

The Liturgical Year

Each year
12 months, 365 days
always the same,
yet ever new and renewing

The Liturgical Year

- There are two types of TIME mentioned in the New Testament:
 - Χρονος (chronos)- quantity, the time something happens
 - Καιρος (Kairos)- sacred, the moment of something significant; an opportunity.

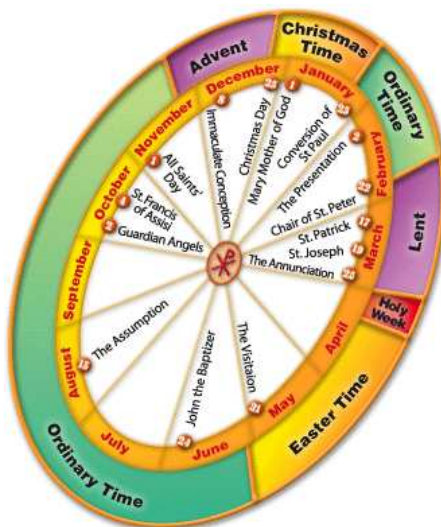
The Liturgical Year

- The Liturgical Year blends together both types of time.
 - We experience the same celebrations and feasts every 364 days.
 - We are in a different place spiritually every time we celebrate these feasts.
 - It is like a spiral—even though it is going around and around, it is also moving in a particular direction—toward God.
 - We may be “cycling” through a set of days, but we are spiritually moving closer to Jesus Christ and eternal life.

The Liturgical Year

- The Seasons:
 - Advent— the four weeks before Christmas where we prepare ourselves for the birth of Jesus.
 - Christmas— the weeks following the birth of Christ.
 - Ordinary Time—the weeks that celebrate Jesus’ life and ministry.
 - Lent— the 40 days and 40 nights that mirror Jesus’ time in the desert in preparation for his public ministry. They focus our attention on prayer and penance in preparation for the celebration of Easter.
 - Easter— the weeks between Easter and Pentecost.

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- There is a hierarchy in the celebrations throughout the year.
 - Solemnities: celebrate events, beliefs, and personages of greatest importance and universal significance in the history of salvation.
 - Feasts: are of lesser significance.
 - Memorials: are the least significant. They may memorialize a saint that had regional significance, but not universal significance.

The Liturgical Year

- Sundays: are the core of the Church's liturgical year. Every Sunday is considered by the Church to be a "little Easter." As a result of this, Sunday celebrations have several characteristic features:
 - The celebration begins the evening before.
 - Each new Liturgical week begins on Sunday.
 - Rarely does a special solemnity replace our Sunday celebration (there are some exceptions, like Christmas)

The Liturgical Year

- **The Feasts**
 - There are movable feasts that fall on the same day of the week, but not necessarily the same date of the month.
 - Examples:
 - Ash Wednesday
 - Palm Sunday
 - Good Friday
 - Ascension of Jesus into heaven
 - Pentecost
 - Trinity

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□ The Feasts

- There are immovable feasts that are on the same date of the month each year.
- Examples:
 - The Birth of John the Baptist (June 24th)
 - Christmas (December 25th)
 - Mary, the Mother of God (January 1st)
 - All Saints (November 1st)

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□ The Spirituality of the Seasons

- Advent: preparation for the birth of Christ.
 - The season is marked with prayer and anticipation. **Fasting** and **repentance** has traditionally been encouraged as part of the preparation.
- Christmas: celebrating the birth of Christ.
- Ordinary Time: probes the life and teachings of Christ.
- Lent: preparation for Easter.
 - Based on Jesus' forty days in the desert, this season is marked with fasting and **abstinence**. Various forms of detachment and repentance are encouraged.
- Easter: The celebration of Jesus' Resurrection.
 - The pinnacle of the Liturgical year.

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- ❑ **Fasting:** can be done in many forms. The most popular form is the fasting from food and drink. As a minimum, the Church defines fasting as reducing two of the meals throughout the day so that they do not equate to the one normal meal that is eaten. Many people, however, fast by only consuming a little bread and water. The Church requires neither the very young nor the very old to fast, nor those who must eat due to illness or medication.
- ❑ **Repentance:** Traditionally, Catholics express their repentance through prayer, fasting, abstinence, and the Sacrament of Reconciliation. The faithful are encouraged to participate in the Sacrament of Reconciliation about once a month. During Advent and Lent, most Catholic churches hold Reconciliation services in order to encourage prayer and repentance.
- ❑ **Abstinence:** When used in the context of the Liturgical seasons, abstinence usually refers to Christians abstaining from eating meat. This practice of abstinence is not meant to be a statement about the morality of meat or eating meat, but rather, it is an opportunity for Christians throughout the world to offer a prayer of sacrifice in solidarity with one another.

The Beliefs and Precepts of the Church

- ❑ **What are Catholics required to believe?**
 - The Creed is central to our belief.
 - Dogmas are teachings that are imperative to Christianity. They include topics such as:
 - ❑ The Unity and Trinity of God
 - ❑ God the Creator, Redeemer, and Sanctifier
 - ❑ Mary the Mother of the Redeemer
 - ❑ The Sacraments

The Beliefs and Precepts of the Church

- Christ and the Church always offer us the ideal of faith as the standard to live.
 - On the other end of the spectrum, however, are the five very basic precepts that the Church offers as a minimum for Christians to live.
 - These Five Precepts are:

www.traditionalcatholic.net/Tradition/Information/Dogmas_of_the_Church.html

The Beliefs and Precepts of the Church

1. Christians shall attend Mass on Sundays and holy days of obligation and rest from servile labor.
2. Christians shall confess your [serious] sins at least once a year.
3. Christians shall receive the Sacrament of the Eucharist at least during the Easter Season.
4. Christians shall observe the days of fasting and abstinence established by the Church.
5. Christians shall help to provide for the needs of the Church.

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