

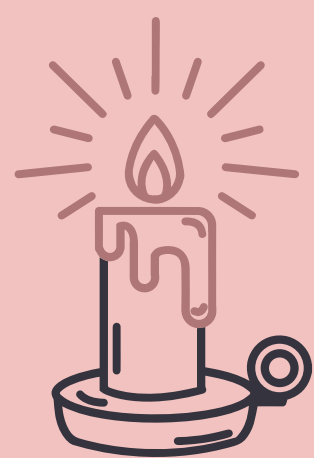
# HOLY SACRIFICE OF THE MASS

## The Liturgical Calendar



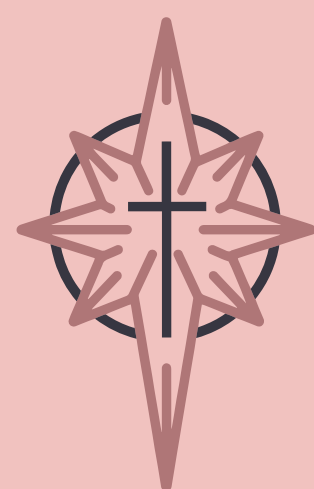
### ORDINARY TIME

The first period of Ordinary Time begins after the Baptism of the Lord and ends the day before Ash Wednesday. The second period begins the Monday after Pentecost and ends with the First Sunday of Advent. The emphasis of Ordinary Time is on Christ's teaching and His life among His disciples.



### ADVENT

The liturgical year begins on the First Sunday of Advent. During the Mass, emphasis is placed on the prophecies of Christ's Incarnation and Birth, His coming into our lives through the sacraments, and His Second Coming at the end of time. Advent is a time of penance, but it is also a time of joyful expectation.



### CHRISTMAS

After Advent, the joyful Christmas season begins with the celebration of Jesus' birth on Christmas day, or as a vigil on Christmas Eve. The Feast of Christmas lasts 12 days, until the Epiphany of Our Lord. We continue to celebrate the Christmas season until the Baptism of the Lord in January.



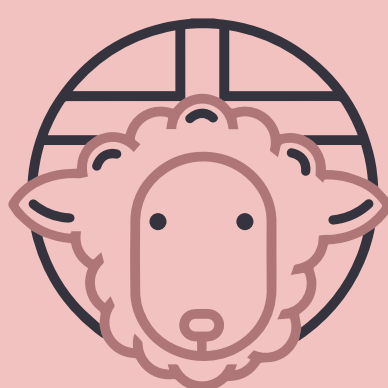
### LENT

The season of Lent begins with Ash Wednesday and lasts until Holy Saturday. Lent is a penitential season of fasting and abstinence, meant to recall the 40 days Jesus spent in the desert. Lent focuses on the events leading up to and including Christ's passion and death. Lent is 40 days long, which does not include Sundays.



### EASTER TRIDUUM

As a liturgically separate season from Lent, the Easter Triduum begins with the evening Mass of the Lord's Supper (on Holy Thursday), reaches its high point in the Easter Vigil, and closes with evening prayer on Easter Sunday. The Triduum is 1 liturgical day celebrated over 3 chronological days.



### EASTER

The joyous season of Easter begins with the Easter Vigil and lasts 50 days, ending with Pentecost Sunday. Easter is marked by celebrating Christ's resurrection and triumph over sin and death. We also commemorate the descent of the Holy Spirit upon the Apostles at Pentecost, the birthday of the Church.