



## *Advent*

During the Season of Advent, we wait with eager expectation the Birth of Jesus at Christmas. We also remember the longing of the people of the Old Testament for the Messiah, as well as the hope we have of Christ's Second Coming. Traditions during the four weeks of Advent include the Advent Wreath, the O Antiphons, and the Jesse Tree.

## *Christmas*

The Christmas Season is a time to celebrate the Birth of Jesus. We wonder at the Mystery of the Incarnation and remember the stories of Christ's infancy. Traditions during this time include Nativity Sets, gift giving, Christmas hymns, and more. The Christmas Season continues until Epiphany, the visit of the Wise Men on January 6th.

## *Ordinary Time*

Ordinary Time occurs twice during the year—a shorter time after Christmas and before Lent, as well as a longer time after Easter and before the next Advent. Ordinary doesn't mean boring or typical, it means that this season is about order, structure, and growth. We are called to learn about the life and ministry of Christ during this time as we strive to grow more and more like Him.

## *Lent*

Lent is a forty day Season of prayer, fasting, and almsgiving. We are called to learn from Jesus' forty days in the desert and prepare our hearts to live more like He lived. Our repentance helps us to think of ourselves less and others more. Traditions during this Season include praying the Stations of the Cross and making specific sacrifices.

## *Triduum*

The Triduum helps us celebrate the three holiest days of the year: the evening of Holy Thursday through Easter Sunday. We remember the Last Supper, the Agony in the Garden, the Way of the Cross, Jesus' Crucifixion and Death, His Burial, and His Resurrection. We have many opportunities to pray as a Church family during this liturgy.

## *Easter*

During the Easter Season, we celebrate the Resurrection of Christ for fifty days! We remember that because of His victory over sin and death, we have hope of our eternal life in heaven. We remember the time that He spent with His Apostles and His Ascension into Heaven. We also celebrate the birthday of the Church when the Holy Spirit descended at Pentecost.