

WELCOME TO THE

Liturgy Lookout

A resource for your Domestic Church

WHAT IS LITURGICAL LIVING?

"Essentially, liturgical living or having a liturgical life means fully immersing ourselves in the whole of the Christian life...we are to use the liturgical year as our guide and inspiration for offering festivity and praise to God...[and] to keep the invisible truths of our faith alive in a visible way throughout all seasons."

—Steffani Aquila, *Festive Faith*

While we are quick to think of "culture" in terms of customs and traditions of our home countries or those of our ancestors, we don't often think of our Catholic faith as a "culture." But in reality, a culture is essentially a *lived* faith. Now more than ever, we need to reclaim our Catholic culture. And while being a member of a parish and school that embodies this culture is essential, we also need to embody this culture in our *domestic* churches--that is, in our homes.

(Click on the link above for a guide to some of the basics!)

Liturgical Calendar



Which liturgical season is next?

LENT!

The liturgical season of Lent begins with Ash Wednesday on March 5. The word "Lent" comes from the Old English word "lencten" meaning "lengthening." It is a time when the days and plants begin to "lengthen" or "grow." And as the liturgical seasons of the Church coincide with the seasons of the year, it is a time for us to "grow" in our faith as well.

What is
LENT?





How can I start living liturgically?

Liturgical Living can seem overwhelming at first, and it's important to remember that there is no "right" way to do it. Our families are all different and it may take some time to find the traditions that work best for yours.

RESOURCE GUIDE

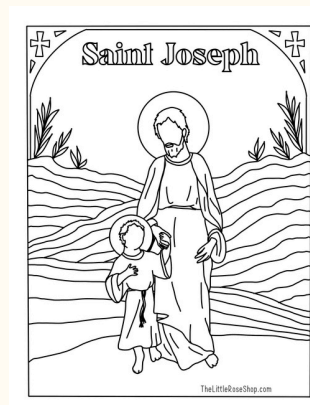


St. Patrick

MARCH 17

St. Patrick's Day is one of those feasts already celebrated by the rest of the world, which provides a wonderful opportunity to teach your family about this Saint.

[ST. PATRICK CELEBRATION](#)



St. Joseph

MARCH 19

The entire month of March is dedicated to St. Joseph!

As the earthly father of Jesus and Patron of the Universal Church, devotion to St. Joseph can bring incredible beauty to your family life.

[ST. JOSEPH TRADITIONS](#)

Lent

"LENT IS A TIME OF TRUTH. CHRISTIANS, CALLED BY THE CHURCH TO PRAYER, PENANCE, FASTING AND SELF-SACRIFICE, PLACE THEMSELVES BEFORE GOD AND RECOGNIZE THEMSELVES; THEY REDISCOVER THEMSELVES." —ST. JOHN PAUL II

Some ideas for living this liturgical season in your home:

- Get started with this **free Lent activity pack** from the little rose shop or this **My Little Lent** pack (from one of our very own St. Anthony's moms!)
- **Bury the Alleluia**—the Church does not say "Alleluia for the entire season of Lent! Begin the tradition of having your children "bury the alleluia" and then dig it up on Easter.
- **Decorate** your home for Lent by simplifying your decorations. Incorporate purple— the liturgical color of Lent— and discuss what this color represents. Display Lenten artwork (we love these seasonal art cards.) Try waiting until Lent is over to put up those bunnies and Easter decorations!
- Have your children count the days of Lent with **this lenten calendar.**
- Keep a jar of **sacrifice beans**. When your children sacrifice something or do a good deed, have them place a bean in the jar. Then have them turn into jelly beans on Easter!
- Most importantly, try to use this season to pray as a family and dive deeper into the beauty and traditions of our faith--however that looks for your family.



March Dates:

March Quick Links and Resources

March 3: St. Katharine Drexel

March 5: Ash Wednesday

March 7: Saints Perpetua & Felicity

March 17: St. Patrick

March 18: St. Cyril

March 19: **Solemnity of St. Joseph**

March 25: **Solemnity of the Annunciation** (Pray The Angelus together today!)

MARCH COLORING PAGES