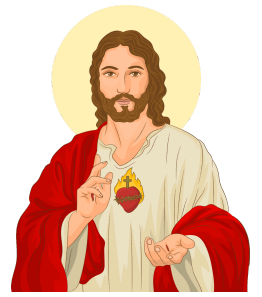




**Pope John Paul II Award
Monthly Meeting
January**

Theme:
The Holy Name of Jesus



Luke 1:49: “The Mighty One has done great things for me, and holy is his name.”

Opening Prayer:

Dearest Lord, teach me to be generous; teach me to serve you as You deserve; to give and not to count the cost, to fight and not to heed the wounds, to toil and not to seek for rest, to labour and not to ask for reward save that of knowing I am doing Your Will.

Ice breaker:

Marshmallow challenge

Split everyone into teams and give them a marshmallow, one yard of string, one yard of tape, and 20 sticks of uncooked spaghetti. The goal is to build the tallest tower possible – and the marshmallow has to be on top.

While the rules are simple, this activity will get the creativity flowing!

Input: The Holy Name of Jesus

January is traditionally dedicated to the Holy Name of Jesus, celebrated liturgically on January 3. January is the month the Church dedicates to the Holy Name of Jesus, reminding us how powerful and beautiful his name really is. Scripture tells us that “at the name of Jesus every knee should bow” (Phil 2:10). Saying his name with love isn’t just a word—it’s a prayer that brings peace, strength, and hope. For us as young Catholics, it’s a call to live in a way that honors Jesus’ name through our choices, our words, and how we treat others.

The name of Jesus is important because it tells us who He is and what He does. The name “Jesus” means “God saves” (Matthew 1:21), reminding us that His mission is to bring us salvation. In Scripture we hear that “there is no other name under heaven given to men by which we must be saved” (Acts 4:12). His name carries power—not like magic, but because it represents his living presence. When we pray in his name, we place our trust in him. When we call on his name with faith, we invite his peace, strength, and protection into our lives. That’s why the Church gives special honor to the Holy Name of Jesus, especially in January.

Here are some simple, practical ways to grow closer to the Holy Name of Jesus:

- Pray His Name with love – quietly repeat “Jesus” during the day, especially when you feel stressed, tempted, or grateful.
- Use His Name with respect – never as a throwaway word or in anger, but always with reverence.
- Read Scripture about His Name – verses like Philippians 2:10–11 or John 14:13 remind us of its power.
- Pray the Litany of the Holy Name – a beautiful Church prayer that praises Jesus under many titles.
- Live in a way that honors His Name – by kindness, honesty, and love, so others see Jesus in you.



Check in with Activities

Check in with how everyone is getting on so far. Check cards to see they are being filled in and completed.

Ice breaker

Rock paper scissors tournament

Closing Prayer

God our Father,
Saint John Paul II tells us to trust Christ;
To listen attentively to his teachings,
To fix our eyes on his face,
To persevere in listening to his Word,
To allow him to focus our search and our aspirations and all our ideas and the desires of our heart.

Help us God our Father,
to do this so that all the actions
and decisions of our lives are done with Jesus
who is our Savior and friend for ever and ever.
Amen.

Our Lady of Knock pray for us, and for the young people of Ireland.

Refreshments