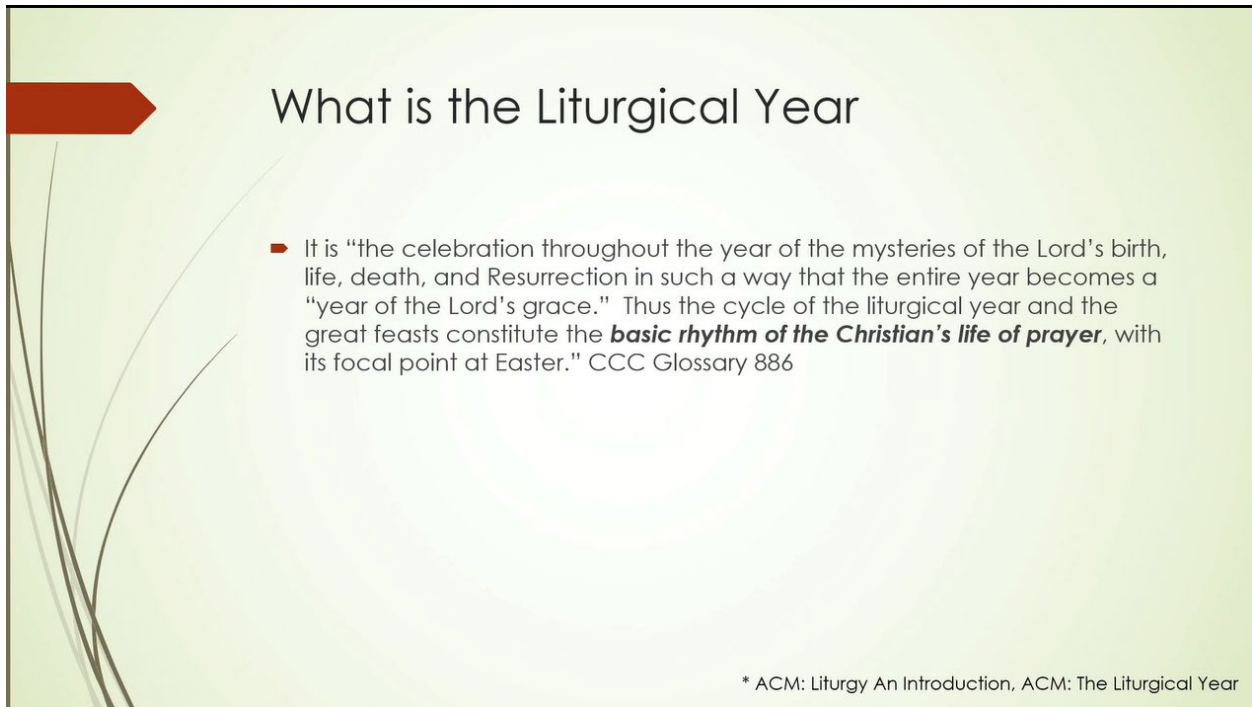


## Liturgical Year Cheat Sheet

**The Liturgical Year**, sometimes called the “Church Year”, celebrates the cycle of events in the life of Christ. The 1<sup>st</sup> Sunday of Advent marks the beginning of the “New Year” for the Church. The Church has a beautiful, yet mysterious, rhythm to its seasons that renews us as we participate fully in them. Just as the calendar year follows the sun, so too the Church year follows the life of the Son.

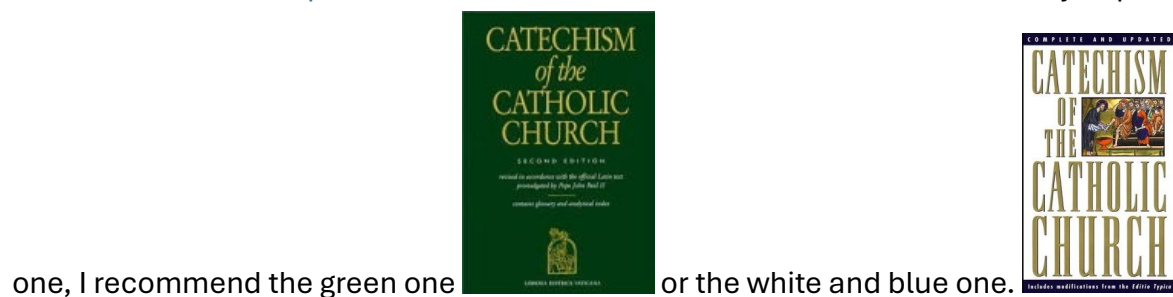


### What is the Liturgical Year

- It is “the celebration throughout the year of the mysteries of the Lord’s birth, life, death, and Resurrection in such a way that the entire year becomes a “year of the Lord’s grace.” Thus the cycle of the liturgical year and the great feasts constitute the *basic rhythm of the Christian’s life of prayer*, with its focal point at Easter.” CCC Glossary 886

\* ACM: Liturgy An Introduction, ACM: The Liturgical Year

\* CCC – refers to the Catechism of the Catholic Church. If anyone wants to get one, it is available online at [https://www.vatican.va/archive/ENG0015/\\_INDEX.HTM](https://www.vatican.va/archive/ENG0015/_INDEX.HTM) If you purchase



one, I recommend the green one or the white and blue one.

If you purchase a Bible, be sure it is Catholic (73 books). **New American Bible Revised Edition (NABRE):** This is the official translation for the Catholic Church in the United States and most English-speaking countries and what is used in the Lectionary at Mass.

<https://www.usccb.org/offices/new-american-bible/approved-translations-bible>

All of these are available online for free. USCCB – Bible and Vatican website for Catechism.



## How did it come about

- God set it in motion
  - In Leviticus Chapter 23 God instructs the Jewish people on how he wants 7 different Feasts celebrated
- The first annual feast celebrated by early Christians was Easter
- In the early centuries, local church communities also remembered those who heroically died for their faith.
- Pope Pius V compiled a universal Church calendar in 1568 which was based on local church calendars.

"The Church has established a way for the faithful to remember, celebrate and live today the events of Christ's life on earth...By developing a special calendar, the Church gives us periodic reminders to keep our faith alive and inspire us to grow deeper in our lives for Christ with passing years."

ACM: Liturgy An Introduction, ACM: The Liturgical Year



## Why celebrate the Liturgical Year

- "We must consider how to rouse one another to love and good works." – Hb. 10:24
- To imitate the Holy Family (went to Jerusalem for Passover every year according to custom)
- Help us to fulfill the great commandments to love God and love our neighbor
- "Each and every day of the believer's life should be lived with an understanding that God keeps a calendar. By Following His calendar we will not waste time and energy during the course of our life because His calendar will keep us focused on His will rather than our own." – Jeff Cavins
- Not just a calendar of events. It sets a rhythm for the Christian Life
- "Once you make Liturgical living a part of your daily life it will become instinctive, the year will seem empty and cheerless without it and full of meaning with it." – Genevieve Cunningham

## Two cycles of the Liturgical Year

- Temporal Cycle: All Sundays and feasts of our Lord.

Baptism of our Lord      Corpus Christi      Transfiguration  
Christ the King      Sacred Heart of Jesus

- Sanctoral Cycle: Feast days of the Virgin Mary, the martyrs, and the saints.

St. Thomas More      Mother of God      Annunciation  
Immaculate Conception      Assumption

ACM: Liturgy An Introduction, ACM: The Liturgical Year

## How to celebrate

- Variety of ways
- Mark your calendar (Holy Days, Ash Wednesday, Solemnities, Family Feast Days)
- Daily
  - Rosary (Liturgical year summed up)
  - Morning Time
  - Daily Readings
  - Daily Mass
  - Morning Offering Email ([www.catholiccompany.com/morning-offering/signup](http://www.catholiccompany.com/morning-offering/signup))

## How to celebrate – Morning Offering Email



"I am sent not only to love God but to make Him loved. It is not enough for me to love God, if my neighbor does not love Him."

— St. Vincent de Paul

### MEDITATION OF THE DAY

"Even though we know that God's will and commandments apply to everyone, we do not always have the strength to fulfill them. Now, every time we respond faithfully to a motion of the Spirit, out of desire to be docile to what God expects of us, even if it's something almost insignificant of itself, that faithfulness draws grace and strength down on us. That strength can then be applied to other areas and may make us capable of one day practicing the commandments that up until then we had not been capable of fulfilling entirely."

— Fr. Jacques Philippe, p. 20

### AN EXCERPT FROM In the School of the Holy Spirit



### TODAY'S MASS READING - ORDINARY TIME



MASS READINGS

HOMILY

[www.catholiccompany.com/morning-offering/signup](http://www.catholiccompany.com/morning-offering/signup)

## How to celebrate – Morning Offering Email

### VERSE OF THE DAY

"So we do not lose heart. Even though our outer nature is wasting away, our inner nature is being renewed day by day. For this slight momentary affliction is preparing us for an eternal weight of glory beyond all measure, because we look not at what can be seen but at what cannot be seen; for what can be seen is temporary, but what cannot be seen is eternal."

2 Corinthians 4:16-18

### LITURGY OF THE HOURS / DIVINE OFFICE



### OFFICE OF READINGS

LAUDS  
(MORNING)

TERCE  
(MID-MORNING)

SIXT  
(MIDDAY)

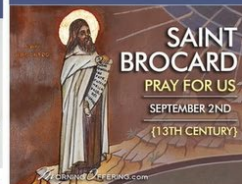
NONE  
(AFTERNOON)

VESPERS  
(EVENING PRAYER)

COMPLINE  
(NIGHT PRAYER)

LITTLE OFFICE OF THE BLESSED VIRGIN MARY

### SAINT OF THE DAY



### ST. BROCARD

St. Brocard [d. 1231 A.D.] was a Frenchman who traveled to the Holy Land to enter into religious life there. He was among the first group of hermits to establish a community of monks on Mount Carmel. Details of his life are scarce, but it is believed that St. Brocard was the prior of the community after the death of St. Berthold, who is considered to be the founder of the Carmelites. Brocard, as the new leader of the community, desired to formalize the monks' way of life on Mt. Carmel. He requested that St. Albert, the Latin Patriarch of Jerusalem, write and establish a rule of life for the community, which he then imposed on the group as their discipline. The Rule of St. Albert established the Carmelites as a new religious order. St. Brocard was considered an expert on Islam and Eastern affairs and was to accompany St. Albert to the Fourth Lateran Council, were it not for St. Albert's murder before the Council convened. The Council suppressed the creation of new religious orders, which put the Carmelites in a tenuous position as they were not approved by the Holy See prior to this new decree. St. Brocard led the community through an uncertain period until they achieved special approval from the Holy Father. St. Brocard's feast

### DEVOTION OF THE MONTH



### MONTH OF OUR LADY OF SORROWS

The Church dedicates the month of September to Our Lady of Sorrows. This devotion recalls the Blessed Virgin Mary's spiritual martyrdom in virtue of her perfect union with the Passion of Christ. This was her role in salvation history, and what merited her place as the spiritual Mother of all Christians. This is symbolized by a single sword, or seven swords, piercing Mary's suffering heart, as foretold in Simeon's prophecy. Traditionally the Church meditates on the 'Seven Sorrows' of our Blessed Mother: the prophecy of Simeon; the Holy Family's flight into Egypt; the loss of the Child Jesus for three days; the meeting of Mary and Jesus as he carried his cross; Jesus' crucifixion and death; Jesus' sacred body taken down from the cross; and Jesus' burial. The feast of Our Lady of Sorrows is September 15th.

[www.catholiccompany.com/morning-offering/signup](http://www.catholiccompany.com/morning-offering/signup)

<https://www.morningoffering.com/offering/10-11/>





## How to celebrate

- Weekly
  - Family Formation
  - Fridays – Meatless or extra sacrifice
  - Sundays – Faith Formation Sunday Reading Stories, Adoration hour
- Monthly
  - Family Formation Classes
  - Confession
- Yearly
  - Children's feast day gift



## Advent (a.k.a "Christmas Lent")

No Sweets      Advent Songs      Jesse Tree

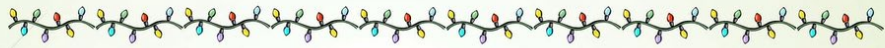
Christmas Books      Advent Words      St Nicholas Day

Paper Chain Countdown      O Antiphons      Straw Sacrifices

"Come Lord Jesus"      Bible Verses

Advent Wreath      Exchange Names

## Christmas (Christmas Eve to Baptism of our Lord)



Christmas Movies 🎄 Christmas Puzzle 🎄 Special Breakfast

Epiphany Blessing /Party 🎄 Family Gifts 🎄 New Year Saint 🎄 Adoration

Watch pictures / videos from past year 🎄 Carols by fireplace

Spread out gifts over Christmas season 🎄 Happy birthday Jesus Cake 🎄 Ice cream bar

Movie / campout by Christmas tree 🎄 Hot Chocolate Bar

"I wish all solemnities were in Lent." – Elizabeth Trksak

## Lent

Crosses

Decor

Alms Giving / Chores

Stations of the Cross

Divine Mercy Chaplet

Sacrifice Beans

Fasting

St. Joseph Day / Annunciation

Crown of Thorns Picture

Family Formation Lessons



## All Saints / All Souls

- All Saints Day Party
- Plenary Indulgence for Holy Souls in Purgatory (Nov 1<sup>st</sup> – Nov 8<sup>th</sup>)
  - Make a good confession within a week (before or after Nov 2<sup>nd</sup>)
  - Visit a cemetery and pray for the dead
  - Pray 1 Our Father and 1 Hail Mary for Pope's intentions
  - Receive Holy Communion on same day or soon thereafter

### Cliff Notes:

#### The liturgical year is made up of six seasons

- **Advent** - four weeks of preparation before the celebration of Jesus' birth
- **Christmas** - recalling the Nativity of Jesus Christ and his manifestation to the peoples of the world
- **Lent** - a six-week period of penance before Easter
- **Sacred Paschal Triduum** - the holiest "Three Days" of the Church's year, where the Christian people recall the suffering, death, and resurrection of Jesus (Holy Thursday, Good Friday, Holy Saturday). The summit of the Liturgical Year is the Easter Triduum—from the evening of Holy Thursday to the evening of Easter Sunday. **Though chronologically three days, they are liturgically one day** unfolding for us the unity of Christ's Paschal Mystery.
- The single celebration of the Triduum marks the end of the Lenten season, and leads to the Mass of the Resurrection of the Lord at the Easter Vigil.

- The liturgical services that take place during **the Triduum** are:
  - **Mass of the Lord's Supper** - After the Mass of the Lord's Supper, consecrated hosts (the Eucharist) are removed from the tabernacle and transferred to a separate place of "repose," symbolizing Jesus' departure from the church and his eventual burial. The tabernacle door is then left open, and the vigil lamp is extinguished.
  - **Good Friday of the Lord's Passion** - The empty tabernacle serves as a visual reminder of Jesus' death and the profound absence of the Real Presence of Christ. This solemnity is a time for reflection and mourning.
  - **Mass of the Resurrection of the Lord** - The empty tabernacle and unlit lamp continue to signify Jesus' time in the tomb until the Easter Vigil begins, when the tabernacle is refilled, and the lamp is lit again, celebrating his glorious resurrection.
    - It is the most important liturgy of the year and the official start of the Easter Season.
    - It is celebrated on Holy Saturday night, after sunset.
    - It includes the welcoming of new members into the Catholic Church.
- **Easter** - **50 days** of joyful celebration of the Lord's resurrection from the dead and his sending forth of the Holy Spirit
- **Ordinary Time** - divided into two sections (**one span of 4-8 weeks** after Christmas Time and **another lasting about six months** after Easter Time), wherein the faithful consider the fullness of Jesus' teachings and works among his people.

**Lent and Advent have a joyful break inserted**, indicated by 'rose' colored vestments and paraments (the hangings). The 3rd Sunday of Advent is called Gaudete Sunday, from the Latin word *gaudete*, which means "rejoice". The 4th Sunday of Lent is known as Laetare Sunday, from the Latin word *laetare*, which also means "rejoice". The name comes from the entrance antiphon of the Mass, "Rejoice, Jerusalem" (Isaiah 66:10).

**For more information on the difference between Gaudete and Laetare [click here](#)**



## There are 2 Cycles in the Liturgical year and 3 types of Celebrations

### Two Cycles

**What is Temporal and Sanctoral?** The liturgical year consists of a seasonal cycle and a sanctoral cycle, called the Proper of Time and the Proper of Saints, respectively. Both are organized and published in a liturgical calendar. For a Free Calendar visit:

<https://www.usccb.org/committees/divine-worship/liturgical-calendar>

**Temporal** – (or seasonal) - Proper of Time

Annually, through the Proper of Seasons or *Temporal Cycle*, the Church immerses herself in the whole “mystery of Christ, from the incarnation and birth until the ascension, the day of Pentecost, and the expectation of blessed hope and of the coming of the Lord.”

**Sanctoral** – Proper of Saints

In the Proper of Saints or *Sanctoral Cycle*, she honors with special love Mary, the Mother of God, and celebrates the feasts of martyrs and saints who are already in possession of eternal salvation.

### Three Types of Celebrations

celebrations are ranked in order of importance: Solemnities (highest rank), Feasts (second rank), and Memorials (third rank). Solemnities celebrate key events in salvation history, feasts honor significant saints and events, and memorials commemorate saints, with some being optional. Each has specific liturgical characteristics, such as the inclusion of the Creed and Gloria, and the celebration begins with a vigil on the evening prior.

#### **Solemnities**

- **Significance:**

The most important liturgical days, celebrating central mysteries of faith and key events in the life of Christ, Mary, and major saints.

- **Characteristics:**

Celebrations are similar to Sunday Mass, including three readings, the Creed, and the Gloria, and begin with a vigil. **Each Sunday is a solemnity and holy day of obligation.**

- **Examples:**

Christmas, Easter, Pentecost, the Assumption of the Virgin Mary, and the Solemnity of Christ the King.

### **Feasts**

- **Significance:**

Second in rank to solemnities, these days celebrate important events and saints not of the highest rank.

- **Characteristics:**

Specific Mass readings and prayers are used, and the Gloria is recited, though the Creed is omitted.

- **Examples:**

The Transfiguration of the Lord, the Presentation of Jesus in the Temple, and the feasts of most apostles.

### **Memorials**

- **Significance:** The lowest rank of liturgical celebration, honoring saints.

- **Types:**

- **Obligatory:** The saint is honored during Mass, and these memorials are observed by the entire Church.

- **Optional:** The observance is left to the discretion of the local celebrant.

- **Examples:** Memorials of saints with "universal significance," like Saint Francis de Sales or Saint Thérèse of the Child Jesus, are obligatory.

## **Fasting**

*Can. 1250 The penitential days and times in the universal Church are every Friday of the whole year and the season of Lent.*

*Can. 1251 Abstinence from meat, or from some other food as determined by the Episcopal Conference, is to be observed on all Fridays, unless a solemnity should fall on a Friday. Abstinence and fasting are to be observed on Ash Wednesday and Good Friday*

- In the United States, the bishops' conference allows Catholics to substitute another form of penance for meat abstinence on non-Lenten Fridays, although abstinence is still encouraged. Note, Yes, Friday for abstinence/penance is still a thing.

**Obligatory Days:** Ash Wednesday and Good Friday are obligatory days of fasting and abstinence for Catholics. In addition, Fridays during Lent are obligatory days of abstinence. (Abstinence means not eating meat)

For members of the Latin Catholic Church, the norms on fasting are obligatory from age 18 until age 59. When fasting, a person is permitted to eat one full meal, as well as two smaller meals that together are not equal to a full meal. The norms concerning abstinence from meat are binding upon members of the Latin Catholic Church from age 14 onwards.

For more information – visit [Vatican Code of Canon Law, Sacred Times](#).

### **Diocese of Venice Holy Days of Obligation 2025**

January 1, 2025 (Solemnity of Mary, the Holy Mother of God)

August 15, 2025 (Assumption of the Blessed Virgin Mary)

November 1, 2025 (All Saints' Day) \* This is **not a holy day of obligation this year** since it falls on a Saturday and so our vigil Mass for Sunday supercedes it.

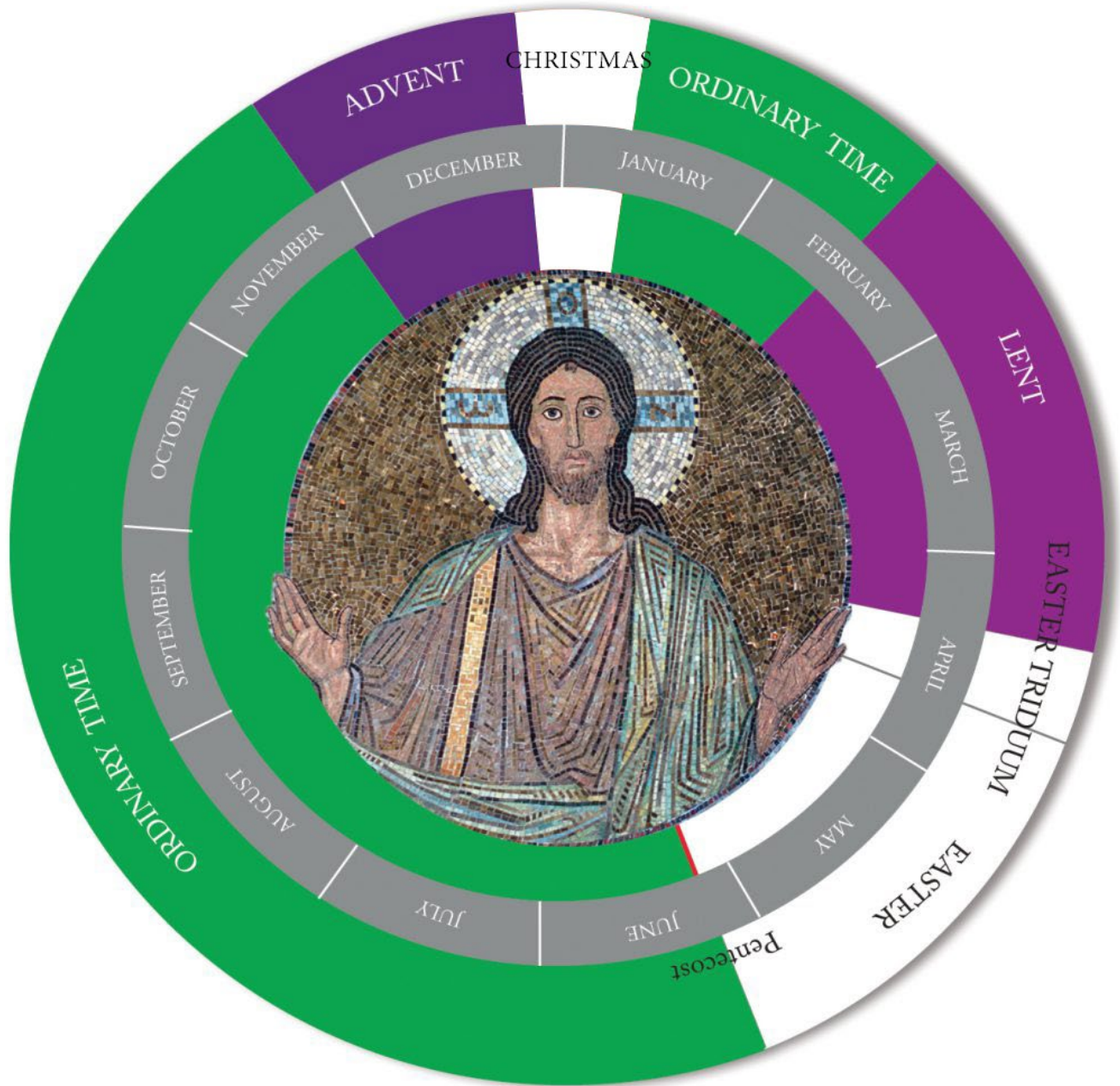
However:

**There WILL be a Mass to celebrate All Saints Day on Friday, Oct. 31, 2025 @ 6pm  
(after sundown, it counts as a vigil for the next day)**

***Children are invited to dress up as a saint and come to this Mass.***

December 8, 2025 (Immaculate Conception)

December 25, 2025 (Christmas).



- Watch this video from *Breaking in the Habit* for a chuckle ['The Liturgical Year is a Mess'](#)