



St. Patrick Faith Formation Anamosa



GROWING TOGETHER IN FAITH

January | 2026

The month of January is dedicated to The Holy Name of Jesus.

All aspects of our divine Lord are sacred, including His Name. The Archangel Gabriel first announced the name of Jesus to His mother with the words, "Behold, you will conceive in your womb and bear a son, and you shall name Him Jesus" (Luke 1:31). While the Archangel acted as a messenger, it was the Father in Heaven who bestowed the name upon Jesus.

The Feast of the Most Holy Name of Jesus has been celebrated by the Church for centuries, occurring on January 3.

As we honor this holy memorial, reflect on the prayer below attributed to Saint Bernardine of Siena, the Franciscan who passionately spoke of Jesus' name. Additionally, take a moment to close your eyes and quietly repeat His name. Whenever you feel anxious or fearful during your day, speak the name of Jesus. Trust that the holy name of our Lord draws Him near to you and generously grants His grace.

Prayer. Jesus, name full of glory, grace, love, and strength! You are the refuge of those who repent, our banner of warfare in this life, the medicine of souls, the comfort of those who mourn, the delight of those who believe, the light of those who preach the true faith, the wages of those who toil, the healing of the sick. To You our devotion aspires; by You our prayers are received; we delight in contemplating You. O Name of Jesus, You are the glory of all the saints for eternity. Amen.



Upcoming FF Dates:

January 7 - 6:15 p.m. - 7:30 p.m.

January 14 - 6:15 p.m. - 7:30 p.m.

January 18 - Confirmation Prep Class & Catholic Heart Work Camp Q&A Meeting

January 21 - 6:15 p.m. - 7:30 p.m.

January 28 - 6:15 p.m. - 7:30 p.m.

Happy new year

This new year, set family resolutions together. Attend Mass as a family to celebrate the Solemnity of Mary, the Holy Mother of God-January 1 at St. Patrick at 10:30 a.m.

Enjoy a winter walk or simply relax with a cup of hot cocoa while catching up. Initiate a faith-based discussion by asking, "Where did you see God today?" Come together to share a Prayer for the New Year.



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Christmastide: The Celebration Has Just Begun!

The Advent season is a time of preparation that directs our hearts and minds towards Christ. While Advent prepares us, Christmas is a time for rejoicing in Christ's birth.

Although the world wraps up Christmas celebrations on December 25th, the Catholic Liturgical year, the Christmas season starts on December 25 and ends with the Baptism of the Lord.

Since the Church is celebrating, it's a great opportunity to leave your Christmas decorations up a little longer.

- [The Nativity of the Lord](#)
- [Feast of The Holy Family](#)
- [Solemnity of Mary, Mother of God](#)
- We recall the [Epiphany](#) and the [Baptism of Jesus!](#)

2026

Embrace a Deeper Love for God This New Year

The more we deepen our understanding of God, the stronger our love for Him grows. However, it's impossible to genuinely love someone we don't truly know. As you set your New Year's resolutions, consider incorporating a plan to enrich your knowledge of God and further explore our faith.

Learn and Study Our Faith

A wonderful starting point is the prayers and readings during Mass, which remind us of what we know about God. For a deeper understanding, explore the writings of reputable Catholic authors. You might explore our St. Patrick library or consider joining *That Man is You* or *She Shall Be Called Woman*. Our priest may have some recommendations as well.

Make Prayer a Regular Part of Your Life

The more we come to know God, the more we will desire to spend time with Him, even though daily life can sometimes interrupt formal prayer. Pope Benedict recently suggested, "Offer everything you do to the Lord, seek His help in all of life's situations, and remember that He is always by your side." Foster a consistent, two-way conversation with God.

Choose Joy Over Fleeting Happiness

While happiness comes from pursuing worldly rewards, joy is found in seeking eternal ones. Happiness is temporary, but joy is everlasting and can only be discovered through knowing and loving God.



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First Friday Adoration - January 2 9 a.m. - 8 p.m.

Attend First Friday Adoration as a family. This provides you and your children a chance to slow down and quiet yourselves before Jesus and to nurture and grow you and your child's relationship with our Lord.

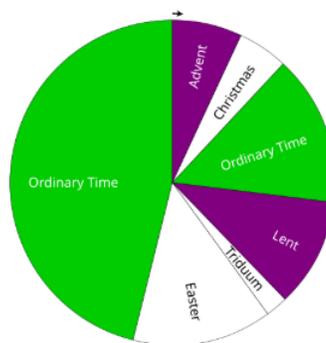
If you long to be loved and filled with God's endless mercy; if you seek healing and hope, come to Him in Eucharistic Adoration.



Family Resources for the Liturgical Season

The new liturgical year starts on the First Sunday of Advent. Explore family resources in the Archdiocese of Dubuque's new section: [Discover the Liturgical Seasons](#).

Click the "Advent and Christmas" button or scan the QR code to celebrate with your family!



St. Patrick Coffee Club

Join us! Perfect blend of great coffee, easy conversation, and encouragement to get you through the week.

9 a.m.-10:30 a.m.

Wednesdays at Grounds & Goodies



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The 36th Annual Tree Walk at the Lawrence Community Center!

We are deeply grateful to all the wonderful volunteers who dedicated their time and effort at the 36th Annual Tree Walk.

Your devotion and enthusiasm were truly a blessing, and they played a crucial role in the success of the event!



January Saints and Feasts

Connect with the Saints!

Saints can teach us many things. Here you will find information about Saints.

There are brief descriptions about a few of the "Saints of the Month," as well as additional resources.

January 1- Solemnity of Mary, Mother of God

January 3- The Most Holy Name of Jesus

January 4- St. Elizabeth Ann Seton

January 4- Feast of the Epiphany

January 5- St. John Neumann

January 11- Baptism of the Lord

January 20- St. Sebastian

January 21- St. Agnes of Rome

January 23- St. Marianne Cope

January 24- St. Francis de Sales

January 25- Conversion of St. Paul

January 27- St. Angela Merici

January 28- St. Thomas Aquinas

January 31- St. John Bosco



SHARING THE JOYS OF MARRIAGE

For Your Marriage helps couples at all stages of life (dating, engaged, married, family life & parenting) to understand and live God's plan for happy, holy marriages by providing educational and spiritual resources. Visit For Your Marriage.



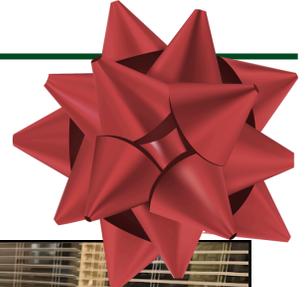
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St. Patrick Faith Formation Activities for December!



Our seventh and eighth graders took part in a wonderful project, where they transformed t-shirts donated by parishioner Tami Peck into durable, reusable tote bags for individuals in need.



Our first through fifth grade brought joy to the residents of Pinicon Senior Living Center by spreading some holiday cheer. The evening was filled with holiday activities, including cookie decorating, crafting ornaments, and enjoying a game of Nativity bingo together!

Our sixth to eleventh graders brought joy and holiday spirit to the residents of Pinicon Senior Living Center. The evening was filled with festive Christmas trivia!

We extend our heartfelt thanks to the catechists, volunteers and Pinicon Senior Living for creating such a truly special event for our students and the community!





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Give Hope This Christmas and Turn Hunger into Hope!

Ellen joined our faith formation youth to share the inspiring story of Mary's Meals. We pray that the Holy Spirit moves the hearts of our young people, reminding them that their small acts of love truly matter. Together, we can make a difference for our brothers and sisters in Christ who are facing hunger and hardship. Let's fill those cups!

Child 31- The Story of Mary's Meals: [Child 31 - The Story of Mary's Meals](#)

Mary's Meals- [Our Story | Mary's Meals](#)

\$25.20 will feed a child for a whole school year!- Mary's Meals: PO Box 389, Bloomfield, NJ 07003

Iowa Catholic Youth Conference (ICYC) Returns for Its 5th Year

The Iowa Catholic Youth Conference (ICYC) is back for its fifth year, featuring an event for high school students on the evening of **Saturday, March 21**, and a middle school gathering on **Sunday, March 22**.

Both events will take place at St. Ludmila Church in Cedar Rapids and will feature high-energy entertainment and witness by [The Scally Brothers](#). Stay tuned for more information and registration details coming this fall!



Engaging in Conversations About Faith with Your Teens

Teens often have inquiries regarding their faith and the importance of being Catholic. Parents can find helpful answers at [CatholicCentral.com](#)!

This website offers entertaining videos that explore the history and truths of the Catholic Church, presented with humor and heart to enlighten and inspire.



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**Catholic Heart Work
Camp
Service Trip
July 12-18, 2026**

Q&A MEETINGS
January 11th at 1:00pm
At St. Stephen's
January 18th 12:30PM
at St. Patrick's
 Choose which date
 works best for you to
 attend
 Contacts:
 Emily Ruley - dbq034re@dbqarch.org
 Jen Kelly - dbq005ff@dbqarch.org

Join Us for an Amazing
Summer Opportunity!

Q & A Meetings:

January 11th @ 1:00 PM
at St. Stephens in
Central City

January 18 @ 12:30 PM
at St. Patrick in
Anamosa

Limited spots are available for this fantastic chance to love, serve, and connect this summer!

This mission trip includes:

- Daily Mass, Eucharistic Adoration, and the Rosary
- 4-Corners activities and Live Music
- Service Projects and Youth Programming
- All Meals & Lodging
- Service projects
- Spiritual growth
- Authentic connections
- Summer camp fun!
- **Open to those entering 8th grade and older.**

Catholic Heart Workcamp invites you to love, serve, and connect. Our mission trips offer service opportunities, foster spiritual growth, and build lifelong friendships, empowering youth to make a positive impact and deepen their relationship with God. Catholic Heart Workcamp- Waterloo, Iowa

Interested? Contact us at dbq005ff@dbqarch.org. *Spots are limited!*



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Beginning on
Saturday,
January 17, 2026

That Man Is You (TMIY) is Back for Its 4th Year - Saturday mornings at 6:00 am in the parish hall.

Other than the Knights of Columbus, TMIY is the most successful men's group in the last 50 years at St. Patrick. This season features new speakers (plus some of our favorites from the past), new conversations, and larger-than-ever attendance.

More than 20 men attended at least one session last year, and average attendance was 12-14 men ages 18-78 each Saturday.



2026 Archdiocesan Men's Conference
Saturday - *March 28, 2026*

Mark your calendars for 2026 Archdiocesan Men's Conference with keynote speaker Gabriel Castillo. Learn more and register at <https://archmensconference.org>.



St. Patrick
Family Activities

- Fun Winter Activities for Catholic Families - [Click Here](#)
- Ten Activities for Catholic Families in January - [Click Here](#)
- Winter Family Activities and Reflection - [Click Here](#)
- Tons of Activities for Catholic Families - [Click Here](#)
- Family Examen for the New Year - [Click Here](#)
- How to Have a Fun and Holy New Year's Eve - [Click Here](#)
- Christmas Activities - [Click Here](#)
- Christmas Festivities - [Click Here](#)
- Five family activities to celebrate the Epiphany - [Click Here](#)
- Super Simple Epiphany Crafts and Activities for Kids - [Click Here](#)



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Archdiocesan Women's Conference: *Beauty in Christ* Hosted at St. Patrick Catholic Church, Anamosa
Saturday, January 31, 2026
8:00am-1:30pm

Join us for the 2026 Women's Conference *Beauty in Christ: Grace for the Journey!* Gather with faith-filled women for this wonderful event! Be inspired to know that His grace is enough!

Please RSVP by emailing or calling the office at dbq005ff@dbqarch.org or 319-462-2141 by **Monday, January 19.**

Keynote talks will be presented by the following: **Kitty Cleveland**
Kitty, a singer/songwriter, inspirational speaker, and artist from Louisiana, began her professional career as a lawyer and then as a college instructor. But in an adoration chapel one day in 1998, as she searched for God during a devastating family crisis, she clearly heard the Lord Jesus call her to become a "music-

missionary." Kitty has since released 10 CDs of music and prayer. Kitty has appeared numerous times on EWTN, Boston Catholic TV, on the radio, in concert, and as a keynote speaker both at home and abroad. She feels that she has a mission as a lay Catholic evangelist to share the riches of our Catholic faith, especially to lapsed or lukewarm Catholics. Her latest book is *From Prison to Paradise: A Story of Radical Trust in God's Divine Mercy*. Kitty lives in the New Orleans area with her musician husband, and they are slowly adjusting to an empty nest.

Kelsey Kaiser

Kelsey is a wife and mother striving to live each day attuned to the voice of the Holy Spirit in Bellevue, Iowa. Although Kelsey was raised Catholic, she spent many years doubting the presence and goodness of God, especially in the Catholic Church. Encountering the Lord on a retreat as a young adult radically changed her life, and as she began studying the teachings of the Church more deeply, she realized there is so much more to "being Catholic" than what she had believed as a high school and college student. Kelsey trusts that God's desire truly is for us to "have life and have it more abundantly" (John 10:10), and she loves sharing about the freedom Christ offers to every one of us, and the authentic joy that is a fruit of living our daily lives rooted in Him.