



**NEW!
TV MASS
CHANNELS**

Chattanooga, TN

WTVC channel 9.2 (Fox)
8:30 a.m.

Flint-Saginaw-Bay City, MI

WBSF channel 46 (CW)
6:30 a.m.

Huntsville-Decatur-Florence, AL

WHDF channel 15 (CW)
9:30 a.m.

Pensacola, FL / Mobile, AL

WFGX channel 35 (MyTV)
6:30 a.m.

Tri-Cities, TN

(Bristol-Kingsport-Johnson City)
WCYB channel 5.2 (CW)
10:30 a.m.

**SPIRITUAL FOOD
FOR THOUGHT**



In print and online, Heart of the Nation provides inspirational reflections on the Scripture readings for each week. Please visit www.HeartoftheNation.org, or turn to the “Daily Mass Readings and Reflections” section in the back of your *Prayer & Worship Guide*.

(To order a free subscription to the *Prayer & Worship Guide*, please turn to page 4.)

Faith with the Works

Jesus taught us to follow His example. So, what did He like on His pizza?

Even before our Savior came into the world, Persian soldiers put cheese and dates on top of flat bread, using shields as makeshift pizza pans. The Vatican Library contains a 9th-century, illustrated cookbook copied from an even older book. The recipes with ingredients such as meat, cheese, and garlic placed on bread come closer to our modern pizzeria fare.



Fr. Mark Payne
Chaplain

After Jesus’ birth, Mary tucked Him into a manger, and an angel announced His birth to lowly shepherds. Jesus later said that He fulfilled the Scripture passage about one anointed “to bring glad tidings to the poor.” Maybe our Lord would have stuck to a simple, meatless pizza. Centuries later, street vendors in Italy sold a variety made with tomato as meager food for needy customers to keep body and soul together.

On the other hand, according to what may be a 19th-century tall tale, an Italian pizzeria owner served three varieties of pizza to King Umberto I and Queen Margherita of Savoy. The one with tomatoes, cheese, and basil fittingly incorporated the colors of the Italian flag.

We celebrate the Epiphany of the Lord on January 6, recalling the magi who went in search of a newborn King. Eating pizza with the works—pizza fit for a king—wouldn’t be out of the question for Jesus, either, as a way of steering thoughts toward the Kingdom of God.

Magi offered gifts of gold, frankincense, and myrrh in homage to the Lord made visible on Earth by His birth. Saint Paul wrote of the variety of spiritual gifts given to people so that we, too, can reveal God’s love in the world.

Following Jesus’ example of prayer and good works, we give glory to the Lord. When you make a donation or monthly pledge to Heart of the Nation, no matter how you slice it, your generosity on top of faith in Him will serve our loving Savior well.

Fr. Mark

“This gift is in memory of my mom. She was an avid Sunday ‘watcher.’”

~Mary Grace



“You’ve really helped me get back to Church. I also say the Rosary every day with your video and read the prayer for the day.”

~Allison



“Thank you for the Mass. I am 64 years old, and that was my first Mass to see.”

~Ronald

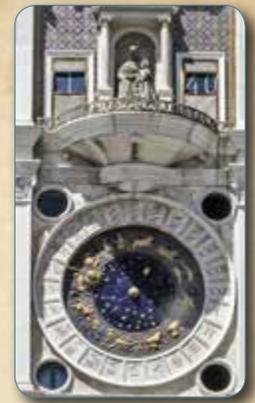


“My little book of My Catholic Prayers is pretty worn but has been a blessing.”

~Bettie

What Makes Us Tick?

Led by an angel with a trumpet as Venice’s town clock kept time, three magi appeared before the clock’s Virgin Mary and Christ Child cast in copper. A carousel in the huge timekeeping mechanism brought the procession around every hour on the hour, for hundreds of years. To save on wear and tear, the angel and magi now appear only on the Solemnities of the Epiphany and the Ascension of the Lord.

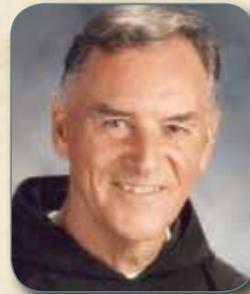


Ancient astrologers had awaited the appearance of a star that would herald the Savior’s birth. Like clockwork, the star shone at the appointed time of Jesus’ coming into the world.

In our Nativity scenes brought out once a year, we often place the magi just a little behind the shepherds. Scripture tells us, though, that the magi came from another country. They show us that Christ came for all people.

Realizing that the magi had failed to report back to him after finding the newborn King, a furious King Herod ordered the slaughter of boys two years old or younger found

anywhere near Bethlehem. The directive harks back to children slaughtered



Fr. Tony Scannell
Chaplain

in Moses’ time. Spared like Moses, Jesus would lead His people to a new Promised Land.

Time went on. At a wedding in Cana, the wine ran out. Although Jesus said that His hour had not yet come, Mary thought He would come around. She

instructed the waiters to do whatever Jesus told them. Events in our lives can prompt us to take action, too, even if we had planned to wait.

About two decades ago, modernization of the clock in Venice occurred. Before that, a keeper lived in the clock tower to keep it running. We need the indwelling Holy Spirit to keep us in good working order spiritually, as our Creator intended.

On the Epiphany, we remember the joy of the magi. We rejoice, too, because we can come before our Savior and the Blessed Virgin Mary in prayer, time and time again.

A Year to Give God Glory

Possibilities abound for giving glory to the Lord. St. Paul’s first Letter to the Corinthians explains that manifestation of the Holy Spirit in the world comes through people using their gifts. Each person has something to offer, and God provides the specific gifts needed to accomplish His purpose.

Using the image of the Body of Christ to describe the Church, Scripture tells us that every part of that Body matters, no matter how small. Every gift to Heart of the Nation matters, too. “Please donate whatever you can this month. As we begin a new year, you may want to also think about pledging a small amount that you plan to give each month,” said Fr. Mark Payne, chaplain. Your generosity will share your faith and give glory to God in a far-reaching way as Heart of the Nation’s Mass and publications reach more people than ever.



Epiphany Prayer

Lord Jesus,

Who came as newborn Savior
To dwell with us on Earth,
In Your love, may I find favor,
Hope, joy, and blessing through
Your birth.

Like the rising of a star
That magi rejoiced to see,
May I find in every blessing
Your Light shining forth
to guide me.

Continuing life's journey,
As did magi from afar,
In Your love, O Lord most holy,
May I seek You with all my heart.



Prayer of One Baptized

Lord Jesus,

How wonderful to contemplate
All that it means to be
Baptized into Your holy Church
As a member of Your body.

Although I am unworthy
As a vessel of Your Spirit,
Please increase my openness
To Your help and the faith
to hear it.

You are the head of the body,
And yet I am a part;
May I accept the grace I need
To bring Your hope
to others' hearts.

Though a body has many parts,
Not just to walk or hear,
Help me to serve as You intend,
So that through me
Your love appears. Amen.

He Came with the Snow

It all started in high school. Fr. Arul Ponnaiyan, Heart of the Nation's newest TV Mass celebrant, started thinking about priesthood in his small hometown of Kolundirampattu, India. The idea didn't take him by storm, but it stuck like snow that Fr. Arul would see for the first time when he arrived in Milwaukee in 2010.

In his boyhood family, Fr. Arul helped out with farming and raising cattle. His father also worked as a school headmaster, and his mother's homemaking made her a hero to him. "My whole family is in India," he said. "I am the third of four children. We have an adopted sister. All my siblings are married and have two children each."

After high school, Fr. Arul went to college, served as a missionary, went to law school, and worked as an attorney for about six years in India. Having traveled to the Philippines, Egypt, and Kenya, he returned to Africa. There, a Wisconsin-based missionary community introduced Fr. Arul to Saint Francis de Sales Seminary.

"I came to USA on January 12th, 2010. It was a cold, snowy day. It was my first time seeing snow," Fr. Arul recalled. "I love it and still love the snow."

Ordained in 2013 as a priest for the Archdiocese of Milwaukee, Fr. Arul remains a missionary at heart. "Pope Francis says that the Church is missionary by nature," Fr. Arul explained, which "makes every individual member of the Church a missionary."

In his school days, Fr. Arul said, "I loved to jump onto the stage and perform. It is not the same doing TV Mass. I am learning to celebrate TV Mass.

"I am privileged to celebrate and share the Lord's Supper with those who are homebound, sick, and incarcerated. We are all made in the image and likeness of God, who is love. The essence of our being is love. So, be generous in your love for one another," he advised. "You are in my prayers now and always."



Epiphanies of the Lord

On January 6, Catholics celebrate the Epiphany of the Lord but consider the first three Sundays this January as one "great feast of Epiphany" (*Catechism of the Catholic Church*, no. 528). In a Catholic context, *epiphany* means a manifestation of Christ in the world.

The magi did Him homage as the newborn King. At Jesus' Baptism, He became further known as God's Son. The glory of the Lord shone as He began His public ministry with the miracle of water changed to wine during a wedding feast at Cana. The Gospel readings at Sunday Masses on January 6, 13, and 20 recall these wondrous epiphanies of our Divine Savior.





With gratitude, Heart of the Nation welcomes new members to the Circle of the Heart monthly giving club. As a member, you will be included in prayers placed before the altar for every Sunday TV Mass. To join, please mark the box on your donation envelope, and indicate the amount of your pledge. (If you need to change or cancel your pledge, just call, e-mail, or send a note to Heart of the Nation.) **Thank you!**

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Mercedes T. Alaray
Sandra Alverson
Deb Andrews
Lucy Ashraf
William Babinski
Diana Bachman
Katherine Bankes
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Day of Prayer for the Unborn

On January 22, 1973, the U.S. Supreme Court ruled that women have a right to choose abortion. The *Roman Missal* (General Instruction no. 373) directs all dioceses in the United States to observe a day of prayer and penance on the anniversary of that legal decision. Please pray to the Lord Jesus, who came into the world as the Christ Child.



Heart of the Nation.
CATHOLIC MASS

For local time and channel information, please visit www.HeartoftheNation.org

or
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