

Grade 1 Liturgical Year Lesson



Preparation before Class

Prior to class, make enough copies of **Teacher Resource: Liturgical Seasons and the Mass**, found on **pg. 696** in this guide, for each student to have a copy.

Warm-Up

- A.** Ask your students to name the four seasons. List them across the board. *Spring, summer, fall, winter.*
- B.** Then ask your students to name some important dates or holidays in each season. List them under each season. *For example, New Year's Day under "winter," the Fourth of July under "summer," Halloween under "fall," and so forth. Accept other reasoned answers.*
- C.** Next, ask your students to name some signs of particular seasons or holidays. *For example, at New Years, people set off fireworks and make resolutions for the coming year. Around the Fourth of July, people put out patriotic decorations and American flags. Accept other reasoned answers.*
- D.** Explain to your students that many things in our lives are determined by times and seasons. We celebrate different holidays in different seasons, our activities are based on seasons, and we wear different clothes in each season. We use a calendar to help us keep track of seasons and of important dates and events.

Activity

- A.** Distribute copies of **Teacher Resource: Liturgical Seasons and the Mass**, found on **pg. 696** in this guide. Make crayons, markers, and/or colored pencils available. Have your students follow along and color in the spaces and vestments as directed as you explain the liturgical seasons, their corresponding colors, and the corresponding colors of the liturgical vestments that priests wear at Mass. Consider projecting the liturgical calendar or drawing one on the board and coloring in the segments with your students.
- B.** Explain in a mini-lecture:

The Church wants us to make the most of the time that God has given us. The Church helps us to mark the passage of time with a liturgical cycle, beginning with the first week of Advent and ending a year later before the next Advent begins. One liturgical year in the Church is marked by many seasons, remembrances, feasts, celebrations, and so forth. A careful examination of the seasons in the cycle reveals that we spend time as a Church preparing, celebrating, focusing, and remembering.

The liturgical year begins with **Advent**, a time when we prepare ourselves for the Incarnation, God's becoming man in the Person of Jesus Christ. We prepare for the birth of Jesus, our King. We prepare not only for the coming of Jesus as a baby, but

also for His Second Coming at the end of time. This season is represented by the color violet, or purple, which represents penance and humility. Priests wear violet or purple vestments to match the color of the season.

- On your chart, color the Advent season purple. Color the priest's vestment purple under "Advent."

Then, during the **Christmas** season, we spend time celebrating the Incarnation. There's a lot to be joyful about during Christmas! Not only do we receive gifts, but we celebrate the birth of our Savior Jesus Christ, the best gift ever! This season is represented by the color white, which represents light, purity, and joy, or gold, which represents joy. Priests wear white or gold vestments during the Christmas season.

- On your chart, leave the Christmas season white or color it yellow or gold. Color the priest's vestment gold — yellow — under "Christmas," or leave the vestment white.

During **Lent** we focus on the Paschal Mystery. We reflect on Jesus' life, Passion, Death, and Resurrection, and how He redeemed us of our sins! That's good news for sure, but we have to remember how this victory was achieved, and the suffering that Christ endured for us. During Lent we do penance and prepare our hearts to receive the salvation won for us by Christ, so the color of this season is violet, or purple. As in Advent, priests wear violet or purple vestments during Lent. Notice that these two seasons of preparation for important events in our Christian faith share the same color and even some of the same habits of penance and reflection.

- On your chart, color the space for the season of Lent purple. Color the priest's vestment purple under "Lent."

Following Lent, we have the great celebration of the Resurrection of Jesus called **Easter**. All of Jesus' suffering was redeemed by the glory of His Resurrection. This is inspiring to us! We are reminded that we will eventually gain the reward of eternal salvation, despite the difficulties of our own crosses. Notice that Easter is more than just a day; it's a season! Like the Christmas season, the Easter season is a time of joy and celebration, and so it is represented by white or gold. Priests wear white or gold vestments during the Easter season, as during Christmas.

- On your chart, leave the Easter season white or color it yellow or gold. Color the priest's vestment gold — yellow or orange — or leave the vestment white under "Easter."

Most of the liturgical calendar is marked as **Ordinary Time**. In fact, there are two large sections of Ordinary Time. Ordinary in this context means in order. It comes from the Latin "ordinalis," which means showing an order of succession. Ordinary time, the longest season, reminds us that the whole Church year is ordered towards Christ's reign, culminating in the Feast of Christ the King. During Ordinary Time we reflect on Christ's life and strive to become more like Christ ourselves. Ordinary Time

is represented by green, which represents life and hope. Priests wear green vestments during Ordinary Time.

- On your chart, color all of the Ordinary Time spaces green. Color the priest's vestment green under "Ordinary Time."

Throughout the liturgical season, we remember special events in the life of the Church or celebrate the saints. For example, fifty days after Easter, we celebrate the coming of the Holy Spirit at **Pentecost**. During Holy Week, we celebrate the **Triduum**, a three-day period in which we reflect in a particular way on Christ's suffering and Death. Pentecost and Good Friday (during Triduum) are represented by red, which reminds us of fire, love, Jesus' Passion, and the blood of the martyrs. On these special days, priests wear red vestments.

- On your chart, color the Pentecost and Triduum spaces red. Color the priest's vestment red under Palm Sunday/Good Friday/Pentecost/Feasts of Martyrs.

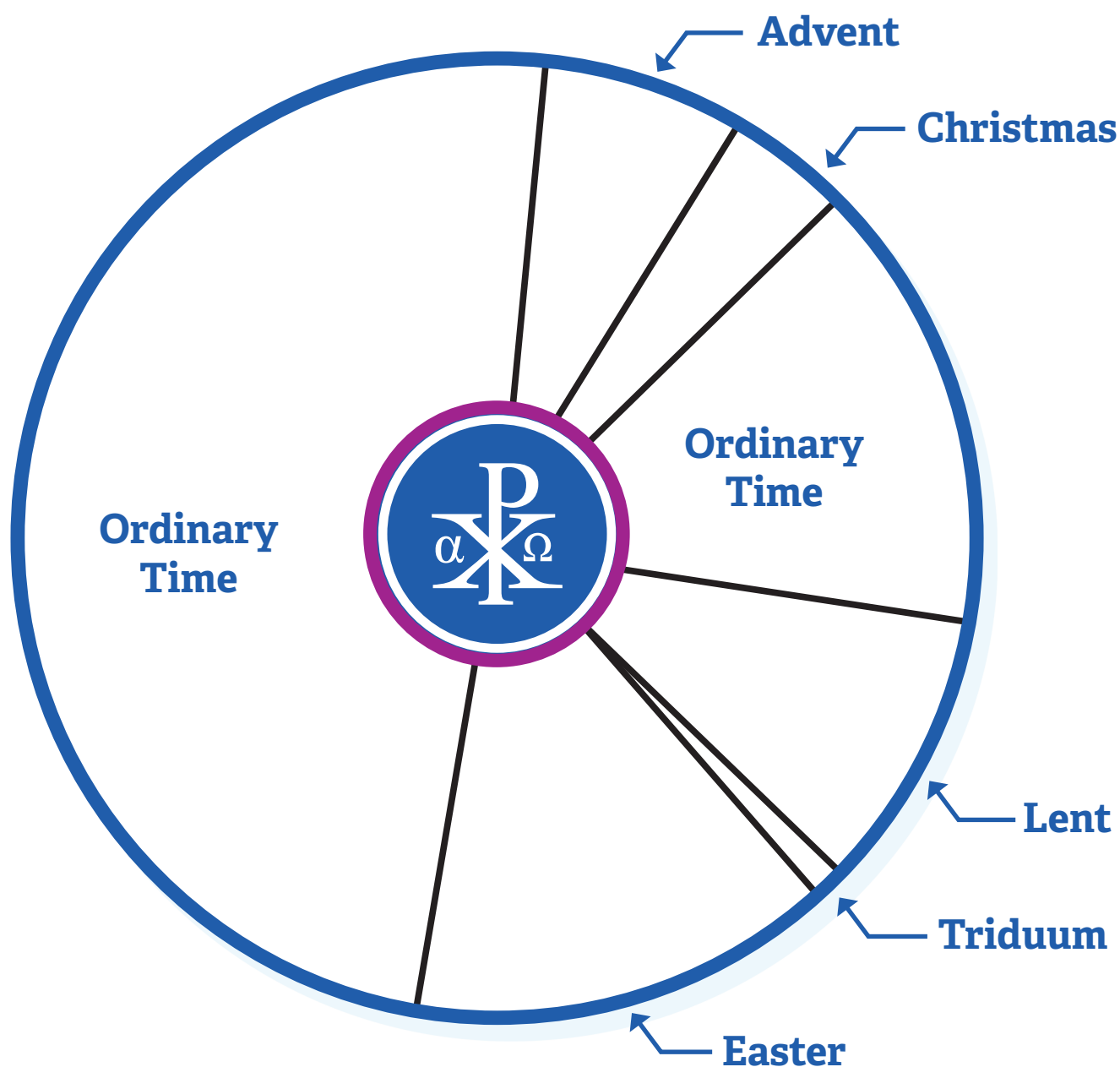


Live the Liturgy

Take your students to Mass soon after presenting this lesson.

Liturgical Seasons and the Mass

Directions: **Color** the liturgical seasons: Advent (**purple**), Christmas (**white**), Ordinary Time (two separate sections, both **green**), Lent (**purple**), Triduum (**red**), and Easter (**white**). Then **color** the vestments the correct colors for each liturgical season.



Ordinary Time



Advent



Christmas



Palm Sunday, Good Friday, Pentecost, Feasts of Martyrs

Lent



Easter

