

# The Liturgical Year

## Preparation for the Session

This session has parts that will take place at different times. You will gather with your child for Part 1: Invite. Your child will then work independently on Part 2: Discover, and you will read that section of the chapter on your own as well. Finally, you will come together again later in the week for Part 3 to review and complete the In Summary & Live section.

In this chapter, your child will cover the following objectives:

- Explore how the Church celebrates the Paschal Mystery through a yearly cycle of seasons and feasts
- Identify the seasons of the liturgical year
- Recognize that in the liturgy, the three Divine Persons of the Holy Trinity are present and active in our worship
- Explore how we are transformed by the liturgy to become more like Christ
- Discuss how daily prayer and the Liturgy of the Hours open our minds and hearts to God

**Parents, Consider This:** *Our lives are a mixture of routines and patterns as well as unique moments. For example, you will celebrate your child's birthday this year as you do every year but did you ever think, "My child will only be this age once." He/she is only 4 or 8 or 12 years old for one year. Yet, the pattern of the year will be similar, revolving through the seasons, attending school, celebrating holidays and family traditions, taking summer vacations, etc. As you move through your family calendar, you also will be cycling once again through the liturgical year of the Church. In this chapter of **Alive in Christ**, you and your child will be exploring the liturgical year. You will study how the Church remembers special events in the story of the life of Jesus and in your own stories. Through the cycle of seasons and feasts, the Church celebrates the Paschal Mystery around the world. You will hear how the Eucharist is at the heart of the liturgical year and all of the Church's life. In the Eucharist, we commemorate the saving work of Christ and remember his actions recorded in the Gospels. More than that, it is the means by which we are transformed, as we remember and try to live as Christ lived. As we do so, others may come to know Christ through our actions and words.*

**Children at This Age:** *Eighth-graders want to use their gifts and abilities, but they are often still trying to figure out what those gifts and abilities are. We can help them grow into their gifts and encourage them to use them by being an affirming presence in their lives. In time they will own their strengths and share them with others. They also are beginning to understand and appreciate tradition and ritual. They have lived long enough to remember things that have been done over and over, both in their own family celebrations and in the Church. Help your son/daughter to connect with the seasons and feasts of the liturgical year. Remind him/her that yearly celebrations give us an opportunity to reflect on the growth and change that has taken place during the year. It also allows us to regularly practice recognizing how God blesses us continually throughout the year in many and various ways.*

## PART 1: Invite

**Turn to Page 275,**  
The Liturgical Year

**Make** sure you have a Bible, writing tools for both of you, and some paper.

**Find** a quiet place to be with your child. This is a sacred time—a time when you will be present to each other and to the Lord. You may want to light a candle as you begin.



**Let Us Pray** Together make the Sign of the Cross. Pray the first part of the leader prayer. Have your child read aloud the Psalm verses. Both of you respond with the part marked “All.”

**Say:** As we grow and learn and experience God through our Church year after year, we come to an even deeper awareness of who he is and who we are in his eyes.



**Guide** your child through the Preparing for God’s Word ritual you learned in the Introduction Session.

- Proclaim the Scripture in the Parchment Paper box on the page.
- Maintain several moments of silence.
- *Ask:* What did you hear God say to you today?

**Invite** your child to respond and also share what you heard.

**Say:** The different seasons of the liturgical year help us pattern our lives on the life of Christ.

Now, look at the *Have you ever thought...* box.

**Invite** your child to respond to the following question found in the box in the Student Book, also listed here:

- What does the Church celebrate through the year, year after year?  
(The story of Jesus, God among us who lived, died, rose, and saved us.  
This is also known as the Paschal Mystery.)

**Ask** what else your son/daughter might wonder about God’s Word and what it means to us today.

**Turn to Page 276,**  
Getting Started

**Read** aloud the paragraph.

**Tell** your child to read the directions and complete The Church Year web on page 276. When he/she is finished, ask him/her to share something about each of the liturgical seasons. You should also share something you know about each liturgical season.

**Preview** the Catholic Faith Words at the top of the page. Ask your child what she/he thinks the words mean. The definitions can be found in the glossary at the end of the Student Book.

**Turn to Page 277**

**Have** your child silently read the directions for this page, as you do. Then have him/her complete the activity in the book. You can complete it on a separate piece of paper. When you both are finished, share with each other one predictable thing and one unpredictable thing that you experienced over the course of your life.

**Discuss** some of the changes you are looking forward to in the future.

## PART 2: Discover

**Direct** your child to independently complete pages 278–283. Have him/her highlight the main sentence in each paragraph while reading through the text. This includes completing all on-page activities. Ask your child to write any questions he/she might have about a Catholic Faith Word in the margins of the text. You can review these when you gather again to complete the session.

Be sure to read these pages as well. Doing so will give you insight into chapter topics and will help you engage your child in later discussions.

## PART 3: In Summary & Live

**Turn to Page 283,**  
In Summary

*When you return,* review the “In Summary/Catholics Believe” section. Alternate reading the summary text and the bullet points. Share your thoughts with each other on how participation in Sunday Mass and our own regular personal prayer can help us live the life of Christ.

**Turn to Page 284**

**Direct** your daughter/son to silently read Our Catholic Life.

**Parents, Consider This:** *The Our Catholic Life section of this chapter focuses on the Liturgy of the Hours. The public prayer of the Church marks each day as holy with certain prayers and readings for different times of the day and night. It also connects with the different liturgical seasons and feasts of the Church year and, in doing so, to the Paschal Mystery. It is a beautiful thought to realize that fellow Christians pray the Liturgy of the Hours at all times so this prayer is looping around the world at all times. If the Liturgy of the Hours is not part of your regular prayer practice, look into it. Consider praying the Liturgy of the Hours for one day as a family or choose one of the times of praying such as Morning Prayer or Evening Prayer and pray that as a family for a week.*

**Remind** your child that it is important to make prayer a part of our daily lives. *(Consider the patterns we form around our daily routines. It takes discipline and consistency to keep faithful to a regular prayer life.)*

**Read** aloud the story of Saint Maria del Transito de Jesus Sacramentado, who started a missionary group to help the poor and orphans of Argentina.

**Say:** Saint Maria showed her willingness to be faithful and adjust to the changes she had to make to continue in religious life in spite of illness and disappointment.

**Point** out the Reflect activity. Work on it independently. When you both have completed the activity, share some of your answers with each other. Discuss what part of faith you need to develop in order to keep making your way through the Paschal Mystery of your life.

**Conclude** the session by praying the Act of Contrition on Page 386.



To access and send an eAssessment to your child, go to the Student & Family section of [aliveinchrist.osv.com](http://aliveinchrist.osv.com).