The whole liturgical life of the Church revolves around the Eucharistic sacrifice and the sacraments.

CCC no. 1113
There is an appointed time for everything, and a time for every affair under the heavens. A time to give birth, and a time to die; a time to plant, and a time to uproot the plant. A time to kill, and a time to heal; a time to tear down, and a time to build. A time to weep, and a time to laugh; a time to mourn, and a time to dance. A time to scatter stones, and a time to gather them; a time to embrace, and a time to be far from embraces. A time to seek, and a time to lose; a time to keep, and a time to cast away. A time to rend, and a time to sew; a time to be silent, and a time to speak. A time to love, and a time to hate; a time of war, and a time of peace.

Ecclesiastes 3:1-8

The Precepts of the Catholic Church

1) Participate in the Eucharistic Celebration (a.k.a. the Mass) on Sundays and all other Holy Days of Obligation.
2) Participate in the Sacrament of Reconciliation (a.k.a. Confession) once a year.
3) At a minimum, receive the Eucharist once a year, during the Easter season.
4) Fast and abstain on all Church designated days.
5) According to ability, contribute to the support of the Church.

Online Resources to Pray the Liturgy of the Hours
http://breviary.com

https://divineoffice.org

To learn more about the Liturgy of the Hours, go to: https://www.liturgyofthehours.org/resources
“From ancient times the Church has had the custom of celebrating each day the liturgy of the hours. In this way the Church fulfills the Lord’s precept to pray without ceasing, at once offering its praise to God the Father and interceding for the salvation of the world.”

- Office of the Sacred Congregation for Divine Worship.

Like the Mass, the Liturgy of the Hours immerses us in the mysteries of the liturgical year, the life of Christ placed before us and through which we come in prayer to a deeper knowledge of Christ and His human life on earth, as well as His victory over death for our sins and His glorious triumph in heaven.

-From Guide for Celebrating the Liturgy of the Hours by Christopher J. Ferraro and Anthony W. Ruff

“The Liturgy of the Hours is truly the voice of the Bride herself addressed to her Bridegroom. It is the very prayer which Christ Himself together with His Body addresses to the Father.” [CCC 1174] from Sacrosanctum Concilium, 84

---

**Liturgy of the Hours**

**Advent** - Advent begins the liturgical year. During Advent we prepare to celebrate Jesus’ birth and await Christmas, the celebration of the coming of the Son of God, Jesus Christ. The season is marked with the color purple and on the third Sunday of Advent the color is Rose.

**Christmas** - The Christmas Season lasts from Christmas Eve to the Feast of the Baptism of the Lord. Within the Christmas Season are the octave of Christmas and Christmastide (the twelve days between Christmas and Epiphany). This season is marked by the color white.

**Ordinary Time** - Ordinary Time is called "ordinary" not because it is common but simply because the weeks of Ordinary Time are numbered. The normal liturgical color for Ordinary Time—for those days when there is no special feast—is green.

**Lent** - Lent is a 40 day season of prayer, fasting, and almsgiving that begins on Ash Wednesday and ends at sundown on Holy Thursday. The season is marked by the color violet with a lightened color of rose on the fourth Sunday of Lent.

**Triduum** - the Triduum is the shortest liturgical season and the transitional time between Lent and Easter. Holy Thursday, Good Friday and the Easter Vigil are seen as one single liturgical celebration.

**Easter** - The Easter season is the second-longest liturgical season. Only Ordinary Time is longer. The Church celebrates the Easter season (also known as “Eastertide”) for 50 days, culminating with the feast of Pentecost. The liturgical color for the season is white.

**Ordinary Time again…**
**Holy Days of Obligation**– These are days where the faithful are bound by their baptism to attend Mass and abstain from unnecessary work. Holy Days of Obligation in the United States include every Sunday as well as:
  - Christmas (December 25)
  - Mary Mother of God (January 1)
  - The Ascension of the Lord (Forty Days after Easter)
  - Assumption of Mary (August 15)
  - Immaculate Conception (December 8)
  - All Saints Day (November 1)

**Solemnity**– This is a feast day of the highest rank celebrating a mystery of faith such as the Trinity, an event in the life of Jesus, his mother, Mary, his legal father, Joseph, or another important saint.

**Feast Days**– These days are of second importance in our liturgical calendar and are celebrated on a particular day.

**Ferial Days**– Feria is a word used in the Roman Catholic Church to refer to a weekday on which no feast is celebrated.

**Memorial**– Obligatory memorials must be observed whereas optional memorials do not have to be observed. For example, the memorial of St. John Bosco (January 31) is obligatory while the memorial of St. Blase (February 3) is optional.

This may seem a bit confusing, and is why the Bishop’s Committee on the Liturgy of the National Conference of Catholic Bishops publishes an annual *Ordo* which outlines the proper celebrations and their particulars throughout the liturgical year.

---

**Daily Devotions**
- **Sunday** - Resurrection of Jesus
- **Monday** - Souls in Purgatory and Holy Spirit
- **Tuesday** - Holy Angels
- **Wednesday** - St. Joseph
- **Thursday** - Eucharist
- **Friday** - Passion of Jesus
- **Saturday** - Our Lady

**Rosary**
- **Sunday and Wednesday** - Glorious Mysteries
- **Monday and Saturday** - Joyful Mysteries
- **Tuesday and Friday** - Sorrowful Mysteries
- **Thursday** - Luminous Mysteries

**Novenas**
A Novena is an ancient devotion that consists of 9 days of prayer. Novenas are often prayed in preparation for a feast day or for a specific intention.

Read more at: https://www.praymorenovenas.com/novenas