

Sacred Time/Liturgical Living

Opening Prayer

Lord, because you have made me, I owe you the whole of my love; because you have redeemed me, I owe you the whole of myself; because you have promised so much, I owe you my whole being. Moreover, I owe you as much more love than myself as you are greater than I, for whom you gave yourself and to whom you promised yourself. I pray you, Lord, make me taste by love what I taste by knowledge; let me know by love what I know by understanding. I owe you more than my whole self, but I have no more, and by myself I cannot render the whole of it to you. Draw me to you, Lord, in the fullness of love. I am wholly yours by creation; make me all yours, too, in love. (prayer of St. Anselm, 1033-1109 AD) "

Introduction

The Word, the second person of the Trinity became flesh and dwelt among us. Our whole salvation depended upon Christ entering time (the incarnation). When God became man, God entered time and made it sacred.

Time can be sacred throughout the year, each month, each week, each day. Every moment of our lives can become wholly ordered and dedicate to God, making our time on earth sacred time. Liturgy means the work of the people. It is our worship and our thanksgiving to God turning our lives into a prayer to God. Liturgical living is how we can pray without ceasing. How we can stay connected to God always and how we can be in Heaven while on Earth.

The Word, Jesus Christ, is the head of the Church and the Church is the mystical body of Christ and the baptized are members of the Church. Jesus said, "If you remain in my word, you will truly be my disciple, and you will know the truth, and the truth will set you free" John 8: 31-32. Jesus said, "Remain in me, as I remain in you. Just as a branch cannot bear fruit on its own unless it remains on the vine, so neither can you unless you remain in me. I am the vine, you are the branches, whoever remains in me and I in him will bear much fruit, because without me you can do nothing" John 15:4-5.

The liturgy is the **memory** of the Church. It is the primary organ of the magisterium (Pius XI) and it is Tradition itself at highest degree of power and solemnity.

Recall Exodus 12:14 "This Day will be a day of remembrance for you, which your future generations will celebrate with pilgrimage to the Lord; you will celebrate it as a statute forever. Exodus 12:17 – "Keep then, the custom of the unleavened bread, since it was on this very day brought your armies out of the land Egypt, You must observe this day throughout your generations as a statute forever."

Holy Church celebrates the saving work of Christ on prescribed days in the course of the year with sacred remembrance. Each week, on the day called the Lords Day (Sunday), she commemorates the Resurrection of the Lord, which she also celebrates once a year in the great Paschal Solemnity, together with his blessed Passion, in fact throughout the course of the year the Church unfolds the entire mystery of Christ and observes the birthdays of the Saints.

We remain in the Word, Jesus Christ, and participate in the life of Christ by following the liturgical calendar. It calls us to live Christ's mystery in our own lives and in our homes as part of our call to holiness. This call is best illustrated in the lives of Mary and the Saints, celebrated by the Church throughout the year.

There is no tension between the mystery of Christ and the celebration of the saints, but rather a marvelous harmony. The Blessed Virgin Mary is joined by an inseparable bond to the saving work of her Son, and the

feasts of all the Saints proclaim the wonderful works of Christ in his servants and offer the faithful fitting examples for their imitation. In the feasts of Mary and of the Saints, the Paschal Mystery of Christ is proclaimed and renewed.

The liturgical seasons should be integrated into our lives. Our families should mirror the life of the Church and it should be an encounter with God. The Christian home is the domestic church and has the primary responsibility of handing on the faith. We have the most important evangelist opportunities with the people who God has put closest to us in our lives. For Catholics a successful life is to get to heaven and our lives should be lived in stark contrast to the rest of the world.

We come to see and know God through Creation

God left us signs of himself in creation. When we see with God’s eyes, we see him and his beauty in everything and every person around us.

“Ever since the creation of the world, his invisible attributes of eternal power and divinity have been able to be understood and perceived in what he has made” Romans 1:20

“By the Lords’ word (The Son) the heavens were made; by the breath (The Holy Spirit) of his mouth all their host. He gathered the waters of the sea as a mound; he sets the deep into storage vaults. Let all the earth fear the Lord; let all who dwell in the world show him reverence. For he (The Father) spoke, and it came to be, commanded and it stood in place.” Psalm 33:6- 9

“All the earth falls in worship before you; they sing of you, sing of your name!” – Psalm 66

“The heavens declare the glory of God; the firmament proclaims the work of his hands. Day unto day pours forth speech, night unto night whispers knowledge. There is no speech, no words; their voice is not heard; a report goes forth through all the earth, their messages to the ends of the world. He has pitched for them a tent for the sun; it comes forth like a bridegroom from his canopy, and like a hero joyfully runs its course. From one end of the heavens, it comes forth; its course runs through to the other; nothing escapes its heat.” – Psalm 19

Other References: Psalm 148 – all creation summoned to praise. Psalm 96 – God of the Universe, Psalm 65: 7-14

THE LITURGICAL YEAR (Cycle)– SIX SEASONS

Creation Season	Liturgical Season	Timeframe	Liturgical Colors
<p>Winter</p> <p>12/21/24 - Winter Solstice</p> <p>The shortest day of the year.</p> <p>Least amount of light.</p> <p>“Night Time” - The Moon (Mary) and Stars (Saints) are shining.”</p>	<p>Advent</p> <p>a penitential season made up of 4 Sundays and it is a preparation before the celebration of Jesus' birth and the beginning of the Church Year.</p>	<p>12/1/24 -1st Sunday of Advent – Year C begins</p> <p>12/8/24 – 2nd Sunday of Advent</p> <p>12/9/24 - Solemnity of the Immaculate Conception of the Blessed Virgin Mary (Patron of the United States)</p> <p>12/15/24 – 3rd Sunday of Advent</p> <p>12/22/24 – 4th Sunday of Advent</p>	<p>Purple – Signifies humility, and penitence</p> <p>Rose – Used on the 3rd Sunday of Advent to symbolizes joy and love</p>

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<p>Silence/Rest/Life Slows down/Hibernation/Seeds are under the Earth/Babies in the womb</p>			
<p>Winter – Days start to get longer again; Light enters the world.</p>	<p>Christmas The Nativity of Our Lord or Christ’s Mass</p>	<p>Begins on the evening of Dec. 24 and extends for eight days (octave feast) that ends on the Feast of the Baptism of the Lord.</p> <p>12/25/24 – Christmas Day 12/29/24 - First Sunday after Christmas – Feast of the Holy Family 1/1/25 - Solemnity of Mary, Mother of God 1/5/25 -Second Sunday after Christmas – Epiphany 1/12/25 - Third Sunday after Christmas – Feast of the Baptism of the Lord</p>	<p>Gold or White – symbolizes glory, joy, innocence, and purity of soul</p>
<p>Winter Childhood of Christ and Christ’s hidden life.</p>	<p>Ordinary Time Ordered time when the faithful consider the fullness of Jesus' teachings and works among his people</p>	<p>1/13/25 - After the Feast of the Baptism of the Lord Ordinary Time begins 2/2/2025 – The Presentation of the Lord in the Temple</p> <p>Spans 4-8 weeks after Christmas.</p>	<p>Green – signifies Hope</p>
<p>Spring “Sunrise, Morning, New Life, Christ’s Public life”</p>	<p>Lent A six-week penitential season before Easter</p>	<p>3/5/25 - Ash Wednesday, Lent begins 3/9/25 – 1st Sunday of Lent 3/16/25 – 2nd Sunday of Lent 3/23/25 – 3rd Sunday of Lent 3/25/25 – The Annunciation of the Lord 3/30/25 – 4th Sunday of Lent 4/6/25 – 5th Sunday of Lent</p>	<p>Purple – Signifies humility and penitence Rose – Used on the 4th Sunday of Lent, symbolizes joy and love</p>
<p>Spring</p>	<p>Passiontide, Holy Week, and the Sacred Paschal Triduum (one mass over three days)</p>	<p>4/13/25 - Palm Sunday of the Passion of the Lord Easter Triduum 4/14/25 – Holy week begins</p>	<p>Red – Signifies the fire of charity and Christ’s blood</p>

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<p>9/22 Fall begins</p> <p>Sunset, Evening Time, Elderly years/Death</p>		<p>11/1/25 - Solemnity of All Saints Day 11/2/25 - All Soul's Day 11/23/25 - 34th or Last Sunday in Ordinary Time – Solemnity of Our Lord Jesus Christ, King of the Universe</p> <p>The following Sunday begins the Season of Advent and the calendar starts over.</p>	
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The Order of Mass, The Path of Discipleship and the Sacraments follows the Life of Christ and the Liturgical Calendar

Liturgical Season	Life of Christ	The Parts of Mass	The Path of Discipleship	The Sacraments
Advent	Immaculate Conception – Mary was conceived without original sin.	Silence and Prayer prior to Mass	Silence & Prayer	Called by the Holy Spirit
Advent	The Annunciation and Incarnation/Pregnancy	Introductory Rites	Silence and Prayer	Called by the Holy Spirit
Christmas/Lent	Birth of Jesus, childhood of Christ and Jesus Public Ministry	The Liturgy of the Word	Faith/Silence & Prayer	Baptism
Triduum /Easter	Jesus Death and Resurrection	The Liturgy of the Eucharist	Love	The Eucharist
Triduum /Easter	Jesus Death and Resurrection	The Communion Rite	Love	The Eucharist
Pentecost	Ascension and Sending of the Holy Spirit	The Concluding Rites	Love	Confirmation
Ordinary Time /Ordered Time	Jesus Public Ministry	Spread the Gospel	Service/Peace	Matrimony, Holy Orders

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"The fruit of **Silence** is **Prayer**, the fruit of **Prayer** is **Faith**, the fruit of **Faith** is **Love**, the fruit of **Love** is **Service**, and the fruit of **Service** is **Peace**." – **Mother Teresa**

Regarding Prayer: "Faith cannot remain alive without prayer." Continue to pray always, Yes. pray! pray! pray! Prayer will procure you everything." All prayers are good when they proceed from the heart" – Our Lady of Medjugorje.

There is a Civil/Secular calendar (Romans developed by Julius Caesar, based on the revolution of the Earth around the Sun) and there is the Church Calendar. The names of each month and week day of our calendar have pagan origins, but each month and day in the church is dedicated to a Christian element.

The Months

January – The Holy Name of Jesus, **February** – The Holy Family, **March** - St. Joseph, **April** – The Holy Eucharist, **May** – The Blessed Virgin Mary, **June** – The Sacred Heart, **July** – The Precious Blood of Jesus, **August** – The Immaculate Heart of Mary, **September** – Seven Sorrows of Our Lady, **October**- The Holy Rosary, **November** – The Holy Souls in Purgatory, **December**- The Immaculate Conception of the Blessed Virgin Mary

The Days of the Week

Sunday – The Lord's Day, **Monday** - Holy Spirit and the Souls in Purgatory, **Tuesday**-Holy Angels, **Wednesday** – St. Joseph, **Thursday** – The Blessed Sacrament, **Friday** – remember Good Friday, **Saturday** – The Blessed Virgin Mary

Our lives are meant to be an unblemished offering to the Lord just as Jesus offered his life for his Father on the cross. Every minute of every day of every week of every month of every year of our life is meant to be given back in service to God and the Church. Our lives are like a votive candle and they are a prayer of Thanksgiving offered to God.

Closing Prayer

O Jesus, through the Immaculate Heart of Mary, I offer you my prayers, works, joys, and sufferings of this day for all the intentions of your Sacred Heart, in union with the Holy Sacrifice of the Mass throughout the world, for the salvation of souls, the reparation of sins, the reunion of all Christians, and in particular for the intentions of the Holy Father this month. Amen.

Resources

<https://catholicallyear.com>- Forty-year-old mom with 10 children who has a great devotion to celebrating the liturgical year in the home.

The Catholic All Year Compendium – Kendra Tierney

The Catholic All Year Prayer Companion – Kendra Tierney