

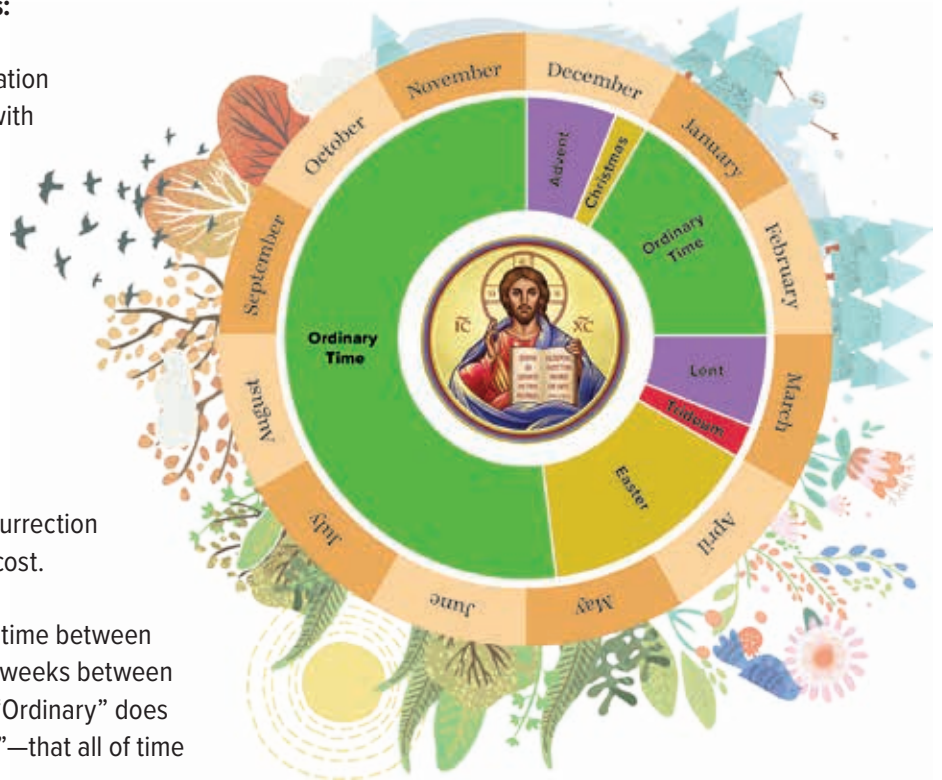
# ENRICHMENT: LITURGY

## The Liturgical Year and Seasons

We all have our favorite holidays and times of the year. We might prefer the weather in the fall or look forward to the Fourth of July. The Church has her own calendar for the liturgical year, with its own seasons and holy days.

The liturgical year is divided into seasons:

- **Advent:** A four-week season of preparation for the coming of Christ. Advent ends with the Solemnity of the Nativity of the Lord, Christmas, on December 25.
- **Lent:** A forty-day period of preparation for the celebration of Christ's Resurrection at Easter. Lent typically begins in mid-February to early March.
- **Easter:** A fifty-day season in which we celebrate our salvation won by the Resurrection of Jesus. It ends on the Feast of Pentecost.
- **Ordinary Time:** This season spans the time between Pentecost and Advent as well as a few weeks between Christmas and Ash Wednesday. Here, "Ordinary" does not mean "what is usual" but "ordered"—that all of time is ordered by God's providence.



**Throughout the liturgical year, we honor the memory of the saints who have gone before us.** Each saint has his own feast day. For example, the Feast of Saint Francis of Assisi is celebrated on October 4, and the Feast of Saint Nicholas is celebrated on December 6. On the feasts of the saints, we recall the good works they did in their lives and pray for their intercession. There is also the Solemnity of All Saints on November 1, which celebrates and asks intercession from all of those who are in Heaven, not just the canonized saints.

**In every Mass, whether we are celebrating the feast of a saint or not, we are united with the saints in worship.** The Mass is our participation in the heavenly liturgy, in which the angels and saints worship God unceasingly. In the liturgical year, we celebrate the events of salvation history, including Jesus' Birth, life, Death, and Resurrection. We praise and worship God for saving us through Jesus and ask Him to make us holy. We also praise God for the holy lives of the saints and join the saints in their adoration of God.

### Journal Reflection

**What are some ways you and your family can live out the liturgical year?** Write your answer on the journal page.

Journal pages are available on the parent and student portals.