

# The Liturgical Year Guide

A JOURNEY THROUGH  
THE SEASONS OF FAITH

*The Church gives us a different way to mark time: not only by months and deadlines, but by the life, death and Resurrection of Christ.*



# The Six Seasons

## **ADVENT**

Preparation for the celebration of Christ's birth.

## **CHRISTMAS**

Celebration of the Nativity and manifestation of Christ.

## **LENT**

A penitential season of preparation for Easter.

## **SACRED PASCHAL TRIDUUM**

Holy Thursday evening through Easter Sunday, the heart of the Church year.

## **EASTER**

Fifty days celebrating the Resurrection and the gift of the Holy Spirit.

## **ORDINARY TIME**

The seasons in which we follow Christ's teaching and public ministry and grow in discipleship.

# Advent

- **Focus:** Watchfulness, hope, preparation, and the coming of Christ.
- **Primary color:** Violet; rose may be used on the Third Sunday of Advent (Gaudete Sunday).
- **At home:** Light an Advent wreath, pray with the Sunday readings, simplify one part of the season and make room for generosity.

# Christmas

- **Focus:** The Incarnation—God with us.
- **Primary color:** White; gold may be used for solemn celebrations.
- **At home:** Keep the Nativity visible, bless the home, celebrate the feasts within the season, and resist packing Christmas away too quickly.

# Lent

- **Focus:** Conversion through prayer, fasting, and almsgiving.
- **Primary color:** Violet; rose may be used on the Fourth Sunday of Lent (Laetere Sunday).
- **At home:** Choose a concrete practice of prayer, fasting, and generosity; pray the Stations of the Cross; prepare for Reconciliation.

# Sacred Paschal Triduum

- **Holy Thursday:** White; Mass of the Lord's Supper and the gift of the Eucharist.
- **Good Friday:** Red; the Passion of the Lord.
- **Holy Saturday/Easter Vigil:** The Church waits, then begins the celebration of the Resurrection.
- **At home:** Protect these days from unnecessary busyness when possible and let the liturgies shape the family schedule.

# Easter

- **Focus:** Resurrection, joy, baptismal life, and mission.
- **Primary color:** White; red is used for Pentecost.
- **At home:** Celebrate the full 50 days, return to baptismal promises, pray for new Catholics, and practice visible Easter joy.

# Ordinary Time

- **Focus:** The life and teaching of Jesus and steady growth is discipleship.
- **Primary color:** Green.
- **At home:** Build routine faith habits—Sunday Mass, Scripture, works of mercy, family prayer, and attention to saints' feast days.

# Liturgical Colors at a Glance

## **WHITE**

Christmas and Easter; many celebrations of the Lord, Mary, angels and non-martyr saints.

## **RED**

Passion of the Lord, Pentecost, apostles/evangelists and martyrs.

## **GREEN**

Ordinary Time.

## **VIOLET**

Advent and Lent; also permitted for Masses for the Dead.

## **ROSE**

May be used on Gaudete Sunday and Laetere Sunday.

## **OTHER PERMITTED COLORS**

Black for Masses for the Dead and gold/silver for more solemn occasions in the United States.