

# THE LITURGICAL YEAR

## What is the Liturgical Year?

The Liturgical Year is the celebration of a series of religious feasts and seasons. It is the calendar of the Catholic Church.

Actively to participate in the Church's year is not only a wonderful experience – it is a road to Jesus and leads to the heart of the Church.

## Why partake in the Liturgical Year?

Within the *church year*, the Church essentially repeats the core of the life of Jesus in an annual rhythm. To participate in the Church's year therefore means to participate in the life of Jesus – from his imminent arrival (Advent) to his birth (Christmas), his final meal with the Disciples (Maundy Thursday), his death (Good Friday), his resurrection (Easter) to the sending of the Holy Spirit (Pentecost).

## Times of preparation

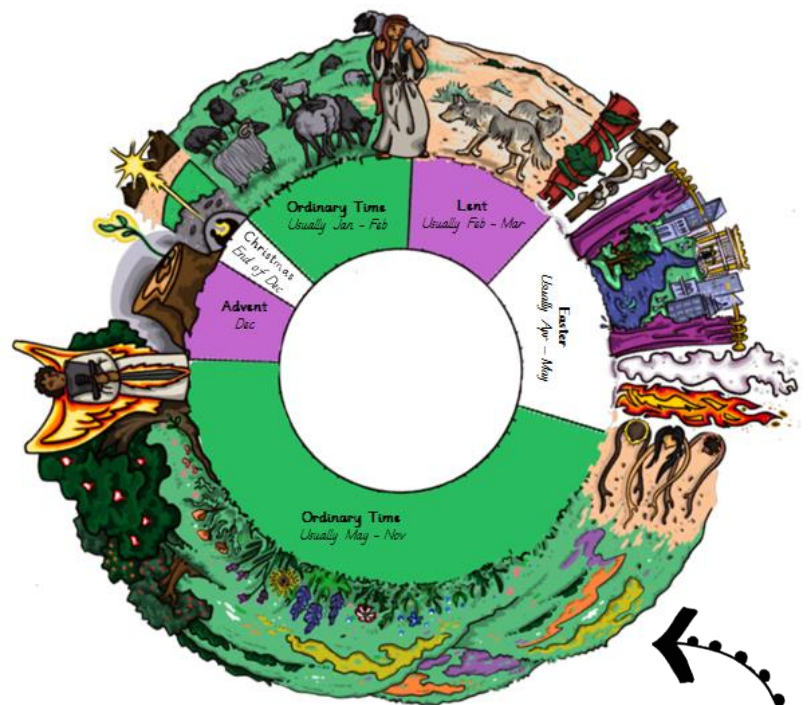
Within the Liturgical year, there are two long periods of preparation which lead us to the high points of the Church year: Christmas as Easter.

The Advent season prepares our hearts for the arrival of Jesus (God incarnate).

Lent teaches us to repent so that we too can become transformed by Easter and free from our sins.

## Ordinary time not so ordinary

Ordinary Time is called "ordinary" not because it is common but simply because the weeks of Ordinary Time are numbered. Therefore, the numbered weeks of Ordinary Time, in fact, represent the ordered life of the Church—the period in which we live our lives neither in feasting (as in the Christmas and Easter seasons) or in more severe penance (as in Advent and Lent), but in watchfulness and expectation of the Second Coming of Christ. The Church draws our focus on parts of Sacred Scripture and offers us the Bread of Life – Jesus.



This is a Liturgical Calendar. You can get year specific ones which give you dates but this is a rough guide. Please note months may vary slightly each year.