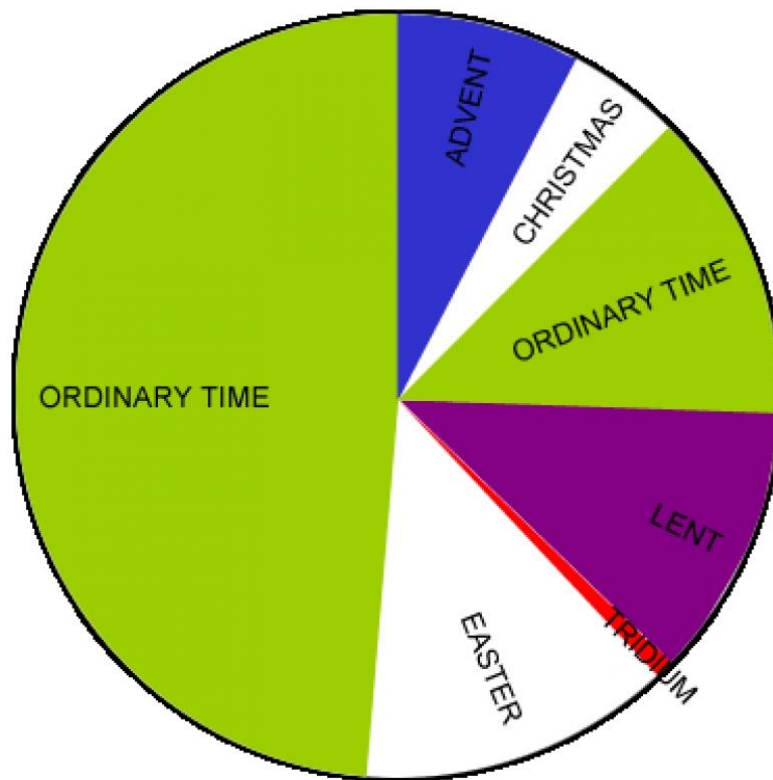


THE LITURGICAL YEAR



The Paschal mystery is the heart of the liturgical year, celebrated most intensely during the Easter Triduum. It is also the heartbeat of all the other seasons which celebrate a particular aspect of this mystery of our dying and rising in Christ.

The Catechism of the Catholic Church reminds us that "Beginning with the Easter Triduum as its source of light, the new age of the Resurrection fills the whole liturgical year with its brilliance. Gradually, on either side of this source, the year is transfigured by the liturgy. It really is a "year of the Lord's favour." The economy of salvation is at work within the framework of time, but since its fulfilment in the Passover of Jesus and the outpouring of the Holy Spirit, the culmination of history is anticipated "as a foretaste," and the kingdom of God enters into our time".(CCC 1168)

Through the yearly cycle the Church unfolds the entire mystery of Christ and keeps the anniversaries of the saints who strove to live this life of Christ. The Church also honours the Saints, principally Mary, the Mother of the Lord, proclaiming the Paschal mystery in those who have lived, suffered, died and have been glorified with Christ.

The Liturgical Year helps us to journey into the presence of the risen Christ, allowing our lives to be transformed by the celebration of the liturgy which communicates the life of the Trinity to us.