The celebration of feasts and seasons throughout the liturgical year helps us to enter into the saving work of Christ and forms us for Christian living. Although the changes to the liturgical year (the cycle of solemnities, feasts, and memorials that we celebrate each year as a Church) may not be what most people think of when they consider the work of the Second Vatican Council, the Constitution on the Sacred Liturgy calls for the revision of the liturgical calendar, so that “within the cycle of a year... the Church unfolds the whole mystery of Christ, from his incarnation and birth until his ascension, the day of Pentecost, and the expectation of blessed hope and of the Lord’s return” (Constitution on the Sacred Liturgy, 102).

The Constitution on the Sacred Liturgy explains that by, “recalling thus the mysteries of redemption, the Church opens to the faithful the riches of the Lord’s powers and merits, so that these are in some way made present in every age in order that the faithful may lay hold on them and be filled with saving grace” (102). The celebration of feasts and seasons is incredibly ripe territory for engaging children in the stories, symbols, and practices of our faith, which are incorporated and celebrated in the liturgy.

**REFLECTION QUESTIONS**

- What customs and traditions tied to the liturgical year do you remember most from childhood? What did or do they tell you about Christ?
- How do you celebrate the seasons or important days in your home? Could these approaches also apply to liturgical feasts and seasons?

**ACTIVITY**

When we are celebrating a feast day or entering into a new liturgical season at Mass, help your child to “play detective” to see if he or she can figure out what the day or season is all about. Start by looking for what is different from usual that day: Are the colors of the priest’s vestment different? What does that color remind us of or mean? Have we added or omitted certain songs or prayers? What are those prayers about and why might we add or subtract them? Are there new symbols or objects in the worship space? What do they symbolize or mean? Ask your child to listen extra hard to the prayers and the Homily for more clues about the meaning of that day or season.