowly

This week's Gospel is a continuation of last week's and we see a complete contrast here – first of all the admiration of Jesus' fellow Nazarenes and then their anger as He accused them of not having enough faith because they did not expect much from Him, being a "local lad."

Q: What does it mean that Jesus won the approval of all? (A: They liked what Jesus was saying.)

Q: Whose Son did they think that Jesus was? (A: Joseph's.)

Q: Who is Jesus really the Son of? (A: God the Father. St. Joseph was a kind of stepfather to Jesus and looked after Him when He was growing up.)

Q: The people in the synagogue had heard about Jesus' miracles in Capernaum (another town) but they were taunting Jesus and wanting Him to do miracles for the sake of it, like a magician. What does Jesus say to this? (A: A prophet is not accepted in his own country.)

Q: What is a prophet? (A: Someone who speaks the word of God.)

Q: What does Jesus mean by saying that a prophet is not accepted in his own country? (A: He means that because they think they know who Jesus is, just a carpenter, they do not believe in Him.)

Q: What do they try to do to Jesus? (A: Throw Him off a cliff!)

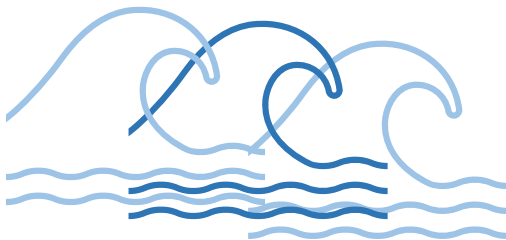
Q: It is not always easy to talk about Jesus to other people and sometimes they don't believe us. Who will help us to talk about Jesus and give us the words to say? (A: The Holy Spirit.)

Q: Jesus knew that we would not always find it easy to speak about Him and so He said this: **Do not be anxious about what you are to say for the Holy Spirit will teach you at that moment what to say (Lk. 12:11-12).**

Write a prayer on the next page to the Holy Spirit asking Him to help you to talk to other people about Jesus or about why you like to go to Church.

Write a prayer to the Holy Spirit asking Him to help you to talk about Jesus

These three symbols of the Holy Spirit might help you.
Dove, water and fire.



Dear Holy Spirit _____

Some January Saints

13th January St Hilary of Poitiers (- 367) (Doctor of the Church)

St. Hilary was born at the beginning of the fourth century and became Bishop of Poitiers in France in 350. He argued against Arianism which was the belief that Jesus was not God but was a kind of being greater than a man. Because of this the Emperor Constantius exiled him (sent him out of France). This did not stop Hilary writing though, and today his works show us that he was very brave by speaking the truth just like Jesus in the Gospel on 30th January (Lk. 4:21-30).

"Almighty God and Father, I want to make my every thought and word speak of you. You have given me this gift of speech, and I want to use it for making You known as the One God and that the Lord Jesus is also God; He is true God and true man. I ask that the breath of your Holy Spirit will help me to talk about you and to tell everyone the truth. Give me the courage in difficult times to say this."

St. Hilary, pray for us that we too will be brave enough to tell other people about Jesus.

17th January St Antony, Abbot (251 - 356)

St Antony who was born in Egypt, is recognised as the first monk. He was a young man when suddenly both his parents died, leaving just him and his sister. One day at Mass, the Gospel was the account of the young man asking Jesus about inheriting Eternal Life, where Jesus says, "If you want to be perfect, sell all that you have and come, follow me" (Mt.19:21). Anthony heard this as a command from Jesus and so, making sure that his sister had all that she needed and was well looked after, he gave away all his share of his parents' money to the poor. Then he went into the desert to live in poverty, praying, working, meditating (thinking about Jesus' teachings). People began to hear of him and of his holiness and they started to come to him for advice. Some people stayed as they also wanted to live the same kind of life. Gradually, a community of men grew up in the desert with St. Anthony. Jesus' invitation was heard again by St. Francis of Assisi about a thousand years later, and he too gathered a group of people around him, living in poverty and teaching about Jesus.

Jesus still invites us to be brave enough to put Him at the centre of our lives. In honour of St. Anthony, try to spend just 10 minutes each day for a week, away from the rest of the family in your bedroom or in the garden if you have one. Don't look at your phone or games or listen to music. Just be with Jesus and think about some of the things that He has said.

Which days this week have you been able to spend alone with Jesus? Tick those what you were able to.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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19th January St. Wulstan

(1008? - 1095)

St Wulstan became a Benedictine monk at Worcester Cathedral priory, and later was made prior. He was encouraged the other monks to pray and work properly and also was an outstanding preacher and counsellor and gave generously to the poor.

In 1062 he became Bishop of Worcester and is the first English bishop known to have made a systematic visitation of his diocese. He built parish churches (some of the old churches we see around may have been built by him nearly 1,00 years ago). When the Normans arrived, they got rid of a lot of the English bishops but they allowed St. Wulstan to stay on because he was such a good bishop and looked after his diocese so well. When he died, he was buried in his cathedral, and although his body was removed during the Reformation, there is still a shrine to him in the crypt of Worcester Cathedral. If you live nearby and have not been there, do visit and say a prayer there.

St. Wulstan was one of a number of famous Benedictine saints and blessed: how many can you find in this wordsearch? Names only, not the "St." (The numbers are the date they died; and only search for the part of the name underlined). One has been done for you.

L	O	U	I	S	J	B	E	N	E	D	E	O	I	M	W	T	R	X	I	N
A	A	S	A	M	O	H	T	H	E	O	L	D	M	A	U	H	A	B	D	A
S	O	R	I	C	H	A	R	D	N	N	E	O	E	N	L	O	P	N	U	D
A	N	B	S	E	N	N	H	O	J	N	W	I	L	B	S	M	H	I	N	R
G	R	E	G	O	R	Y	T	H	E	G	R	E	A	T	T	A	A	L	S	O
U	A	N	M	D	O	N	A	T	U	S	E	D	B	A	A	S	E	L	T	J
S	N	E	A	E	B	E	K	R	O	Y	F	O	S	U	N	I	L	U	A	P
T	S	T	R	D	E	J	O	N	J	D	N	M	T	A	R	S	K	S	N	H
I	D	B	K	F	R	O	W	S	I	I	N	C	D	O	N	A	E	T	U	I
N	R	I	S	I	T	O	E	L	F	V	I	F	R	A	N	C	E	S	E	L
S	A	S	T	E	S	R	J	A	R	D	G	R	S	U	H	C	L	A	M	I
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F	R	O	W	I	N	E	K	N	C	A	T	H	E	R	I	N	E	R	T	U
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D	B	S	Y	R	U	B	R	E	T	N	A	C	F	O	M	E	L	S	N	A

c.550, St. Benedict

604, St. Gregory the Great, (Pope)

619, St. Lawrence,

644, St. Paulinus of York

690, St. Benet Biscop

735, St. Bede the Venerable

754, St. Boniface,

942, St. Odo,

988, St. Dunstan

1095, St. Wulstan

1109, St. Anselm of Canterbury

1140, St. Malchus,

1178, St. Frowin,

1219, St. Donatus,

1248, Bl. Jordan

~~1262, Bl. Beatrix II,~~

1267, St. Silvester Guzzolini,

1295, St. Thomas of Dover

1302, St. Gertrude the Great

1348, Bl. Bernard Tolomei,

c.1400, St. Sergius of Amalfi

1436, Bl. John Bessand, Celestine

1440, St. Frances of Rome

c.1500, Bl. Raphael of Dalmatia,

1529, Bl. Catherine Bognora

1539, Bl. Richard Whiting

1582, Bl. Ann Toschel,

1601, Bl. Mark Barkworth

1610, Bl. John Roberts,

1616, Bl. Thomas Tunstall

1646; Bl. Philip Powell

1670; Bl. Jane Mary Bonomo

1792, Bl. Augustin Chevreux

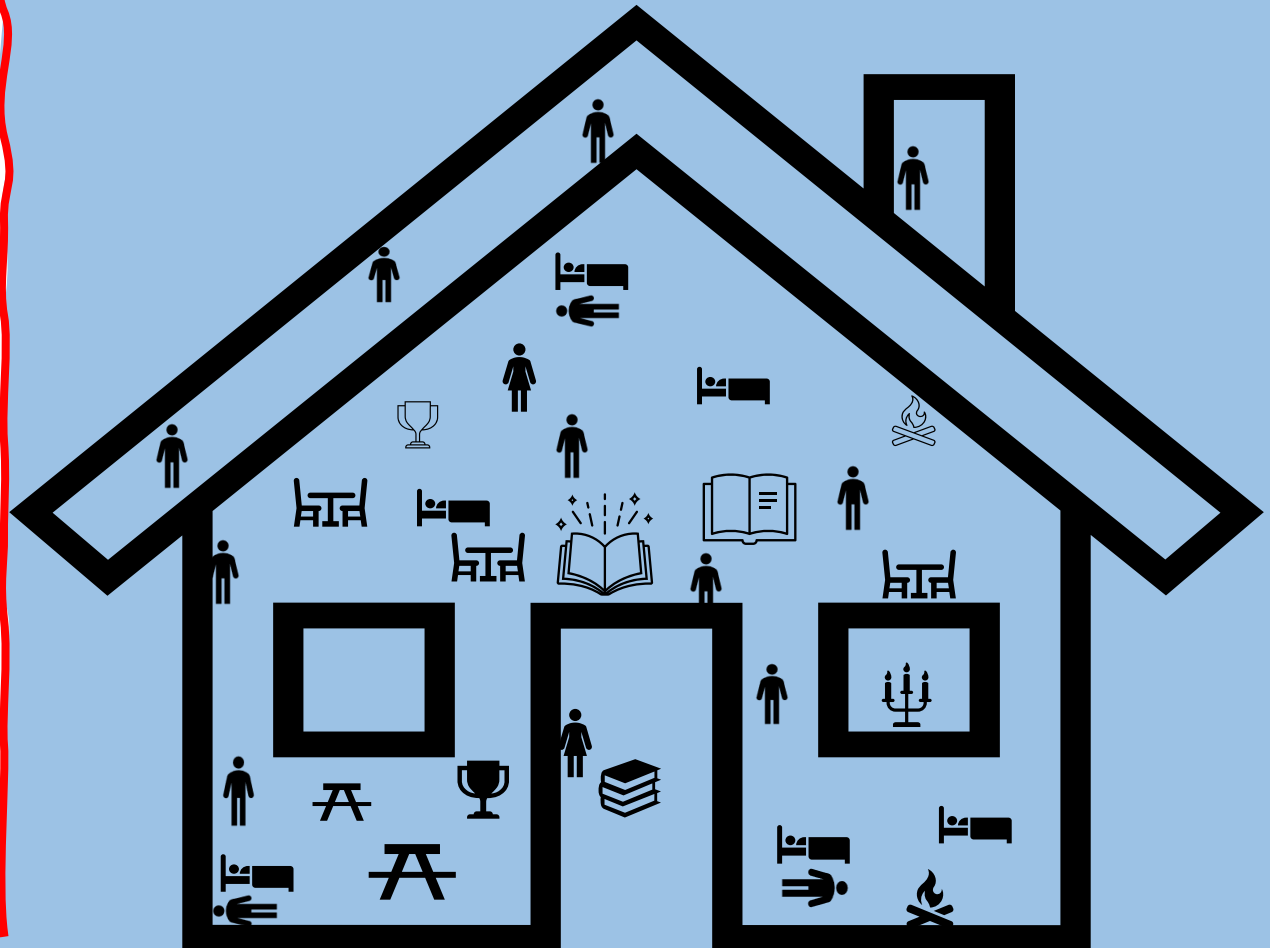
**23rd January St Nicholas Owen
(1550-1606)**

St. Nicholas Owen was a master carpenter in the time of the Reformation in England. Nicholas Owen was skilled at making priest holes in houses so that priests could hide from the people who wanted to kill them. It was illegal to be a Catholic and to go to Mass at that time, but people celebrated Mass in secret in their homes. If you have been to Harvington Hall in Worcestershire, you will have seen some of his work. He was a brave man and was eventually captured and tortured but he never gave away his secrets.

How many priests can you find hiding
in this house?

(Be careful, not all the human shapes are men!) If you have the space at home or in a nearby park, how about a

23rd January St. Nicholas Owen



25th January the conversion of St. Paul, a reflection.



After Jesus ascended into heaven, the Apostles told others about Jesus and lots and lots of people became His followers. St Paul, who was originally known as Saul, hated the followers of Jesus and wanted to kill them. (This story is in the Bible, Acts, chapter 9). He was on his way to a city called Damascus when all of a sudden, he saw a bright light and he fell down. He could not see anything, but heard a voice saying, "Why are you persecuting me?" Saul replied, "Who are you?" and the voice said "I am Jesus, and you are persecuting me. But get up and go into the city and you will be told what to do." Saul was now blind and was led into the city by his friends and he stayed there for three days, fasting (eating nothing) and praying. A follower of Jesus called Ananias was nearby. One day whilst he was praying, he heard Jesus telling him to go to Saul and lay his hands on him so that he might get his sight back. Ananias was surprised and said to Jesus, "But Lord, this man came here to gather up your followers and have them killed!" But Jesus said that things were different now and Saul was going to travel all over the place teaching about Jesus. Nervously, Ananias went to Saul, and cautiously called him "Brother Saul." He laid his hands on Saul and immediately Saul could see again! Full of joy, Saul went with Ananias and was baptised. Saul became Paul and is one of the Church's greatest ever missionaries. He wrote letters to the early Christians, and we often read these at Mass.

This is a famous painting of the "Conversion of St Paul" by an artist called Caravaggio. Saul (Paul) has fallen off his horse which is about to step on him. It is a symbol of the way Saul was going to treat the followers of Jesus. Look at the light shining on Saul, lying on the ground, and the darkness all around. It shows how Saul was living in the dark about Jesus. The light that is in the centre of the picture is the light of Jesus. Both the man and the horse look at Saul on the ground. They look puzzled. They don't hear Jesus, but only see the light, and don't understand. Other people don't always understand our faith and can be puzzled by it. What is Saul lying on? A red cloak. Red in Sacred Art means humility and in his letters, St. Paul used to say that he was the least important person. He knew that his work was only possible because he trusted the Holy Spirit to guide and help him. Finally, look at his which are reaching out like a baby reaches out for their parent. Saul (St Paul) has become like a baby, totally dependent others; firstly, on his friends who took him to Damascus and then throughout the rest of his life, he was dependent on the Holy Spirit who guided him every day. (On the next page is a map of all his missionary journeys and some places to find.)

We too are dependent on the Holy Spirit. Each one of us who has been baptised has been filled with the Holy Spirit and in Confirmation we are strengthened by that same Holy Spirit. St Paul wrote that we can call God "Father" because we have been joined to God the Son (Jesus) by the Holy Spirit. You can end this reflection with a slow and thoughtful Sign of the Cross, and think about how the Holy Spirit helps us.



This is a map of St Paul's missionary journeys around the then known world.

Can you find these places on the map:

- **Jerusalem**
- **Damascus**
- **Antioch** (where the followers of Jesus were first called "Christians")
- **Corinth** (where the "Corinthians lived, whom St Paul wrote to)
- **Ephesus** (home of the Ephesians) **Philippi** (home of Philippians)
- **Thessalonica** (home of the Thessalonians)
- **Rome**
- **Cyrene** (where Simon of Cyrene, who helped Jesus carry the Cross came from).

If you have travelled to any of these places, may be you would like to make a mark on the map to the paces you have been to."

Map from: <https://aleteia.org/2018/09/19/a-quick-guide-to-st-pauls-travels-according-to-todays-map/> (This is an interesting link if you want to know more).

26th January Sts. Timothy and Titus.

Timothy and Titus were friends and companions of St Paul and became Christians because they heard St Paul's teaching. They were two of the first bishops who were not Apostles and were ordained by St Paul.

St. Paul made Timothy Bishop of the Christians in Ephesus, and Titus was sent to Crete to look after the Christians there.

Three of the books in the Bible are letters written to Sts. Timothy and Titus and they are still very good advice for priests, bishops, teachers, parents... and indeed all of us who want to grow in faith in Jesus.

To St. Timothy, St Paul wrote:

"Rekindle the gift of God that is in you... for God did not give you a spirit of timidity but a spirit of power and love and self-control" (2 Tim.1:26-27).

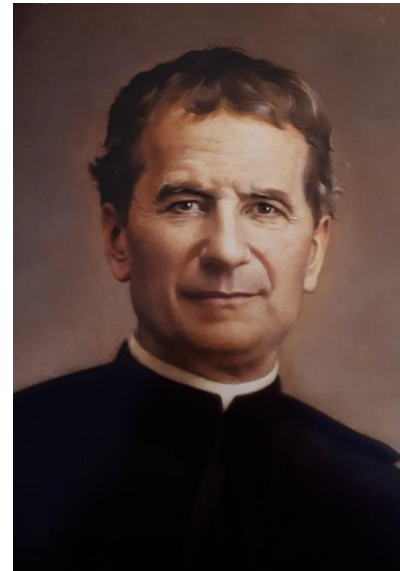
We can hear this ourselves - in Baptism we have been given the Holy Spirit who gives us strength and power and love in difficult situations. Ask the Holy Spirit to re-kindle His fire in our hearts.

To St. Titus, St Paul wrote:

Be obedient, honest and don't tell lies about other people. Avoid quarrelling, be gentle and be polite to all people" (c.f. Titus 3:1-2).

There we are parents and teachers! The Bible supports us in helping our children to grow up as wonderful people, by the grace of God.

31st January St. John Bosco (1815-1888)



St. John Bosco founded the "Salesian" order of men and women who set up schools to educate poor children (originally just boys). The order was named after "St. Francis de Sales who had preached the Gospel in Switzerland in the 1600s. and whom St. John Bosco admired.

St. John was born into a peasant family, and his father died just after he was born. When he became a priest, he was very concerned about the boys and young men who had not been able to go to school, so set up evening classes to teach them to read and write. Hundreds of people turned up! Then he began workshops in boarding houses for apprentices, and by 1868 over 800 boys and young men were under his care. Today the Salesians continue his work all over the world in schools and in similar kinds of workshops in countries where education is not free.

Why don't you pray the prayer on the next page for teachers and decorate it and give it for your own teacher.

A Prayer for Teachers

Almighty Father, we come to you today and give thanks for all our teachers.
Thank you for the way in which they give of themselves each day in the classroom,
serving and instructing the next generation.

We thank you for them all now.

Father, please fill their hearts with courage now by your mighty Spirit.
Fill them with your strength, so they may rise to every challenge and not grow weary.

Fill them with your wisdom,
so that they may be able to make good judgement when guiding and helping others.

Fill them with your peace,
so that when stress and anxiety comes it would not overwhelm them.

Fill them with your joy,
so that the passion they have for their subject may become a infectious passion that spreads.

We ask all this in the wonderful name of Jesus Christ, your Son, and our Lord.

Amen.