

## When is the Epiphany, or Three Kings Day, in 2025?

Source: <https://www.delawareonline.com/story/life/2024/12/28/when-is-epiphany-three-kings-day-2025-how-christians-celebrate-holiday/77289479007/>

The Christmas holiday is in the rearview mirror for most people. But there is one more occasion on the religious end of the holidays.

The Epiphany, or Three Kings Day, is on Sunday, Jan. 5, or Monday, Jan. 6, this year, depending on the religious denomination. While it is not a holy day of obligation, it is a feast day celebrating the arrival of the Magi to see a newborn Jesus Christ. The last Sunday of Christmas on the Catholic liturgical calendar is Jan. 12, 2025, celebrating the Baptism of Christ.

### What is Three Kings Day?

According to the National Shrine of St. Jude, Epiphany, or Three Kings Day, celebrates the revelation of God in his son as human in Jesus Christ.

Three Kings Day is a holiday celebrated at the end of the Twelve Days of Christmas. The word "epiphany" means manifestation and not only refers to the day of the holiday itself but also to the rest of the church season that follows it, according to TimeandDate.com.

The name of the holiday and the focus it holds vary by religious beliefs. While Eastern Orthodox churches emphasize the Baptism of Jesus, Roman Catholics, Anglicans and Protestants put emphasis on the visit of the Magi.

With Jesus and the three wise men being the focal point of Epiphany, many celebrations recognize these figures. The Gospel of Matthew said the three kings followed a star to Bethlehem and gave gold, frankincense and myrrh.

### When is Three Kings Day?

According to the liturgical calendar for the dioceses of the United States of America, it will take place on Jan. 5, 2025. Presbyterians celebrate on the same day.

For Lutherans, Episcopalians and others, it will be on the customary Jan. 6, 2025, which is a Monday.

### How is Three Kings Day celebrated?

Three Kings Day can be celebrated in many ways, but most festivities are influenced by the religion and location of the celebrants.

In the U.S., most people celebrate by attending church on the Sunday closest to Jan. 6. Some families have big feasts, spend time together or participate in traditions practiced by other countries.

Puerto Rican children leave a box with hay under their beds on the night of Jan. 5 so when they wake up, the kings will have left presents for them. In France, a "kings' cake" known as "la galette des rois" is baked and bakers hide a jewel, coin or small toy inside. Whoever finds the prize gets to wear a crown, according to National Geographic.



### January 2025 Calendar

National Braille Literacy Month  
National Volunteer Blood Donor Month

- 1 – New Year's Day (International)
- 3 – International Mind-Body Wellness Day
- 4 – World Braille Day
- 5 – Birthday of Guru Gobind Singh Sahib (Sikh)
- 6 – Three Kings Day (Christianity)
- 11 – National Human Trafficking Awareness Day (US)
- 13 – Korean American Day (US)
- 14 – Pongal Harvest Festival (Hindu)
- 14 – Mahayana New Year (Buddhist)
- 19 – World Day of Migrants and Refugees
- 19 – World Religion Day (International)
- 20 – Martin Luther King Day (US)
- 29 – Lunar New Year (International)

In some European countries, like Slovakia and the Czech Republic, children dress up as the three kings and visit houses to sing about Jesus' birth and pay homage to the "king of kings." They often get rewarded with cookies and praise. In Spain, many children fill their shoes with straw or grain for the three kings' horses to eat

and place them on balconies or by the front door on Epiphany Eve. The next day, they get presents and sweets in place of the offering, reports TimeandDate.com.



In Latino countries, a "roscon de reyes," a king's ring cake "rosca de reyes," is made. It is a pastry with a tiny figurine of a baby baked into the dough to be revealed in a slice or bite of the bread, similar to how Jesus was revealed as the son of God to the three wise men, according to TimeandDate.com.

Catholics in New Orleans have a similar tradition of eating elaborate king cakes throughout the entire Epiphany season, culminating in a huge celebration for Mardi Gras.

## How to be Effective When Interpreting for Our Aging Population

Source: <https://certifiedlanguages.com/blog/how-to-be-effective-when-interpreting-for-our-aging-population/>

### Eat Your Veggies and Respect Your Elders: How to Be Effective When Interpreting for Our Aging Population

There are several reasons why older populations need interpretation services.

Some people aren't comfortable learning a new language or communicating in a foreign language in general. For some, stroke aftermath or dementia onset may affect their ability to communicate in their secondary language. While others may have great conversational skills in multiple languages, but they prefer the certainty of their mother tongue when communicating with their medical providers and discussing important care decisions.

Regardless of why an individual with a non-English language preference (NELP) needs an interpreter, these tips will help when interpreting for our aging population.



#### Arm Yourself with Patience

It's often difficult to communicate with an elderly person. They may have difficulty speaking or hearing you. They could be distracted by pain or lost in dementia. Their speech may often be repetitive or trail off. Remember to be kind, keep your cool, and do not get frustrated.

#### Avoid Omissions and Editorializing

While some summarization of repetitive elements may be OK, never forget that difficulty producing logical sentence structures could be diagnostically relevant and must always be disclosed to the English speaker.

#### Adjust Your Expectations

The individual you're interpreting for might be nothing like your grandmother or other elderly people you know and might have very different core values and preferences. Keep an open mind and remember to listen well.

#### Anticipate End-of-Life Discussions

And be ready to interpret those uncomfortable subjects with grace and understanding.

#### Advance Your Vocabulary

Aging often means more medical specialists, and more advanced terminology, including DME equipment and palliative care. Write down the new terms you encounter on the calls and commit them to memory.

#### Abstain from Advocacy

Don't rush to advocate.\* In a medical environment, the very concept of patient care is built upon the notion of respect toward the patient's autonomy and wishes. By being quick to intervene in the conversation, we may unknowingly undo the work the provider is trying to accomplish.

*\*Unless the situation is potentially threatening to the individual's well-being.*

### And Don't Forget an Extra Dose of Patience

We play an important role in our aging NELP population's lives as interpreters, providing the comfort and stability they need to live their golden years with grace. Frustration is only natural when calls get difficult, but if you keep these tips in mind, you'll ace these interactions.

---

## What is Heritage Language?

Source: <https://altalang.com/beyond-words/what-is-heritage-language/>

Individuals who speak multiple languages or live in multilingual households may have a "heritage language." This term describes the language the individual speaks or hears at home, but it is not the dominant language spoken in the community.

In the United States, English is the de facto official language and is used in schools and businesses. If someone who grew up in America uses Spanish, Korean, Russian, or another language at home this may be considered their heritage language.

Keep reading to learn more about heritage languages and why they are so important to preserve.

### Heritage Language vs Foreign Language

The term "foreign language" is often used to describe a non-dominant language. However, many linguists and activists have started using the term "heritage language" to describe this instead.

The words we use matter, and describing the language someone speaks as "foreign" may make that individual feel alienated. Linguist Ann Kelleher from the University of California in Davis wrote in a brief that "these languages are not 'foreign' to particular individuals or communities; instead, they are familiar in a variety of ways."

Kelleher also states that the term "heritage language" should be used instead of "minority language" because "many negative social connotations accompany the term." She added that this term is not always accurate and a language other than English may actually be the majority language in certain communities in the United States.

### What is the Difference Between Heritage Language and Native Language?

While a heritage language may seem like the same thing as a native language, there is an important distinction.

Courtney Nygaard, a Spanish teacher for heritage Spanish-speaking students, explained on her website that native language is the *primary* language spoken in an individual's home *and* the county where they live. For example, if a Spanish speaker recently moved to the United States from Mexico, that person's native language is Spanish. Spanish is the language they speak at home, and they grew up using Spanish in their school and community.

A native language is often defined as the first language an individual learns or the dominant language in the country where an individual was born. Heritage languages may not be the first language an individual acquires, especially if they only hear this language from a family member that does not live in their home.

Consider a second example. A different individual grew up in the United States, but their grandparents are native Spanish speakers who live in Mexico. This individual may speak English as their native language if this was the language their parents used at home and it was the language they used at school. Spanish would be their heritage language, especially if they encountered it by interacting with their native Spanish-speaking grandparents.

### How Can We Preserve our Heritage Language?

Some heritage speakers never fully developed the heritage language because they only use this language around certain members of their family. Since it is not their native language or the dominant language in the community, they may not fully acquire this language.

Regardless of their fluency, preserving a heritage language is important because it allows individuals to stay connected to their culture and their families. Schools can help preserve heritage languages by offering bilingual education opportunities. In an American community with heritage language Spanish speakers, for example, the school can teach some classes in Spanish, so the students are exposed to their heritage language in both the home and their community.