# Back to Basics — Class 4

*The Church Calendar and the Liturgical Year*

St. Luke's Episcopal Church | Walk in Love, Chapters 9–12

## PARTICIPANT OUTLINE

### 1. Sacred Time and the Church Year

- The Church year begins with Advent, not January 1.
- We remember the life, death, resurrection, and continuing presence of Christ.
- The liturgical year shapes our prayer, worship, and discipleship.

### 2. Seasons of the Liturgical Year

- Advent: preparation, waiting, and hope.
- Christmas: the Incarnation—God with us.
- Epiphany: Christ revealed to the world.
- Lent: repentance, prayer, fasting, and preparation.
- Holy Week and the Triduum: the passion, death, and resurrection of Jesus.
- Easter: fifty days celebrating the Resurrection.
- Pentecost and the season after Pentecost: the Holy Spirit and growth in discipleship.

### 3. Holy Days and the Calendar of Saints

- Principal feasts include Easter, Ascension, Pentecost, Trinity Sunday, All Saints' Day, Christmas, and Epiphany.
- We remember saints as witnesses to God's grace, not as replacements for Christ.
- Other feasts, fasts, and commemorations give shape to the year.

### 4. The Weekly Rhythm of Worship

- Sunday is the Lord's Day: a weekly celebration of the Resurrection.
- The Holy Eucharist is central to our common worship.
- The Daily Office—Morning and Evening Prayer—sanctifies ordinary days.
- Scripture readings follow the lectionary, connecting worship across the Church.

### 5. Living the Liturgical Year

- Colors, prayers, music, and readings help us inhabit each season.
- The calendar invites us to live the Gospel in our homes and communities.
- Reflection: Which season most speaks to your spiritual life right now?

For further reading: Book of Common Prayer, pp. 15–33 (The Church Year), and the seasonal collects and liturgies.