

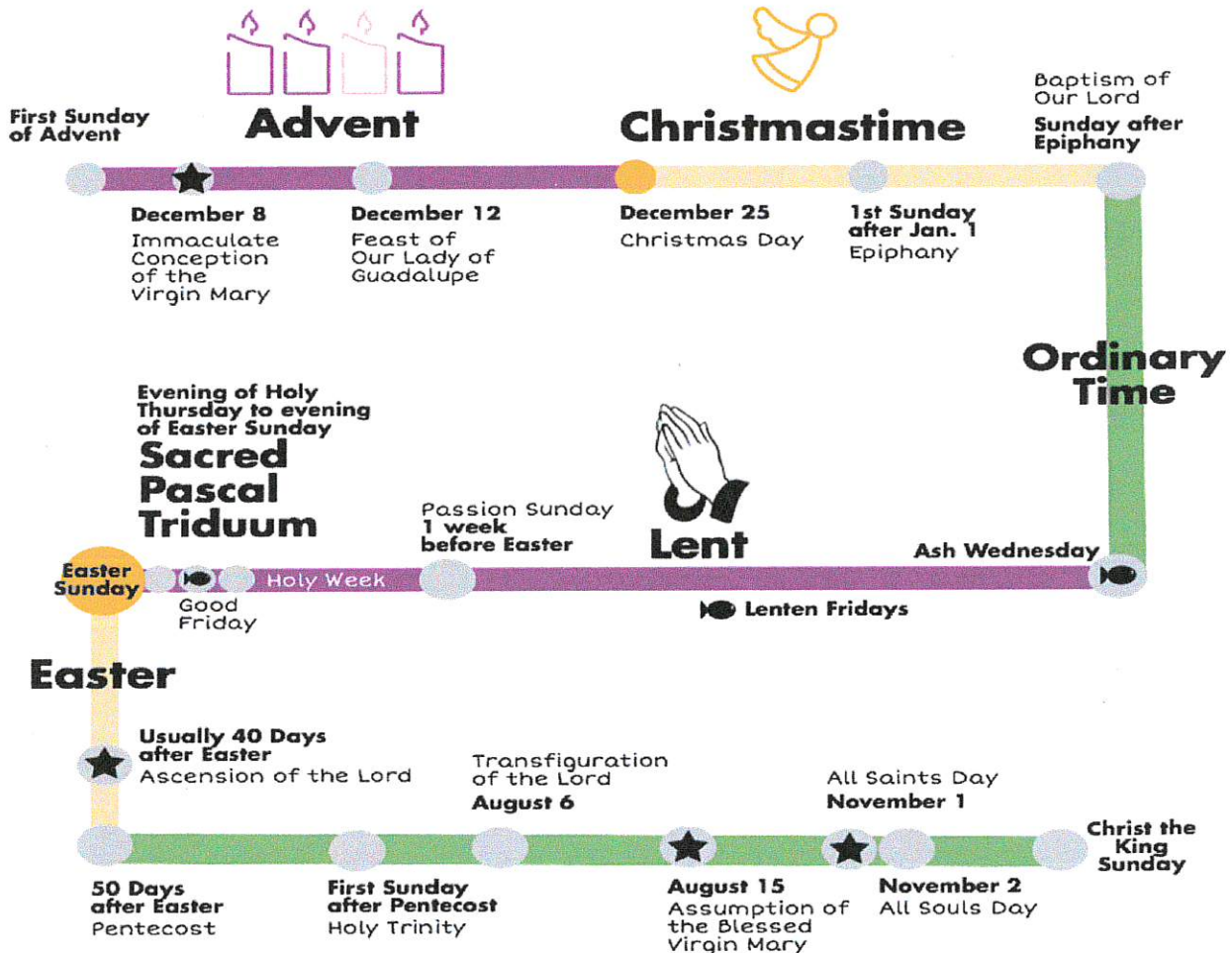
The Catholic Liturgical Year

Seasons

 Holy Days of Obligation

 Days of Abstinence

The Liturgical year begins on the first Sunday of Advent. It is divided into six seasons. The shortest but most holy season is the three-day Sacred Pascal Triduum leading up to Easter.



Liturgical Colors

Color	Meaning	Uses/Indication
Green	Hope	Ordinary Time
White	Rejoicing, innocence	Christmas, Easter & solemnities
Red	Christ's passion, God's love, martyrdom	Palm Sunday, Christ's Passion, blood & cross, martyrs feasts days, Pentecost
Purple	Penance, humility, sorrow	Advent, Lent & Sacrament of Reconciliation
Rose	Joy	Gaudete & Laetare Sundays

4 Steps to living the liturgical year in your home

1. Pick up a free Church calendar

This is mostly a mental switch. Just realizing there is a Liturgical calendar is a big step. Start by picking up one of those free calendars, and hang it up. Circle important family days, feasts or beginning of a new church season.

2. The ways to their hearts is through the stomach

This step requires a bit more planning, but since you've circled dates on a calendar, you'll already know if an important date is coming up. Take a look at which feast day is coming up that week, and keep the liturgical theme going. Is it the feast of the Mexican martyrs? Then, Mexican is on the menu that night, instead of Italian.

3. Fit it into your daily routine

Just making the liturgical calendar part of your family's normal conversations, and pairing it with a simple activity to break the ordinary is enough to instill important memories and loving feelings about the Church. God loves simple, and wants you to enjoy His Church, not dread it, or feel guilty about it.

4. Start small, very small

It's great to want to celebrate with the Church year-round, but there can be so many feast days to share in that it becomes overwhelming. An easy place to begin is celebrating the main seasons of the Church – Advent, Christmas, Lent & Easter. Be intentional about your children's baptism days. Then add a saint that the family has a particular devotion. Don't try to do it all at once, go slow and you will get there eventually.

5 Dates to Add to Your Calendar

1. The Main Church Seasons

Advent, Christmas, Lent and Easter are the easiest place to start because you're probably already doing them, however when you mark them on your calendar, you become more intentional about preparing for them. We also mark special dates within Advent & Lent so that we know when we can celebrate within the time of fasting/preparation.

2. Baptism Days

Just as your birthday holds significance annually because it marks your birth, so does the anniversary of your baptism because it marks your birth into God's family & inheritance. On a baptism anniversary pull out the baptismal candle & holy water & have the person renew their baptismal promises. Share stories of the baptism day, godparents & talk about what it means to be part of God's family.

3. Name Days

Pick a patron saint for each member of your family. In our family it is the saint who's name they share, but it can also be Confirmation name or just one people are interested in. Look up information about the saint & talk about their life & virtues you admire together.

4. Fridays & Sundays

Did you know throughout the whole year the Church views every Friday as a mini-Good Friday and every Sunday as a mini-Easter? On Fridays consider abstaining from meat, or making extra sacrifices in union with Christ suffering. On Sundays celebrate the Resurrection. Desserts, family meals, refraining from your usual work can help to make the day feel different & special.

5. Solemnities

These are the most important feast days in the Church calendar. They celebrate the most important people, events and mysteries of our faith traditions. These days should be celebrated like a Sunday.

Resources for parents

Blogs:

Thekennedyadventures.com – Books for the month's celebrations

Catholiccuisine.com – Recipes for Liturgical year

Catholicicing.com – Arts & craft resources

Catholicculture.org

Showerofroses.com

Books:

Catholic All Year: Liturgical Living for Real Life – Kendra Tierney

Guiding your catholic preschool – Kathy Pierce & Lori Rowland

The Year & our Children – Mary Reed Newland

Celebrating Saints & Seasons – Jeanne Hunt

Around the Year with the Von Trapps – Maria Von Trapp

Podcasts:

How-to-catholic: Lisa & Kevin Cotter

Saints stories for Kids – Shining Light Dolls

Videos:

Formed.org

Catholic All Year Youtube channel