



## FAMILIES FORMING DISCIPLES

A FAMILY-FOCUSED APPROACH TO FAITH FORMATION

### LIFE OF CHRIST: THE LUMINOUS MYSTERIES

#### TOPIC: The Transfiguration of Jesus/The Epiphany

#### FAMILY AT-HOME MISSION ACTIVITY

Your Family At-Home Mission is to read the article below and watch the videos. Then, together as a family, mark the mantle of your front door with chalk (blessed, if possible) and pray the Family Epiphany Blessing. Be ready to share your Family Epiphany Blessing experience, as well as your front door mantle (take a picture), at Week 3's gathering of families. (Family Mission Activities adapted from Catholic Digest.)

##### Step 1: Watch

- [MOUNT TABOR AND THE FEAST OF THE TRANSFIGURATION](#)
- 2nd Sunday of Lent (Year A): The Transfiguration [SOLT Liturgy Prep](#)  
(Though this resource is designed in and for Lent, it contains good information about the Transfiguration.)

##### Step 2: Read

- [Five family activities to celebrate the Epiphany](#) by Derek Pettinelli, Catholic Digest

Step 3: Use the *Family Epiphany Blessing* below and chalk to ask God's blessing upon your home together as a family.

#### Family Epiphany Blessing

“The practice of writing a special code over the entrance to a home with blessed chalk is a centuries-old traditional blessing that takes place each January. It's a reminder of God's presence in our daily lives, and a dedication of the year and everything that will happen during it, to God. It's also a great witness for our guests, not to mention that it looks pretty cool!” (From CathFamily)

#### *How to do it...*

1. Take a stick of chalk that's been blessed by a priest or deacon, and write above your home's front entrance (inside or outside), 20 + C + M + B + 23. (For years following 2023, replace 23 with the last two digits of the current year.)



2. A family member reads this explanation:

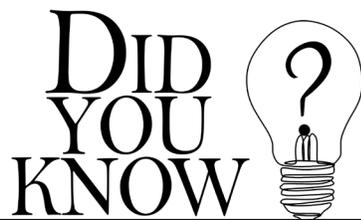
“The letters C, M, and B have two meanings. They are the initials of the traditional names of the three magi who brought gifts to Jesus sometime soon after his birth: Caspar, Melchior, and Balthazar. They also abbreviate the Latin words *Christus Mansionem Benedicat*, which translates to “May Christ bless this house.” The ‘+’ signs represent the cross and the numbers, the year.”

3. The head of the house leads the prayer:

Dear God, we ask Your blessings on our home and family and anyone who visits here. We invite Your Son, Jesus, to be a part of our family and to always be with us in our home, in our comings and goings, our conversations, our work and play, our joys and sorrows. We thank You and we love You. We make the following words of Joshua our own: “As for me and my house, we shall serve the Lord” (Joshua 24:15). *Hail Mary...* We ask all this in the name of the Father and of the Son and of the Holy Spirit. Amen

(adapted from <https://cathfamily.org/chalking-the-door/>;  
for an alternative prayer, see the [USCCB's Blessing](#) of the Home and Household on Epiphany)

**Step 4:** Get ready to share about your Family Epiphany Blessing experience, as well as your front door mantle (bring a picture), at Week 3's gathering of families.



January is a month filled with important feast and memorial days of saints, including St. Thomas Aquinas (January 28), St. Agnes (January 21), St. Francis de Sales (January 24), St. John Bosco (January 31), the Conversion of St. Paul (January 25), and more. In particular, two of the saints lived and worked in the United States: St. Elizabeth Ann Seton (January 4) and St. John Neumann (January 5). They were both passionate about introducing people to Jesus and His Church and energetically spread Catholic education. St. Elizabeth Ann Seton and St. John Neumann, pray for us!

In January, we also remember the Rev. Martin Luther King, Jr., and his courageous witness to the dignity of every human person no matter their ethnicity or skin color, and we pray for the legal protection of unborn children on January 22.