

Solemnity of Mary, Holy Mother of
God / The Octave of the Nativity
January 1st, 2026

FATH @ HOME

The Solemnity of Mary, Holy Mother of God The Octave of the Nativity

First Reading: Numbers 6:22-27
Resp. Psalm: Psalm 67:2-3, 5, 6, 8
Second Reading: Galatians 4:4-7
Gospel: Luke 2:16-21

[Full readings can be found here!](#)

1. HEAR

Grab your bible and look up the Gospel reading. Don't have one? No worries you can find the Gospel reading by clicking [HERE](#). (Bishop O'Connell's Gospel Reflection page.)

As an alternative to reading the Gospel, you can watch a short video with the proclamation for adults by clicking [HERE](#). (YouTube, 德蘭社 channel, 1:10 min.)

Children can also watch a video proclamation of the Gospel by clicking [HERE](#). (YouTube, Everyday Can Be A Sunday channel, 2:10 min.)

2. PRAY

On this Sunday, the Church celebrates the Solemnity of our Blessed Mother Mary, as well as the eight-day after Christmas, called the "Octave of Christmas".

We invite you to pray with Mary by using what is called "guided meditation". One adult in the home will be reading the prompts of this method, while the rest sit comfortably and follow along in their minds and hearts.

Leader: gather everyone in a comfortable room of the house to begin this time of prayer. Sit comfortably in your place and close your eyes. If you are unable to close your eyes for any reason, then you can bow down your head as to avoid distractions and try to follow my instructions.

Leader: Let us all hasten to be at the manger to be with the infant. Jesus. As we prepare to journey, we ask Mary to be with us during this prayer experience. Open the manger of your heart to welcome Jesus into it. We pray in deep gratitude for Mary's

"YES" when the Angel asked her to be the Mother of Jesus. Imagine yourself sitting next to Mary, gazing upon the baby child, Jesus. Feel Mary's love radiating around you and feel the profound peace this newborn baby brings to your heart. Ask Jesus to enter your heart and carry his radiating love and mercy within you. Begin to relax and when ready, open your eyes.

(Once all have finished their prayer time, click [here](#) to watch a video of the song "Silent Night" and invite all to listen and sing along.)

Leader: Next time we go to mass and receive Jesus in the Eucharist, we can reflect more deeply on the glorious gift of receiving Jesus and carrying him in the manger of your heart to all those we encounter in our daily life.

3. TALK

As you gather with family and friends for this activity, ask everyone to think about a way in which our Mother Mary has been present in their lives up to this point. (Allow for about 2-3 mins of silent reflection time. Instrumental music can be played during this time, if desired.)

Once all are ready, ask anyone who is willing to share with the rest of the family their story about Mary's presence in their life. After the sharing of the stories, invite all to pray a *Hail Mary* together.



Optional activity for households with children (or children at heart): Visit the web page located [here](#) to download a coloring page of the Nativity scene. There are many options available. Have the children color one and lead them into a conversation about the way Jesus was born and how it might have been for Mary to have her baby in a manger and not a hospital like mothers do now.