

Why do we have the Liturgical Year?

Faithful Questions – November 2019

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**Because I
said so!**

**(...said in one's best anguished
fatherly voice)**



Overview

- Overview of the whole year
- Details on each season
 - Scope
 - Major themes
 - Holidays within
- How to make the most of each season
 - Advent
 - Christmas
 - Lent
 - Easter
 - Ordinary Time

Intermission!



Overview of the Year



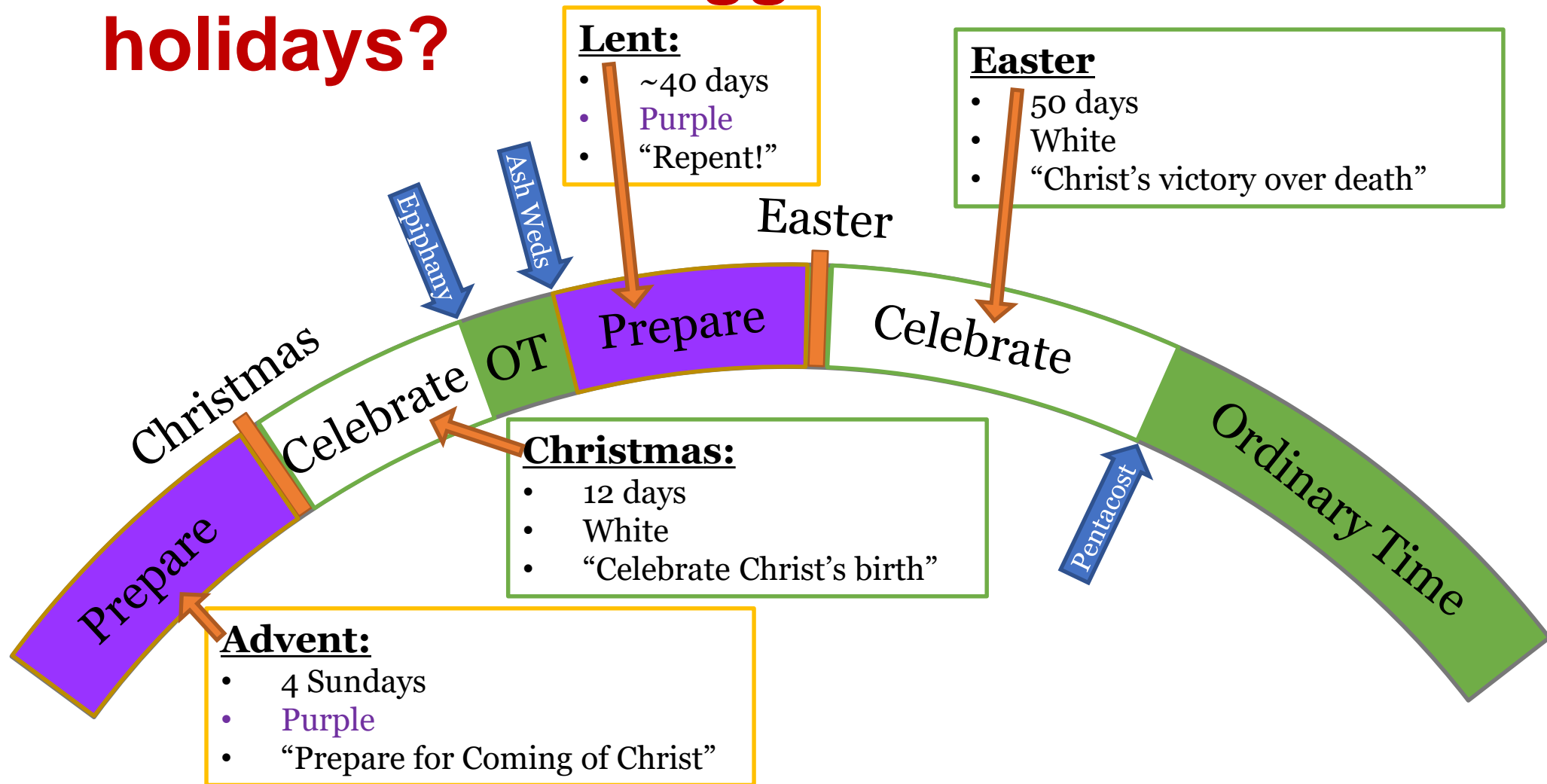
Liturgical year

- **What is the liturgical year?**
- Church Calendar
 - Different than school or government calendar
- Allows us to celebrate our faith in a special way.



Liturgical year

- **What are the 2 biggest Christian holidays?**





Details of Advent



Advent

- **What kind of season is Advent?**
- Preparation
- **What is Advent preparing for?**
- Christmas



Purple is the color of:

- Repentance/suffering
- Royalty

Things to emphasize during Advent:

- Prayer
- Repentance
- Almsgiving



Holidays during Advent

- **Immaculate Conception**
 - December 8th
 - Holy Day of Obligation
- Mary was conceived without Original Sin
 - **NOT** about Jesus being conceived
 - Jesus' conception happened during the Annunciation



Holidays during Advent

- **Our Lady of Guadalupe**
 - December 12th
- Mary appeared to Juan Diego in Mexico
- December of 1531
 - Mary asked him to build a Church in her honor
 - The Bishop refused to build it
 - Mary had Juan Diego pick roses for the Bishop
 - Juan thought the roses were the miracle because it was December
 - He gathered them in his cloak, called a Tilma
 - When he presented them to the Bishop, there was an image on the Tilma
 - The painting in the Church is copy of that image

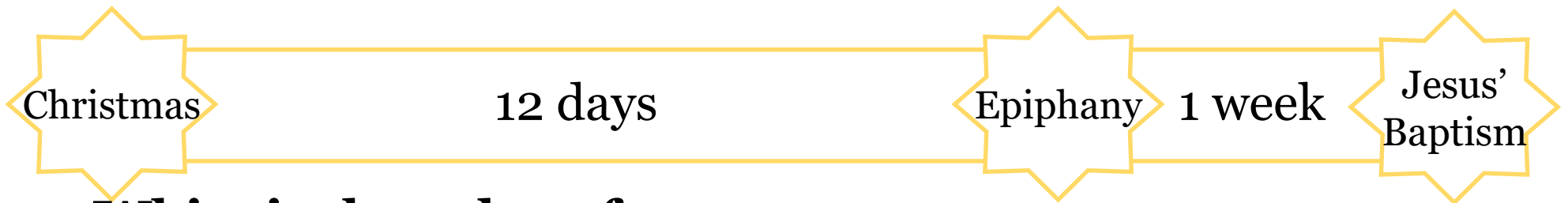


Details of Christmas



Christmas

- **What kind of season is Christmas?**
- Celebration
- **What are we celebrating?**
- Christ coming into the world (Jesus was born)!



White is the color of:

- Purity/holiness
- Celebration
 - Easter
 - Baptisms
 - Weddings



Holidays during Christmas

- **Feast of the Holy Family**
 - 1st Sunday after Christmas
- Holy Family
 - Mary
 - Joseph
 - Jesus



Holidays during Christmas

- **Feast of Mary, Mother of God**
 - January 1st
 - Holy Day of Obligation
- **Who is Jesus?**
- God
- **Who is the mother of Jesus?**
- Mary

- That's why Mary is the Mother of God
- Mary gave Jesus His humanity



Holidays during Christmas

- **Epiphany**
 - 12 Days after Christmas – January 6th
 - Often celebrated 2nd Sunday after Christmas
- Maji visited “baby” Jesus and gave him gifts
 - Gold
 - Frankincense
 - Myrrh

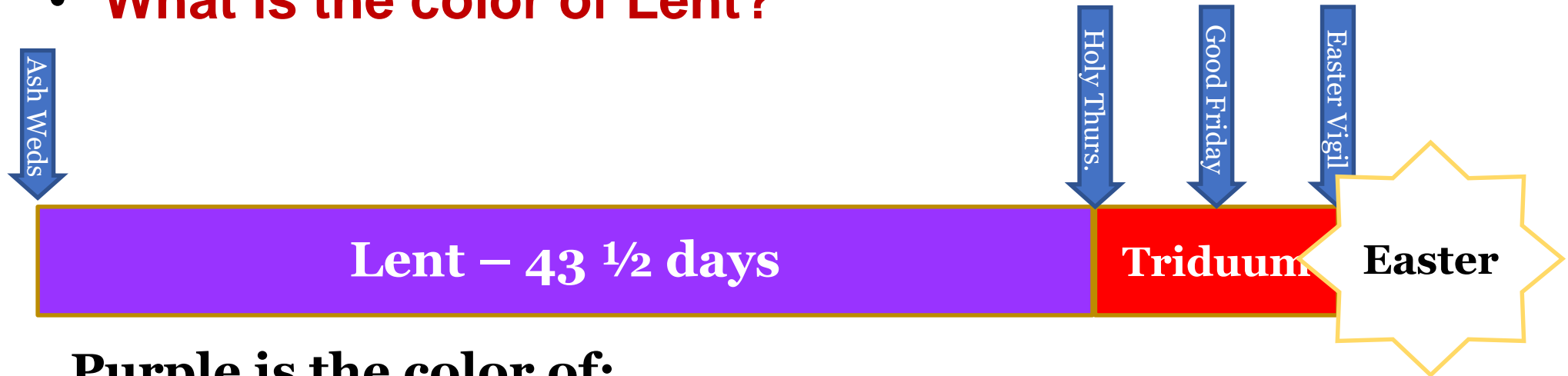


Details of Lent



Lent

- **What kind of season is Lent?**
- Preparation
- **What is Lent preparing for?**
- Easter
- **What is the color of Lent?**



Purple is the color of:

- Repentance/suffering
- Royalty

Things to emphasize during Lent:

- Prayer
- Fasting
- Almsgiving



Requirements of Lent

- Fasting required on Ash Wednesday and Good Friday
 - Only if 18 to 59 years old (inclusive)
 - Fasting means only 1 meal plus 2 snacks that do not equal a meal
- No eating meat (abstinence) on Fridays of Lent and Ash Wednesday
 - Only if 14 or older
 - 'Meat' is warm blooded animal organs/muscles: Cow, Pig, Lamb, Chicken, Turkey, etc. (but not fish, snake, lizard, etc.)
 - Fat or broth is OK
- Day is midnight to midnight



Holidays during Lent

- **Holy week**
 - Palm Sunday through...
 - Easter?
 - Or just before Triduum?
- **Triduum**
 - 3 services that are really 1
 - Holy Thursday – Washing feet (Eucharist consecrated)
 - Good Friday – Veneration of Cross (no consecration)
 - Holy Saturday/Easter Vigil – Light of Christ (Eucharist consecrated)
 - New converts receive sacraments
 - Baptism
 - Confirmation
 - Eucharist

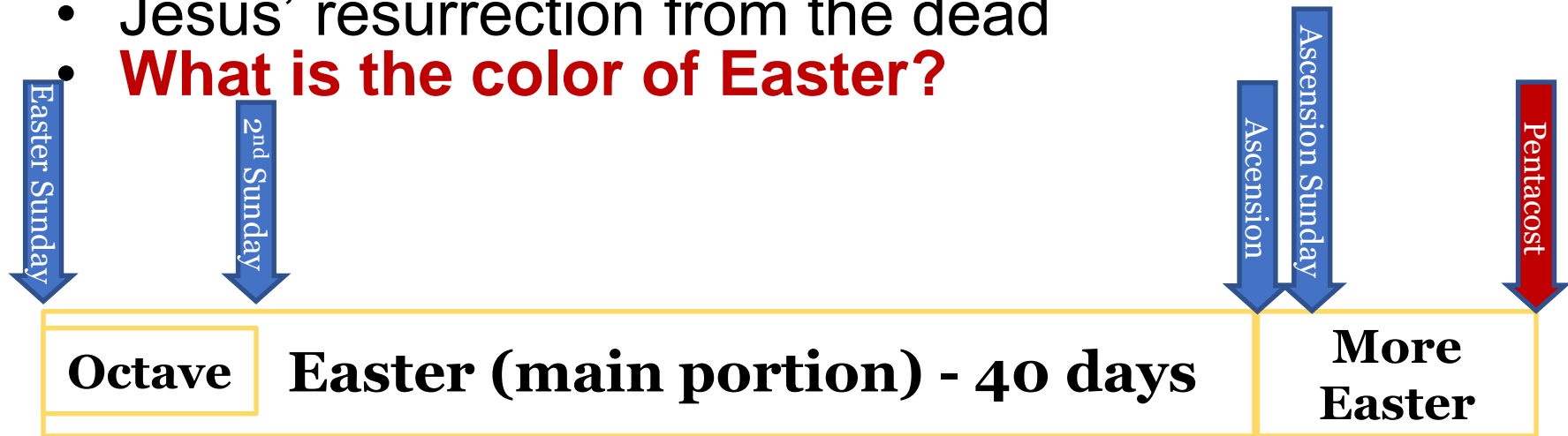


Details of Easter



Easter

- **What kind of season is Easter?**
- Celebration
- **What are we celebrating?**
- Jesus' resurrection from the dead
- **What is the color of Easter?**



White is the color of:

- Purity/holiness
- Celebration
 - Christmas
 - Baptisms
 - Weddings

Things to emphasize during Easter:

- Joy of victory over death
- Joy of being redeemed/forgiven
- Joy of receiving Holy Spirit



Holidays during Easter

- **Octave of Easter**
 - Each of 8 days are solemnities
- **Divine Mercy**
 - Really started during Lent on Good Friday
 - Novena
- **Ascension**
 - Traditionally 40 days after Easter Sunday
 - Almost all US diocese transfer to following Sunday
- **Pentacost**
 - 50th day of Easter (so 49 days later)
 - Naturally a Sunday



Details of Ordinary Time



Ordinary Time

- Covers everything else
- Two sections
 - (short) Between Christmas and Lent
 - (long) Between Easter and end of year
- Ordinary does not mean “regular”
 - Comes from the same word as “ordinal” as in a list in numeric order
- Color of Ordinary Time: Green
 - Green for hope – evergreen trees
- Themes
 - Life of Christ
 - 3 year lectionary working through 3 synoptic Gospels
 - Matthew, Mark, Luke



Holidays during OT

- **Solemnities after Easter**
 - Holy Trinity Sunday (1st Sunday after Pentecost)
 - Corpus Christi (2nd Sunday after Pentecost)
 - Sacred Heart of Jesus (2nd Friday after Pentecost)
- **Holy Days of Obligation**
 - Assumption of Mary
 - All Saints Day
- **Other solemnities**
 - Nativity of John the Baptist – 6/24
 - Peter and Paul – 6/29
 - Christ the King – Last Sunday of OT



Intermission!





Intermission!

Time is Up!





Ways to make the most of each season



Advent

- Buy/Use Advent Candles and Wreath
- Don't celebrate Christmas early!!!!!!!
 - This can't be stressed enough
 - Don't put up tree/decorations right after Thanksgiving
 - Good time: 3rd Sunday of Lent (Joy/Pink)
 - Avoid excessive number of Christmas parties
- Spend prayer time
 - Thinking about our mortality
 - Thinking about the 2nd coming of Christ
- And if you're REALLY brave
 - Reply to "Merry Christmas" with "And a blessed Advent to you."
 - Abstain from Christmas parties



Christmas

- Keep up your Christmas tree and decorations past Epiphany
 - Easier if they didn't go up the day after Thanksgiving
- Spend prayer time thinking about
 - What the Incarnation says about God's care for us
 - How much God wants our faith to be a material/physical thing
 - The mystery of Christ being Fully God and Fully Man
- And if you're **REALLY** brave
 - Have a Christmas party after Christmas day
 - Say "Merry Christmas" to people after Christmas Day



Lent

- Spend prayer time thinking about
 - What the Crucifixion says about God's love/sacrifice for us
 - The relationship between love and sacrifice
 - How to change to overcome your worst habitual sins
 - Repentance
- Should try to do something for each theme
 - Prayer
 - Fasting
 - Almsgiving



Lent - Fasting Ideas

- Be silent for 1 hour, 1 day a week
 - Extra credit: Try a whole day
- Turn off all noise for 1 hour each day to pray
- Restrict your screen time (video games, TV, tablets, etc.)
 - Maybe the whole family could have no screen time after dinner and plan on doing something together as a family.
- Have the whole family “give up” the same thing
- Fast from shopping on Sundays
- Don’t buy anything but necessities for some period



Lent - Prayer Ideas

- Go to the Stations of the Cross
 - Try some place new!
- Add a prayer time to pray as a family
 - Family rosary once a week
 - Meals
- Keep prayer journals
- Do little black book
- Go on a Lenten field trip
 - Cathedral
 - Monastery (Vina)
 - Retreat Center (Christ the King or Mercy)
- Watch religiously themed movie



Lent - Almsgiving Ideas

- Think Alms-doing!
- Create “lunchboxes” to keep in the car to give to poor people
- Go serve the poor as a family (St. Vincent, Loaves and Fishes, St. Philomene's, etc.)
- Do the CRS rice-bowl



Easter

- Keep Easter decorations up through Pentecost
- Spend prayer time thinking about
 - What the Resurrection says about God's power over death
 - Divine Mercy
 - Reflect on John 21
 - We are forgiven
 - We are called to serve God even when we are unworthy
- And if you're **REALLY** brave
 - Greet people with Happy Easter right up to Pentecost



Ordinary Time

- Make All Saints Day a big deal
- Make sure you go to both Holy Days of Obligation
- Look up Feast days of your favorite saints and celebrate them
- Find baptism dates and celebrate anniversaries (for the whole family)
- Delve into Lectionary cycle following the Gospel of the Year



Conclusion



Conclusion

- Anyone know how to sum all that up?
- How about this:
 - If your faith life is feeling stale, sometimes all you need is to change things up
 - The Liturgical Year provides ample opportunities to do that



Next Time

- 2nd Tuesday – December 10th
- 7:00 PM in the Morris Hall
 - Standard Time
- Topic
 - Is there a conflict between Faith and Science? (Repeat)
- Future Plans
 - “Big 3”
 - December: Faith and Science
 - January: Improve your marriage
 - February: Homosexuality
 - Child Care a priority before the “Big 3”



Additional Information

- Webpage:
 - <http://deaconken.org>
- E-mail:
 - ken@deaconken.org
- Slides
 - <http://deaconken.org/blog/category/faithful-questions-seminar/>
 - <http://deaconken.org/blog/>
- Audio/Video may be available at a later date.
 - Check <http://deaconken.org/blog>



2 Minute Break
Think of your questions!

02:00



2 Minute Break

Time is Up!





Questions?