

Religious Education – Overview

The Catholic Liturgical Year

The liturgical year serves as the [Catholic Church's calendar](#). It consists of the cycle of liturgical seasons that determine when feast days and other holy days are observed, and which Scripture and Gospel readings are used at Mass.

Aside from the readings, the liturgical calendar also determines the interior decoration of a Church, the priest's vestment colours, the timing of spiritual seasons and practices such as Lent, and much more.

The Liturgical year begins on the first Sunday of Advent. It is divided into six seasons. The shortest but most holy season is the three day Sacred Pascal Triduum leading up to Easter.

What are the liturgical colours and what do they mean?

- Purple is the colour of Penance Preparation and is used during Advent and Lent.
- Red is the colour of Sacrifice and is used during Passion Sunday, Good Friday, Pentecost, and the feast of the apostles and the martyrs.
- Rose/Pink are the colours of anticipation and is used on the third Sunday in Advent and the fourth Sunday during Lent.
- Green is the colour of Hope, Life and Growth and is used throughout Ordinary Time.
- White/Gold are the colours of Joy & Purity and are used during Easter and Christmas seasons and feasts of the Blessed Mother, angels and saints who weren't martyred.

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Seasons

★ Holy Days of Obligation

🐟 Days of Abstinence

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