



Sacred Spirals

*A Gentle Companion to the Christian Year
with Contemplative Resources for Each Season*

2025-2026



Thank you for downloading this resource! This guide exists because of our shared interest in sacred time, life-giving soul care, and contemplation. As a mother-artist, spiritual director, and writer I'm intent on noticing God in the ordinary. I pray it encourages you on your unique journey.

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Find additional resources + guides related to the liturgical year, spiritual direction and formation on Etsy or Substack.

This resource was written and edited by Elizabeth Ross. It may not be duplicated or resold. Questions, comments, and ideas welcomed at sojourn.sf@gmail.com.

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INTRODUCTION

The Liturgical Year

The liturgical calendar follows the life of Christ and invites us to remember, engage, and share in that story by integrating sacred rhythms within our contemporary context.

Each Christian tradition has their own way of marking time and celebrating the liturgy through symbols, scripture readings, worship services, and suggested practices. Liturgy simply means "public work" or "work of the people" and often refers to a religious order of worship, Christian or otherwise. But all faith communities have a liturgy or pattern of worship. Though ordinary, this is sacred work made possible by God's grace.

When we observe the seasons, feasts, and fasts we are ultimately telling a story. Through these special days we remember events in Christ's life, church history, as well as the legacies of saints. Christian liturgy, whether at church or home, is made up of songs, prayers, colors, dates, themes, and scriptures meant to hold and honor the story of Christ.

This particular calendar includes seasons in the Catholic and Anglican/Episcopal churches. (Orthodox dates are excluded, but a few of their distinctive themes are listed.) Days marked with an asterisk (*) are found in the Catholic calendar. Other dates listed include Feasts of Our Lord, and major feast and holy days.

Other traditions such as Methodist, Lutheran, and some other protestant congregations also use the church calendar and will find this guide helpful.

You will notice others celebrating the same seasons in different ways. There is beauty in this diversity. Follow along as you find meaning, whether in big or small ways, by yourself or with others.

The best way to remember the liturgical feasts and fasts is to have the calendar in a visible spot. Position it where you will find enjoy it and have easy access to it. Here are some ideas as you use this guide:

- Hang on the refrigerator or bulletin board as a reference.
- Begin a liturgical binder and add your own recipes and traditions as the years go on.
- Save a copy in your Bible or in your phone to refer to as you read scripture. Take time to learn more about the events and saints mentioned.
- Use in corporate or family worship planning, scripture reading, or prayer.
- Use the seasonal themes, colors, & reflection questions as inspiration for home decor, journal prompts, or conversation starters around the dinner table.

The calendar is the core element of this guide, but it is only the beginning. There are a variety of other resources included in this guide for you to use on your journey.

Introduction: The following pages include a bit of history, the meaning of liturgical colors, and a few tips for your liturgical journey.

Mini Rule of Life: Celebrate the year with a more personal and contemplative approach. For a more in-depth guide to the Rule of Life, consider [this digital download](#) or [this free blogpost](#).

Seasonal Pages: For every season you'll find a summary page with a bit of history, important themes, and reflection questions, as well as a unique breath prayer and other highlights.

Seasonal Hymns: Find a YouTube playlist of all songs linked in this guide [here](#).

Ember Days: These are quarterly days of prayer and fasting on the Wednesday, Friday, and Saturday after St. Lucy's Day, Ash Wednesday, Pentecost, and Holy Cross Sunday.

Pancake Inspiration: Pancakes and baked goods are popular for many feast days. Find recipes and ideas for an easy, festive meal.

Appendix: Find a collection of rich written resources for your liturgical journey.

Symbolic Colors: The calendar and its colors vary between the Catholic, Protestant, and Orthodox churches. Vanderbilt Divinity Library has [an online chart](#) with variations.

Each color symbolizes something different. In liturgical worship you'll find these colors on vestments, around the altar, or in artwork. These colors can be used at home, too!

GREEN: LIFE, HOPE, GRACE AND GROWTH DURING ORDINARY TIME.

WHITE AND GOLD: PURITY, GLORY, AND JOY DURING CHRISTMAS AND EASTER, AS WELL AS OTHER MAJOR FEAST DAYS. (INCLUDES WHITE, TOO)

RED: FIRE, BLOOD, AND GOD'S LOVE DURING PALM SUNDAY, GOOD FRIDAY, PENTECOST, AND OTHER FEAST DAYS HONORING MARTYRS.

PURPLE: HUMILITY, PREPARATION, REPENTANCE, AND ROYALTY DURING THE SEASONS OF ADVENT AND LENT.

BLUE: VIRGIN MARY IS REMEMBERED DURING ADVENT. BOTH BLUE AND PURPLE CAN BE USED DURING THIS SEASON.

BLACK: GRIEF, DEATH, MOURNING. OFTEN SEEN DURING FUNERALS AND LENT.

INTRODUCTION

A Spiral Journey

The calendar as we know it today is a robust fusion of church history, Christian tradition, and agricultural heritage as the early church grew around the world. Even after 2000 years, sacred time is nothing new. The church calendar echos the created order of seasons and cycles found in nature.

The world around and within us operates in an ecosystem of cycles of growth and decay, hibernation and rebirth. Liturgical time is a series of cycles, too. Each year we repeat the same stories told of Christ and his saints. Even if we know them by heart, returning to them invites a deeper, richer relationship with God. **The seasons of the church year are a part of a larger spiral journey.** Each time we remember we bring with us that much more experience, curiosity, and spiritual maturity.

In your liturgical journey, you'll notice two major spirals. The **Christmas cycle** (Advent, Christmastide, and Epiphany) is based on the fixed date of Christmas, which remains the same year after year. The **Easter cycle** (Lent, Eastertide, and Pentecost) depends on the timing of the full moon and moves each year.

You'll also notice cycles of **light and darkness, preparation, celebration, and proclamation** and spirals of **life, death, and resurrection** as you follow the Christian story through the year.

This means the traditions and rituals of the church calendar can become a place of continual expansion, rather than confinement. Our hearts will be opened, by the power of the Holy Spirit, to God's love in the most ordinary moments. Our questions are welcomed by Christ, who offers us the mystery of salvation. Our longings for an ancient faith are answered by the spectrum of saints who worshiped God through the centuries. Year by year, we grow.

To symbolize these connections, the ancient triple spiral (a *triskele*) is peppered throughout this guide. Though often attributed to the Celts, it's much older. Interpretations vary widely, but generally it represents the interconnected nature of our world. **It may also be a reminder of God's triune presence, a symbol of past, present, future, or the cyclical nature of seasons.** (Look for variations of Celtic knot symbols in church windows or architecture!)

The liturgical year tells the story of God, the Creator of time, through time itself. God is the Alpha and the Omega, the beginning and the end. Though we may rush, wait, procrastinate, or find ourselves double-booked, we are *never* lost in God's time. Similar to the spiral of a prayer labyrinth, we are pilgrims moving through sacred time, a spiral of eternity with God.

INTRODUCTION

Field Notes

Allow your unique curiosity to lead the way. The church calendar is a robust cycle full of beautiful symbolism, history, and inspiration. Allow your personal curiosities lead your exploration. This leaves plenty of room for (metaphorical) small bites or great feasts. Resist the temptation to celebrate in comparison with others.

Go at your own pace. I like to think of the calendar as a large banquet table filled with traditions, colors, and tasty plates of food. It's impossible to devour it all in a single sitting (or a single year). You may be able to take on more or less in different seasons of life, depending on your time, energy, and space. The liturgical year is a series of cyclical invitations into the story of Christ. Accept what you can and let the rest wait until it circles back round.

Use what you already have at home. Some of the most beautiful celebrations include the use of things we already have in our homes or worship spaces. For example, Advent candles can be any color, home or altar decor can include leftover fabric and elements from nature, recipes need not be exact, etc. Get creative and make each celebration personal.

When in doubt, make the pancakes or light a candle. Pancakes are always an acceptable (and delicious) way to celebrate a feast day. Pancakes are easy to customize for a particular saint or season. I've included a list of our favorite recipes on the following page. Similarly, lighting a candle can be a simple way to honor the day at hand without any advance preparation.

Invite a friend to be your companion. The journey through the church calendar is a pilgrimage. Though it can be a meaningful journey for solo-travelers, the company of a friend can fortify your experience. It might be one friend, your family, a small group, or a church community. Consider sharing in feast day preparations together or sharing a simple dessert together and discussing the season at hand.





Invitations for Reflection

What is the liturgy, or pattern of worship, in my home or faith community?

What assumptions or expectations do I have about liturgical time,
tradition, or spiritual disciplines?

Which seasons or figures in the liturgical calendar capture my attention?

What elements of celebration are life-giving to me right now?

Who might be a companion on my liturgical pilgrimage?

A Mini Rhythm of Life

A Rule (Rhythm) of Life is a monastic tool used individually or corporately as a way to integrate the principles of community, obedience, humility, and contemplation. This is an ancient practice to help us grow spiritually. ([Read more about this tool here.](#)) Either before the beginning of the church year or at the start of a new season, set aside a few minutes to reflect on the following prompts.

CHRIST

What does the life and story of Christ mean to you?
Describe how your understanding or experience of Christ has grown over time.

CURIOSITY

What initially drew you towards the liturgical year or sacred time?
Which elements, figures, or seasons of the calendar are most interesting?

CELEBRATION

Growing up, what kind of events, holidays, or milestones were celebrated or remembered?
What elements of celebration (traditions, recipes, music, etc.) are most important to you?

COMPANIONS

Identify 3-5 people (living or otherwise) who shape your faith.
Describe how you envision observing the year with others.

These categories (Christ, Curiosity, Celebration, Companions) will appear again at the bottom of each season's first page. Use these initial prompts to inspire reflections throughout the year.

A Mini Rhythm of Life

An essential piece of a Rule or Rhythm of Life is deciding how to practically integrate your values into your day-to-day routines. After reflecting on the previous page, consider the values, practices or traditions you'd like establish in your *daily, weekly, monthly, or seasonal rhythms*. This space is intended to be a personalized, gentle guide for you. Feel free to adjust throughout the year.

DAILY

WEEKLY

MONTHLY

SEASONALLY

2025 2026 LITURGICAL CALENDAR

ADVENT	November		May
	11/30 First Sunday of Advent		5/1 St. Phillip & St. James, Apostles
	December	EASTER	5/14 Ascension of the Lord
	12/1 St. Andrew, Apostle		5/24 Day of Pentecost
	12/7 Second Sunday of Advent		5/31 Trinity Sunday
	12/8 Immaculate Conception*		
	12/14 Third Sunday of Advent		June
	12/21 Fourth Sunday of Advent		6/1 Visitation of Mary to Elizabeth
	12/22 St. Thomas, Apostle		6/7 Most Holy Body and Blood of Christ*
	12/25 Nativity of the Lord		6/11 St. Barnabas, Apostle
CHRISTMASTIDE	12/26 St. Stephen, Deacon & Martyr		6/12 Most Sacred Heart of Jesus*
	12/27 St. John, Apostle & Evangelist		6/24 Nativity of St. John the Baptist
	12/28 The Holy Family*		6/29 St. Peter & St. Paul, Apostles
	12/29 The Holy Innocents		
	January		July
	1/1 The Holy Name of Our Lord		7/22 St. Mary Magdalene
	1/1 The Blessed Virgin Mary*		7/25 St. James, Apostle
	1/6 Epiphany of the Lord		
	1/11 Baptism of the Lord*		August
	1/19 Confession of St. Peter		8/6 Transfiguration of the Lord*
EPIPHANY	1/26 Conversion of St. Paul		8/15 Assumption of St. Mary
	February		8/24 St. Bartholomew, Apostle
	2/2 Presentation of the Lord (Candlemas)		September
	2/15 Transfiguration Sunday		9/8 Nativity of St. Mary*
	2/18 Ash Wednesday		9/14 Holy Cross
	2/22 First Sunday in Lent		9/21 St. Matthew, Apostle & Evangelist
	2/24 St. Mattias, Apostle		9/29 St. Michael and All Angels (Michaelmas)
	March		October
	3/1 Second Sunday in Lent		10/19 St. Luke, Evangelist
	3/8 Third Sunday in Lent		10/23 St. James of Jerusalem
ORDINARY TIME	3/15 Fourth Sunday in Lent		10/28 St. Simon & St. Jude, Apostles
	3/19 St. Joseph		10/31 All Hallows Eve (Vigil of All Saints)
	3/22 Fifth Sunday in Lent		November
	3/25 Annunciation of the Lord		11/1 All Saints Day
	3/29 Palm Sunday (Passion Sunday)		11/2 All Souls Day (All Faithful Departed)*
	April		11/22 Christ the King Sunday
	4/2 Maundy Thursday		
	4/3 Good Friday		
	4/4 Holy Saturday		
	4/5 Resurrection of the Lord		
LENT	4/6 Easter Monday		
	4/25 St. Mark the Evangelist		
HOLY WEEK			
EASTER			



Advent

We prepare for the arrival of Christ.

The church calendar begins with the anticipation of Christ's birth in the four Sundays preceding Christmas. We begin the year by preparing our hearts for Christ. Each Sunday of this season carries a theme that correlates to one of four candles on the traditional Advent wreath, hope, peace, joy, and love. Depending on one's tradition, lectionary readings, or preference, there are different collections of themes to choose from. (See table below.)

Advent looks towards Christmas without jumping into the celebrations too soon. It embraces the experiences of waiting, longing, and expectation. In our current place in time, these four weeks can be a season to anticipate both the first and second coming of Christ. The Church is invited to prepare their inner and outer world for the arrival of a divine savior, much like a parent prepares their heart and home for a new baby.

Advent Breath Prayer

Inhale: Eternal Light,

Exhale: Create in us your home.



Seasonal Reflections:

Where do you notice hope, peace, joy, love in your thoughts, actions, and relationships? Where are you longing for hope, peace, joy, love?

What is it like for you to wait or anticipate? What does this feel like in your body?

How might you prepare a place in your heart or home for Christ?

Seasonal Highlights

Hymns:

O Come, O Come Emmanuel

Gabriel's Message

Creator of the Stars of Night

Notable Feast Days:

December 1, Saint Andrew, Apostle

December 6, Saint Nicholas of Myra

December 13, Saint Lucia of Syracuse

December 21, Saint Thomas, Apostle

Ember Days:

December 17, 19, 20

CHRIST

CURIOSITY

CELEBRATION

COMPANIONS

Various Advent Themes

Advent Sundays	Traditional Themes	Nativity Themes	Scriptural Themes	Carmelite Themes
First Sunday	Hope	Prophecy	Old Testament Prophets	Waiting
Second Sunday	Peace	Bethlehem	Scripture	Accepting
Third Sunday	Joy	Shepherds	Mary, Mother of Jesus	Journeying
Fourth Sunday	Love	Angels	John the Baptist	Birthing

Suggested Practices

Create an Advent wreath: Position four candles in a circle. Create a simple wreath around the candles either with branches, salt dough, or other decor. Traditionally, there are three purple and one pink, but any colors will do. Start by lighting one candle on the first Sunday and continue to light the rest of the candles one by one as Advent goes on.

Celebrate Las Posadas: Las Posadas (meaning "the inns") is a Latin American tradition of reenactment remembering Mary and Joseph's search for shelter in Bethlehem. Acting as Mary and Joseph, groups move from (predetermined) house to house only to be denied "lodging." They are finally welcomed in at the last house. Songs, dancing, delicious food, and piñatas mark the celebration.

Learn of Our Lady of Guadalupe: December 12 is the feast day for Our Lady of Guadalupe, a title given to the mother of Christ who appeared before two common men in the 17th century in Mexico. This miraculous story inspired a legacy for faith formation and strengthened belief in divine protection.

Suggested Readings

Read the Great Advent Antiphons: Antiphons are portions of biblical text put to music and read December 17–23. Advent's seven antiphons express longing for a messiah and reflect hope found in Old Testament scriptures. If they seem familiar, a paraphrased version is found in the hymn, O Come, O Come Emmanuel. ([Read the Great Advent Antiphons.](#))

Christmastide

We celebrate the birth of Christ.

The celebrations for Christmas last over a period of twelve days, from the evening of December 24th to January 6th. This season celebrates the birth of Christ and also includes days to honor people and events related to the incarnation of Christ.

During this time we rejoice in the divine incarnation; Jesus Christ is fully God and fully man. This mystery is foundational to the Christian faith and is remembered through an extended time of celebration. Though unexplainable in most ways, songs, art, prayers, stories, and rituals decorate this season as a way to describe the promise of eternal life.

While the nativity of Christ brings hope, Christmastide includes a somber feast day, the Feast of the Holy Innocents, to remember the children killed during the reign of King Herod. This day is also a reminder that suffering goes on and restoration has yet to be fully realized.

Christmas Breath Prayer

Inhale: Hope of Creation,
Exhale: Your salvation restores us.



Seasonal Reflections

What elements or figures in the Christmas story, from Mary's encounter with Gabriel to the humble delivery of the Christ child, invoke celebration, grief, or wonder for you?

Emmanuel is a name for Jesus that means God with us. What does it mean for God to be among you or your community?

How does the physical incarnation of Christ -- fully God and fully human -- impact your view of your own body?

Seasonal Highlights

Hymns:

For unto us a Child is born
Infant Holy, Infant Lowly
O Holy Night

Notable Feast Days:

December 26, Saint Stephen, Martyr
December 27, Saint John, Apostle
December 29, The Holy Innocents
January 1, The Holy Name of Our Lord

CHRIST

CURIOSITY

CELEBRATION

COMPANIONS

Suggested Practices

Slow Gift Giving: Extend Christmas joy by opening a gift or sharing a holiday experience once per each day of Christmastide. Holiday experiences might include baking cookies, singing carols, visiting outdoor lights, or other family traditions.

Set-Up a Nativity Scene: Whether indoors or outdoors, arrange the characters of the Christmas story around a manger with Christ swaddled inside. (If you arranged one during Advent, consider excluding the manger or the infant until Christmas when we celebrate Jesus' birth.)

Learn of Saint Nicholas: The fast day for Saint Nicholas is technically within Advent on December 6. Even so, his life is appropriate to remember during Christmas. Myths of Santa Claus may be countered with the real story of Nicholas of Myra, who was a very generous Christmas pilgrim and scholar.

Suggested Readings

Luke 2:1-14, (15-20): "In those days a decree went out from Caesar Augustus that all the world should be registered. This was the first registration and was taken while Quirinius was governor of Syria. All went to their own towns to be registered. Joseph also went from the town of Nazareth in Galilee to Judea, to the city of David called Bethlehem, because he was descended from the house and family of David. He went to be registered with Mary, to whom he was engaged and who was expecting a child. While they were there, the time came for her to deliver her child. And she gave birth to her firstborn son and wrapped him in bands of cloth and laid him in a manger, because there was no place in the guest room.

Now in that same region there were shepherds living in the fields, keeping watch over their flock by night. Then an angel of the Lord stood before them, and the glory of the Lord shone around them, and they were terrified. But the angel said to them, "Do not be afraid, for see, I am bringing you good news of great joy for all the people: to you is born this day in the city of David a Savior, who is the Messiah, the Lord. This will be a sign for you: you will find a child wrapped in bands of cloth and lying in a manger." And suddenly there was with the angel a multitude of the heavenly host, praising God and saying,

"Glory to God in the highest heaven,
and on earth peace among those whom he favors!"

Additional texts: John 1:1-14, Matthew 25:31-46

Epiphany

We proclaim the Incarnation to all.

Epiphany is believed to be an older celebration than Christmas beginning as early as 361 A.D. This might be a surprising discovery as the modern emphasis lies on Christmas. Nevertheless, Epiphany, also called Theophany, Little Christmas, and Three King's Day, is celebrated on January 6th each year.

This season's meaning is rooted in the original definition of the word epiphany, which means manifestation. The three magi who visited Jesus as an infant were some of the first to recognize the manifestation of Christ, according to Matthew 2:1-12. This liturgical season proclaims the presence, identity, power, and glory of Christ to all people through four major revelations of Christ:

- Matthew 2 (Revelation of God to Gentiles)
- Matthew 3:13-17 (Revelation of Jesus as God's son)
- John 2:1-11 (Revelation of Christ's power)
- Matthew 17:1-13 (Revelation of Christ's glory)

Epiphany Breath Prayer

Inhale: Bright Morning Star,
Exhale: Guide us in your truth.



Seasonal Reflections

How do the four revelations shape your understanding of Christ's life and ministry?

If you've experienced or witnessed baptism, describe what that was like.

What manifestations of Christ have you encountered?

Seasonal Highlights

Hymns:

We Three Kings

Go Tell it On the Mountain

What Star is This

Notable Feast Days:

January 6, Epiphany

January 11, Baptism of the Lord

CHRIST

CURIOSITY

CELEBRATION

COMPANIONS

Suggested Practices

Eat Kings' Cake: This special cake marks the arrival of the magi. Traditionally, this cake is eaten on January 6th, the first day of Epiphany or Three Kings Day. Variations around the world include colorful sprinkles, delicious fruit toppings, or almond paste at the center. This cake is also associated with Mardi Gras and Carnival celebrations.

Bless the Door of Your Home: Gather family, friends, or roommates to bless the main entrance of the home with a chalk inscription: 20 + C + M + B + 26. The numbers represent the current year and the letters represent the magi. This blessing is an Epiphany tradition inspired by Deuteronomy 6:9. ([Read more on this practice.](#))

Light a Candle: The Presentation of the Lord, often known as Candlemas, is the day we remember when Jesus was presented at the temple 40 days after his birth for rites of purification according to the Torah. Simeon and Anna recognized the child's Light and declared his life would defeat darkness. Many churches may bless candles during this time. Light an ordinary candle or the one given to you at your baptism to represent a life consecrated to God.

Suggested Readings

Matthew 2:1-12: "In the time of King Herod, after Jesus was born in Bethlehem of Judea, magi from the east came to Jerusalem, asking, "Where is the child who has been born king of the Jews? For we observed his star in the east and have come to pay him homage." When King Herod heard this, he was frightened, and all Jerusalem with him, and calling together all the chief priests and scribes of the people, he inquired of them where the Messiah was to be born. They told him, "In Bethlehem of Judea, for so it has been written by the prophet:

'And you, Bethlehem, in the land of Judah,
are by no means least among the rulers of Judah,
for from you shall come a ruler
who is to shepherd my people Israel.' "

Then Herod secretly called for the magi and learned from them the exact time when the star had appeared. Then he sent them to Bethlehem, saying, "Go and search diligently for the child, and when you have found him, bring me word so that I may also go and pay him homage." When they had heard the king, they set out, and there, ahead of them, went the star that they had seen in the east, until it stopped over the place where the child was. When they saw that the star had stopped, they were overwhelmed with joy. On entering the house, they saw the child with Mary his mother, and they knelt down and paid him homage. Then, opening their treasure chests, they offered him gifts of gold, frankincense, and myrrh. And having been warned in a dream not to return to Herod, they left for their own country by another road."

Additional texts: Luke 2:22-40, Luke 3:15-17, 21-22

Ordinary Time

We notice the sacred in everyday life.

The weeks following the Christmas and Easter cycles are known as Ordinary Time or the season after Epiphany. Generally, this period of time focuses on Jesus' life between his birth and his resurrection. It's significant that Ordinary Time takes up so much of the church year. This dedicated space invites the Church to examine their individual and communal lives, offer gratitude for the unconditional love and presence of God, and reorient themselves to the way of the Spirit.

In both occurrences, Ordinary Time blends the secular and the sacred elements of life together. Mundane tasks, necessary chores, daily commutes -- all that might be considered too dull or painful to be the home of God -- are actually the very places divine light waits to be noticed. Though there are less major celebrations or feast days to remember, the Spirit of God is present and active. This offers the Church new opportunities each day to anticipate and discover the sacred in "normal" life.

Ordinary Time Breath Prayer

Inhale: Good Shepherd,
Exhale: Lead us to still waters.



Seasonal Reflections

As the Advent, Christmas, and Epiphany festivities come to a close, what messages or memories have encouraged or edified you in these last few weeks?

In your day-to-day routine, where do you feel the most alive? Or the most depleted? Where might you notice the voice of Love?

How might the sacred be noticed in your daily rhythms or relationships?

Seasonal Highlights

Hymns:

I Sought the Lord, and Afterward I Knew
O The Deep, Deep Love
Womb of Life and Source of Being

Notable Feast Days:

January 19, Confession of Saint Peter
January 26, Conversion of Saint Paul
February 2, Presentation of the Lord
February 15, Transfiguration Sunday
February 17, Shrove Tuesday

CHRIST

CURIOSITY

CELEBRATION

COMPANIONS

Suggested Practices

Pray the Daily Examen: This prayer includes five prompts that support personal reflection on God's movement each day. By paying attention to daily activity, this practice helps one foster gratitude and identify places where reconciliation is necessary. ([Read more on this practice.](#))

Shrove Tuesday: Right before Ash Wednesday is Shrove Tuesday, or Fat Tuesday, where people feast extravagantly before fasting for Lent. Mardi Gras or Carnival are expressions of this tradition. Find a selection of pancake recipes in the appendix to inspire your pancake supper.

Take a Nature Walk: The psalmist reminds us "the heavens declare the glory of God." Nature proclaims God's handiwork through texture, smell, vibrant colors, and vast ecosystems. Take time outdoors to observe and enjoy the world around you. Integrate the outdoors into your home by opening a window or setting flowers or branches in a vase.

Suggested Readings

Luke 6:17–26: "He came down with them and stood on a level place with a great crowd of his disciples and a great multitude of people from all Judea, Jerusalem, and the coast of Tyre and Sidon. They had come to hear him and to be healed of their diseases, and those who were troubled with unclean spirits were cured. And everyone in the crowd was trying to touch him, for power came out from him and healed all of them.

Then he looked up at his disciples and said:

"Blessed are you who are poor,
for yours is the kingdom of God.

"Blessed are you who are hungry now,
for you will be filled.

"Blessed are you who weep now,
for you will laugh.

"Blessed are you when people hate you and when they exclude you, revile you, and defame you on account of the Son of Man. Rejoice on that day and leap for joy, for surely your reward is great in heaven, for that is how their ancestors treated the prophets.

"But woe to you who are rich,
for you have received your consolation.

"Woe to you who are full now,
for you will be hungry.

"Woe to you who are laughing now,
for you will mourn and weep.

"Woe to you when all speak well of you, for that is how their ancestors treated the false prophets."

Additional texts: John 8:12–20, Psalm 37:1–11, 39–40, Luke 9:28–36, (37–43a)

Lent

We prepare for Christ's healing work.

The 40 days, give or take, before Easter are known as Lent. Beginning on Ash Wednesday, Lent focuses on three main themes, fasting, repentance, and almsgiving, as a way to prepare for the anticipated suffering of Christ. The number forty is symbolic in scripture. It's used in stories of suffering, wandering, purification, and preparation. These themes may also be experienced during the season Lent.

During these solemn weeks, the Church laments individual and communal sin. Particular concern is given to the needs of the poor, sick, and oppressed. Christians are invited to repent from where they've missed the mark and resolve to seek restoration.

Fasting, repentance, and almsgiving are three postures that correlate to the physical body, the soul, and the surrounding community, respectively. Expressions will vary from person to person, though they should all lead one closer to the love of God and God's love for all people.

Seasonal Breath Prayer

Inhale: Merciful God,

Exhale: Nothing can separate us from your love.



Seasonal Reflections

*What are you sad about right now?
How does that grief or lament show up
in your life?*

*Where in your life might you embrace
simplicity or fasting for the next 40
days?*

*The word repent in Greek (metanoia)
means to change. Describe something
that is changing in your life, or
something you'd like to change.*

Seasonal Highlights

Hymns:

Come Thou Fount

There's a Wideness in God's Mercy

Be Still My Soul

Notable Feast Days:

February 18, Ash Wednesday

February 24, Saint Matthias, Apostle

March 19, Saint Joseph

March 25, Annunciation of the Lord

Ember Days: February 25, 27, 28

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Suggested Practices

Service to Others: Dedicate time to serve others in your home or local community through small acts of kindness, offering a meal or childcare, volunteering, or financial generosity.

Fasting: Abstaining, whether from a particular food or activity, is a practice that informs our sense of discipline. Fasting does not have to be centered on food, especially if disordered eating is present. Consider abstaining from social media, television, unnecessary spending, or alcohol. During Lent Sundays are a weekly opportunity to break fasts.

Pray the Lectio Divina: Lectio divina, which means sacred reading, is a prayer practice embodied in four movements: read, meditate, pray, contemplate. Choose a passage of scripture, a song, or poem and slowly read through it 3–4 times. Consider how this passage broadens your awareness of God's presence. ([Read more on this practice.](#))

Suggested Readings

Luke 4:1-13: “Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness, where for forty days he was tested by the devil. He ate nothing at all during those days, and when they were over he was famished. The devil said to him, “If you are the Son of God, command this stone to become a loaf of bread.” Jesus answered him, “It is written, ‘One does not live by bread alone.’ ”

Then the devil led him up and showed him in an instant all the kingdoms of the world. And the devil said to him, “To you I will give all this authority and their glory, for it has been given over to me, and I give it to anyone I please. If you, then, will worship me, it will all be yours.” Jesus answered him, “It is written,

‘Worship the Lord your God,
and serve only him.’ ”

Then the devil led him to Jerusalem and placed him on the pinnacle of the temple and said to him, “If you are the Son of God, throw yourself down from here, for it is written,

‘He will command his angels concerning you,
to protect you,’ and

‘On their hands they will bear you up,
so that you will not dash your foot against a stone.’ ”

Jesus answered him, “It is said, ‘Do not put the Lord your God to the test.’ ” When the devil had finished every test, he departed from him until an opportune time.”

Additional text: Psalm 51:1-17, 2 Corinthians 5:16-21

Holy Week

We prepare for the death of Christ.

The last week of Lent is Holy Week, where the focus is drawn to Christ's life in the final days before his crucifixion, or the Passion. Themes and stories include Jesus' arrival in Jerusalem, the Last Supper, his prayer in the garden of Gethsemane, the trial before Pilate, and finally his crucifixion and burial. The final three days of Holy Week (Maundy Thursday, Good Friday, and Holy Saturday) are often referred to as Easter Triduum or Paschal Triduum.

Though Jesus had the ability to showcase divine power, he chose to present himself in humility to both his faithful followers and his worst critics. His desire to ride on a donkey further communicated his understanding that power is given by God rather than the earthly empire.

Seasonal Breath Prayer

Inhale: Prince of Peace,
Exhale: Heal us from our sin.



Seasonal Reflections

As you consider the Biblical stories and events of this week, what's happening in your body? Do notice any particular emotions or sensations?

What teachings, subtle or otherwise, have you received about the crucifixion of Jesus? How have those messages shaped your connection with God?

Though there are many interpretations of Holy Saturday, how does Christ's descent into darkness or hell interact with your own experiences of loss or grief?

Seasonal Highlights

Hymns:

Your will be done on earth, O Lord /
Mayenziwe 'ntando yakho
Parce Domine
O Cross of Christ Immortal Tree

Notable Feast Days:

March 29, Palm Sunday
April 2, Maundy Thursday
April 3, Good Friday
April 4, Holy Saturday

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Reflections

Important Dates	Significant Themes
Liturgy of the Palms or Passion (Sunday)	Jesus enters Jerusalem on a borrowed donkey.
Maundy Thursday	Jesus washes the disciples' feet in humility.
Good Friday	Jesus is crucified at Golgotha and dies.
Holy Saturday	Jesus descends into darkness and awaits his resurrection.

Suggested Readings

Luke 19:28-40: "After he had said this, he went on ahead, going up to Jerusalem.

When he had come near Bethphage and Bethany, at the place called the Mount of Olives, he sent two of the disciples, saying, "Go into the village ahead of you, and as you enter it you will find tied there a colt that has never been ridden. Untie it and bring it here. If anyone asks you, 'Why are you untying it?' just say this, 'The Lord needs it.' " So those who were sent departed and found it as he had told them. As they were untying the colt, its owners asked them, "Why are you untying the colt?" They said, "The Lord needs it." Then they brought it to Jesus, and after throwing their cloaks on the colt, they set Jesus on it. As he rode along, people kept spreading their cloaks on the road. Now as he was approaching the path down from the Mount of Olives, the whole multitude of the disciples began to praise God joyfully with a loud voice for all the deeds of power that they had seen, saying,

"Blessed is the king
who comes in the name of the Lord!
Peace in heaven,
and glory in the highest heaven!"

Some of the Pharisees in the crowd said to him, "Teacher, order your disciples to stop." He answered, "I tell you, if these were silent, the stones would shout out."

Additional texts: Isaiah 52:13-53:12, John 18:1-19:42

Eastertide

We celebrate Christ's defeat over death.

Similar to Christmas, Easter is not simply a single day in the church calendar. Eastertide is a season beginning on Easter Sunday, the day which celebrates the resurrection of Christ, and lasts 50 days. Each Sunday following Easter Sunday remembers various elements of Christ's post-resurrection life. Your church may light a large Paschal candle, which represents the light of Christ and will burn until Pentecost.

Eastertide is a season celebrating the divine triumph over death. There are many theories about the purpose of Christ's crucifixion, death, and resurrection across Christian traditions. Despite significant differences in theology, all point to God's desire to love humankind through all eternity. The light of God's unconditional love cannot be put out. Easter emphasizes the importance the incarnation and God's power over death and suffering.

Eastertide Breath Prayer

Inhale: Risen Christ,
Exhale: Even death cannot defeat you.



Seasonal Reflections

Imagine yourself standing at the entrance of the empty tomb, and then seeing the risen Christ. How does the resurrection inform your journey of faith?

Take note of the themes celebrated each Sunday after Easter. Which one speaks to you?

Mary Magdalene finds Jesus waiting for her at the tomb. Where might Christ be waiting for you to discover him?

Seasonal Highlights

Hymns:

Halle Halle Halle (Hallelujah)

Christ the Lord is Risen Today

Now the green blade rises

Lord of the Dance

Notable Feast Days:

April 5, Easter Sunday

April 25, St. Mark, Evangelist

May 1, Saint Philip and Saint James

May 14, Ascension of the Lord

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Various Themes of Easter Sundays

During the 50 days of Easter each Sunday takes on a particular theme leading up to Pentecost. Each tradition has a slightly different focus during those weeks. The table below outlines how Catholic, Protestant, and Orthodox churches usually worship during that time. The Orthodox tradition has a separate calendar that does not always align with the Catholic and Protestant dates.

Sundays of Easter	Catholic Themes	Protestant Themes	Greek Orthodox Themes
Second Sunday	Divine Mercy Sunday	St. Thomas Sunday	St Thomas Sunday or Antipascha
Third Sunday	Misericordia Sunday	Holy Eucharist Sunday	Sunday of the Myrrhbearing Women
Fourth Sunday	Jubilate Sunday or Vocations Day	Good Shepherd Sunday	Sunday of the Paralytic
Fifth Sunday	Cantate Sunday (Sing to the Lord)	Meal (Eucharist) Sunday	The Feast of Mid-Pentecost
Sixth Sunday	Rogationtide	Rogationtide	Sunday of the Blind Man
Seventh Sunday	Ascension of Our Lord	Ascension of Our Lord	(Ascension Day is celebrated on 40th day of Easter.)
Eighth Sunday	Pentecost	Pentecost	Pentecost

Easter Octave: In addition to the eight Sundays of Easter, some Christian traditions celebrate *Easter Week*, or the first eight days of the season. This period begins Easter Sunday and ends the second Sunday of Easter. Scriptural readings are attuned to the events around Christ's resurrection.

Suggested Practices

Decorate with Flowers or Vibrant Colors: Easter celebrates new life in Christ. As a symbol of this life, decorate table tops with fresh cut or origami flowers. If not flowers, add in colorful linens, pillows, or other pieces that represent growth, vibrancy, and joy.

Decorate Easter Eggs: Dying eggs is a tradition that dates back to at least the middle ages. Prior to the resurrection eggs were symbols of restoration and new life. The church adopted this symbol. The Orthodox church is known to dye eggs red to symbolize the blood of Christ, but a full range of colors are still appropriate for the season of Easter.

Observe Rogationtide: The three days before Ascension Day is a time of intercession. The word rogation comes from a Latin verb meaning to ask. Historically this was a time to pray for an abundant harvest and the protection of the church. In a contemporary context, this time can be used to pray for the care of creation, the health of the economy, and the protection of those who grow, harvest, and distribute food.

Decorate a Paschal Candle: Use soft, colorful beeswax to decorate a white taper candle with the symbols found on traditional Easter candles. ([Here are some instructions.](#)) If your church lights a Paschal candle, get up close to study the designs that reflect liturgical and scriptural themes of Christ's life.

Suggested Reading

John 20:1-2, 11-18: "Early on the first day of the week, while it was still dark, Mary Magdalene came to the tomb and saw that the stone had been removed from the tomb. So she ran and went to Simon Peter and the other disciple, the one whom Jesus loved, and said to them, "They have taken the Lord out of the tomb, and we do not know where they have laid him."

But Mary stood weeping outside the tomb. As she wept, she bent over to look into the tomb, and she saw two angels in white sitting where the body of Jesus had been lying, one at the head and the other at the feet. They said to her, "Woman, why are you weeping?" She said to them, "They have taken away my Lord, and I do not know where they have laid him." When she had said this, she turned around and saw Jesus standing there, but she did not know that it was Jesus. Jesus said to her, "Woman, why are you weeping? Whom are you looking for?" Supposing him to be the gardener, she said to him, "Sir, if you have carried him away, tell me where you have laid him, and I will take him away." Jesus said to her, "Mary!" She turned and said to him in Hebrew, "Rabbouni!" (which means Teacher). Jesus said to her, "Do not touch me, because I have not yet ascended to the Father. But go to my brothers and say to them, 'I am ascending to my Father and your Father, to my God and your God.' " Mary Magdalene went and announced to the disciples, "I have seen the Lord," and she told them that he had said these things to her."

Additional texts: Acts 10:34-43

Pentecost

We proclaim the comfort God's Spirit to all.

Pentecost celebrates the gift of the Holy Spirit after Christ ascends into heaven, as told in Acts 2:1-31. Although the actual feast day is only a few days, this is considered the longest season in the church calendar, lasting until Advent begins again. It is common to refer to the weeks after the initial observances as Ordinary Time.

Many mark Pentecost as the beginning of Christianity. Although this is not the first time the Spirit of God is present with God's people, the individual tongues of fire above each person's head are a relatively unique manifestation. The Holy Spirit is marking each person as a dwelling place for God. This is true even today. Pentecost celebrates the wisdom of the Holy Spirit through the fruit of love, peace, joy, gentleness, kindness, patience, goodness, faithfulness, and self-control.

Pentecost Breath Prayer

Inhale: Three-in-One,
Exhale: Mark us with your Spirit.



Seasonal Reflections

How would you describe the Holy Spirit's role in your faith formation?

What is it like for you to be a home to the Holy Spirit? How do notice the voice or work of the Spirit in your life?

Consider a role model or mentor in your life. What fruit of the Spirit are evident in their life?

Seasonal Highlights

Hymns:

She sits like a bird / Enemy of apathy
Sent out in Jesus name / Enviado soy
de Dio

Mungu Ni Mwema / Know That God Is
Good

Notable Feast Days:

May 24, Pentecost Sunday
May 31, Trinity Sunday

Ember Days:

May 27, 29, 30

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Suggested Practices

Wear Red: The traditional color for Pentecost is red, symbolizing the flames of fire above the disciples' heads, but may also reflect an abundant harvest growing in the fields. Wearing red on this day can symbolize the transformative work of the Spirit.

Learn a New Language: The account recorded in Acts describes the disciples suddenly speaking in different languages. Consider learning a phrase or simple prayer in a different language.

Engage in Peacemaking: The ministry of Christ emphasizes loving God and others well. Peacemaking is the act of fostering reconciliation, which can be expressed through service work, education, activism, and other forms of community building. These activities can lead us towards Spirit-led justice which is rooted in the Gospel of Christ.

Suggested Readings

Acts 2:1–13 (14–21): “When the day of Pentecost had come, they were all together in one place. And suddenly from heaven there came a sound like the rush of a violent wind, and it filled the entire house where they were sitting. Divided tongues, as of fire, appeared among them, and a tongue rested on each of them. All of them were filled with the Holy Spirit and began to speak in other languages, as the Spirit gave them ability.

Now there were devout Jews from every people under heaven living in Jerusalem. And at this sound the crowd gathered and was bewildered, because each one heard them speaking in the native language of each. Amazed and astonished, they asked, “Are not all these who are speaking Galileans? And how is it that we hear, each of us, in our own native language? Parthians, Medes, Elamites, and residents of Mesopotamia, Judea and Cappadocia, Pontus and Asia, Phrygia and Pamphylia, Egypt and the parts of Libya belonging to Cyrene, and visitors from Rome, both Jews and proselytes, Cretans and Arabs—in our own languages we hear them speaking about God’s deeds of power.” All were amazed and perplexed, saying to one another, “What does this mean?” But others sneered and said, “They are filled with new wine.””

Additional text: John 14:8–17, (25–27), Romans 8:14–17

Ordinary Time

We notice the sacred in everyday life.

The season after Pentecost, or the second period of Ordinary Time, is the longest season in the church year. This stretch of time emphasizes the importance of daily life with the Holy Spirit. As the church crosses the threshold of Pentecost, the rhythms within real life continue to reveal the presence of God through even the smallest of encounters. This season, along with the entire liturgical year, ends with Christ the King Sunday. This particular Sunday is a time to remember the sovereignty of Christ's kingship.

Ordinary Time also recognizes many figures in early church history. There are many more figures, historical and modern, included in the Lesser Feast Days in Catholic and Protestant calendars. (Lesser Feast Days are not included in this calendar.) All Saints Day and All Souls Day honor the lives of individuals who are no longer with us in body, but continue to shape the church today.

Ordinary Time Breath Prayer

Inhale: Eternal Love,

Exhale: We trust in you.



Seasonal Reflections

As the seasons of Eastertide and Pentecost come to close, what messages or memories have encouraged or edified you in these last few weeks?

Who has shaped your faith the most?

How does the sovereignty of Christ shape your experience of prayer or other relational aspects of faith in God?

Seasonal Highlights

Hymns:

Praise the One Who Breaks the Darkness

O God Beyond All Praising

I Sing A Song Of the Saints of God

Notable Feast Days:

June 24, Saint John the Baptist

August 6, Transfiguration of the Lord*

November 1, All Saints Day

November 23, Christ the King

(See full calendar page for more dates.)

Ember Days: September 16, 18, 19

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Suggested Practices

Create a Rule of Life: A Rule (or Rhythm) of Life is a monastic practice that helps identify what matters most and supports the integration of your values with everyday rhythms and relationships. ([Read more on this practice.](#))

Talk with a Spiritual Director: Spiritual direction is an ancient Christian practice centered on holy listening. Spiritual directors and companions are trained spiritual care professionals who can listen for God's voice alongside of you. Sessions are intended to support the health of your inner life and unique faith story. ([Read more on this practice.](#))

Feast on Sundays: In the liturgical calendar Sundays are considered weekly feast days to remember and celebrate the resurrection of Christ. You may enjoy sharing a special meal, attending a worship service, resting, or doing something that delights you.

Suggested Readings

Colossians 1:15–23: “He is the image of the invisible God, the firstborn of all creation, for in him all things in heaven and on earth were created, things visible and invisible, whether thrones or dominions or rulers or powers—all things have been created through him and for him. He himself is before all things, and in him all things hold together. He is the head of the body, the church; he is the beginning, the firstborn from the dead, so that he might come to have first place in everything. For in him all the fullness of God was pleased to dwell, and through him God was pleased to reconcile to himself all things, whether on earth or in heaven, by making peace through the blood of his cross.

And you who were once estranged and hostile in mind, doing evil deeds, he has now reconciled in his fleshly body through death, so as to present you holy and blameless and irreproachable before him, provided that you continue securely established and steadfast in the faith, without shifting from the hope promised by the gospel that you heard, which has been proclaimed to every creature under heaven. I, Paul, became a minister of this gospel.”

Additional text: Genesis 18:1–10, Lamentations 3:19–26, Romans 5:1–5





Appendix

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APPENDIX

Going Deeper

Prepare food relevant to season or feast day: Use a liturgical cookbook or research traditional recipes to commemorate particular seasons, saints, or feast days. Many times pancakes are a popular and simple choice. Invite others to join you and bring a dish or tradition unique to them. (Suggested reading: *A Continual Feast: A Cookbook to Celebrate the Joys of Family & Faith throughout the Christian Year* by Evelyn Vitz.)

Form a community group: Celebrating the church year with others is a great way to learn from the traditions and preferences of others. Consider forming a small group of friends or families and rotate responsibilities related to hosting, cooking, or providing an activity.

Discover church history: There is significant church history reflected in the liturgical calendar through the lives of saints and the context of how major feast days and festivals began. Consider reading up on the saints featured in the lesser feast days or take a class on church history. (Suggested reading: *The Story of Christianity Volumes 1 and 2* by Justo L. Gonzalez.)

Visit liturgical worship services: Immerse yourself in the music, prayers, and colors of the church year through a worship service. Whether or not liturgical worship is familiar to you, consider visiting a church (or a new church) that offers this style of service, such as a monastery or Catholic, Anglican, Methodist, Lutheran, or Orthodox congregations.

Take your time through the year: The calendar can be explored slowly over time. Find 3–4 feast days or seasons that speak to you each year and allow them to be the priority over others. Use the year to understand your selections through tradition, scripture, spiritual practices, meals, or discussion. There is no obligation to celebrate all things every year.

Plan ahead: Preparing ahead of time can alleviate potential stress and help you be present in the moment at hand. The additional planning sheet may be used to aid in preparing for meals, handcrafts, family worship, small group activities, or other celebratory events.



APPENDIX

Small Group Discussion Guide

The liturgical year fosters rich conversations on the life of Christ. The chart on the following page is a suggested tour through the church calendar with a small group in mind. It is meant to be living collection of seasons, saints, and stories with plenty of room for customization to suit your group's interests and schedule.

Depending on the group, this outline may be compressed or expanded as needed. For example, the table is set up for twelve monthly meetings, but you could easily create an excellent 6–8 week discussion outline from this. By using this simple outline with the support of the rest of the guide, you have a great entry point into sacred time. Whether you use this chart in the original form or exchange different elements, be encouraged to make it your own with additional activities, spiritual practices, recipes, or feast days.

Tips for Meaningful Connections

- **Embrace diversity.** In any group setting there are likely multiple denominations, traditions, and perspectives present. The variations between Christian traditions do not exist on a hierarchy. Delight in learning from a variety of Christian practices.
- **Proceed with care.** Discussing theological traditions and sacred time can stir up memories, emotions, and assumptions deep in our inner lives. Tend to each members' experiences carefully.
- **Integrate the senses.** Consider how you might bring the elements of this guide – songs, prayer, scripture, history -- to life in your group. You may sing an opening hymn together, practice lectio divina with a selected scripture, or share a historical or family photo.
- **Discover the saints.** The chart below is a collection of suggestions. To make your group's discussion meaningful, replace the suggested saint with a saint that has a particular connection with your group. You may choose to focus on female saints, saints from a particular region or those whose work impacted a certain community.
- **Eat together.** Food is a wonderful way to gather folks together. Consider hosting tea time or a potluck dinner. Invite themed desserts or exchange holiday recipes.

Discussion Guide: Women of the Church Year

Month	Season	Saint	Scripture
Jan	Epiphany	St. Florence Li Tim-Oi	Christ the Son of God (Matthew 3:13-17)
Feb	Ordinary Time	St. Josephine Bakhita	Christ the Light of the World (Luke 2:22-39)
Mar	Lent	St. Mary of Egypt	Christ in the Wilderness (Luke 4:1-13)
Apr	Easter	St. Catherine of Siena	Christ is Risen (John 20:19-29)
May	Easter	St. Julian of Norwich	Christ is Ascended to Heaven (Acts 1:9-12)
Jun	Pentecost	Blessed Mary and Elizabeth	Christ Sends the Spirit (Acts 2:1-21)
Jul	Ordinary Time	St. Maria Skobtsova	Christ With Us (Matthew 28:16-20)
Aug	Ordinary Time	St. Clare of Assisi	Christ For Us (Romans 5:1-11)
Sept	Ordinary Time	St. Hildegard of Bingen	Christ In Us (Ephesians 3:14-21)
Oct	Ordinary Time	St. Teresa of Avila	Christ Around Us (Colossians 1:15-23)
Nov	Advent	St. Margaret of Antioch	Christ is Coming (Luke 1:26-38)
Dec	Christmas	Our Lady Of Guadalupe	Christ in the Flesh (Matthew 1:18-25)



Discussion Questions

After reading about the season, saint, and scripture, what did you notice?

Name any common threads (or contrasting threads) between season, saint, and scripture.

What themes or spirals within the liturgical season resonate with you?

How did the selected saint bear witness to Christ's life, death, and resurrection?

How does the example of the saint inform your own faith?

What might be God's invitation for you within the scripture passage?

Pancakes All Year Round

Pancakes are a traditional meal for Shrove Tuesday, Candlemas, St. Matthew's day and likely a few others, as bread and cakes are common among feast day meals. Although they're a simple meal, pancakes or crepes make celebrating relatively easy and don't take much advance preparation. Consider adding a box of premade pancake mix to your pantry to have on hand if you don't have time to make some from scratch.

- Banana Sour Cream Pancakes
- German Pancake (also known as a Dutch Baby!)
- Buttermilk Pancakes
- Savory Crepes with a Friend Egg, Cheese, and Spinach
- Simple, Sweet Crepes
- Sourdough Pancakes
- Sheetpan Pancakes

Whether you make them sweet or savory, pancakes are easily customized. Mix in blueberries for Advent or Lent, strawberries for Pentecost, blackberries for Michaelmas, or top with sprinkles for Easter -- there are so many possibilities!



*What flavors or dishes
are included in
celebratory meals in my
home or community?*

*What family recipes
might be festive
additions to my feast
day meals?*

*How can simplicity
support my liturgical
observances?*

Our Go-To Pancake Recipe

Ingredients:

Directions:

Comments or Personal Traditions:

Daily Logbook

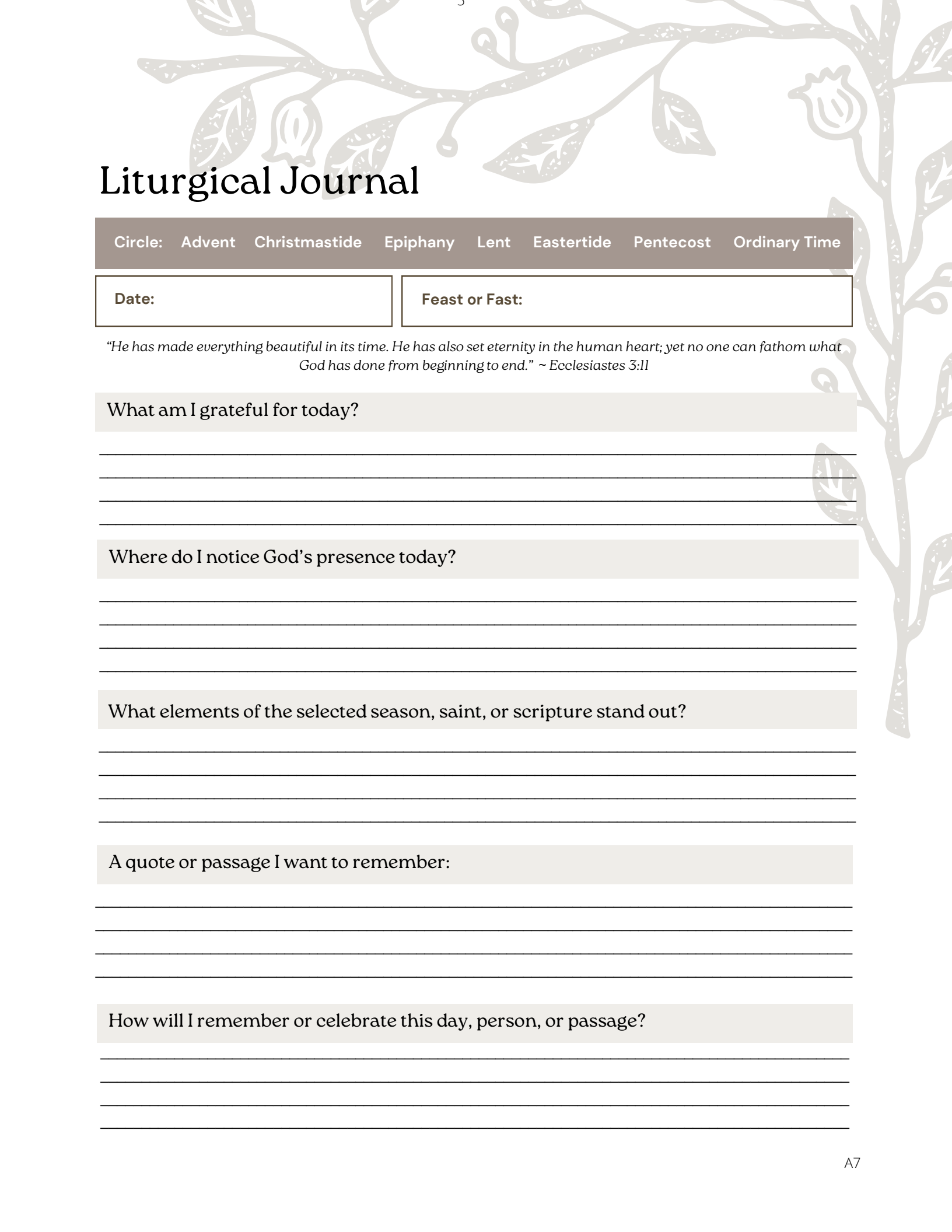
Circle: Advent Christmastide Epiphany Lent Eastertide Pentecost Ordinary Time

Date:

Daily Prayer Practice:

TIME	TASK

Notes for Tomorrow



Liturgical Journal

Circle: Advent Christmastide Epiphany Lent Eastertide Pentecost Ordinary Time

Date:

Feast or Fast:

"He has made everything beautiful in its time. He has also set eternity in the human heart; yet no one can fathom what God has done from beginning to end." ~ Ecclesiastes 3:11

What am I grateful for today?

Where do I notice God's presence today?

What elements of the selected season, saint, or scripture stand out?

A quote or passage I want to remember:

How will I remember or celebrate this day, person, or passage?



Notes for Feasts & Fasts

Circle: Advent Christmastide Epiphany Lent Eastertide Pentecost Ordinary Time

Selected Feasts or Fasts:

Selected traditions or celebrations:

Preparations required:

Tasks or Events	Meal Prep	Supplies

Suggested Reading on the Liturgical Year

Celebrating at Home

- *To Dance with God: Family Ritual and Community Celebration* by Gertrud Mueller Nelson
- *All Year Round: A Calendar of Celebrations* by Ann Druitt, Christine Fynes-Clinton, Marije Rowling
- *Faithful Celebrations: Making Time for God with the Saints* by Sharon Ely Pearson
- *A Homemade Year: The Blessing of Cooking, Crafting, and Coming Together* by Jerusalem Jackson Greer
- *Faithful Families: Creating Sacred Moments at Home* by Traci Smith
- *Seasons of Wonder* by Bonnie Smith Whitehouse
- *Living the Seasons: Simple Ways to Celebrate the Beauty of Your Faith throughout the Year* by Erica Tighe Campbell
- *Around the Year with the Von Trapp Family* by Maria Von Trapp
- *Every Season Sacred: Reflections, Prayers, and Invitations to Nourish Your Soul and Nurture Your Family throughout the Year* by Kayla Craig
- *Festivals with Children* by Briggite Barz

History of the Church Year

- *In the Beginning Was the Meal: Social Experimentation and Early Christian Identity* by Hal Taussig
- *Book of Feasts and Seasons* by Joanna Bogle
- *The Origins of Feasts, Fasts, and Seasons in Early Christianity* by Paul F. Bradshaw and Maxwell E. Johnson
- *The Story of the Christian Year* by Nardone
- *Commentary on Feasts, Holy Days, and Other Celebrations* edited by David B. Lott

Overview of the Church Year

- *The Liturgical Year: The Spiraling Adventure of the Spiritual Life* by Joan Chittister
- *Living the Christian Year: Time to Inhabit the Story of God* by Bobby Gross
- *Circle of Seasons: Meeting God in the Church Year* by K. C. Ireton
- *Welcome to the Church Year: An Introduction to the Seasons of the Episcopal Church* by Vicki K. Black
- *Through the Year with Tomie dePaola* by Catherine Harmon, John Herreid
- *Winters in the World: A Journey through the Anglo-Saxon Year* by Eleanor Parker
- *Sacred Seasons: A Family Guide to Center Your Year Around Jesus* by Danielle Hitchen

Memoir

- *Seasons of the Spirit: One Community's Journey through the Christian Year* by Teresa Morgan
- *The Cloister Walk* by Kathleen Norris
- *Things Seen and Unseen: A Year Lived in Faith* by Nora Gallagher
- *Theology of the Ordinary* by Julie Canlis

Seasonal Living & Hospitality

- *Start with Hello (And Other Simple Ways to Live as Neighbors)* by Shannon Martin
- *Restoration House: Creating a Space that Gives Life and Connection to All Who Enter* by Kennesha Buycks
- *The Lazy Genius Way: Embrace What Matters, Ditch What Doesn't, and Get Stuff Done* by Kendra Adachi
- *Cozy Minimalist Home: More Style, Less Stuff* by Myquillyn Smith
- *Holy Hygge: Creating a Place for People to Gather and the Gospel to Grow* by Jamie Erickson
- *The Life-Giving Home: Creating a Place of Belonging and Becoming* by Sally Clarkson, Sarah Clarkson
- *Seasons of a Family's Life: Cultivating the Contemplative Spirit at Home* by Wendy M. Wright
- *Slow Seasons: A Creative Guide to Reconnecting with Nature the Celtic Way* by Rosie Steer

Rituals & Traditions

- *The Power of Ritual: Turning Everyday Activities into Soulful Practices* by Casper ter Kuile
- *For Small Creatures Such as We: Rituals for Finding Meaning in Our Unlikely World* by Sasha Sagan
- *Sacred Rhythms: Arranging Our Lives for Spiritual Transformation* by Ruth Haley Barton
- *Spiritual Disciplines Handbook: Practices that Transform Us* by Adele Ahleberg Calhoun
- *Meaning in the Moment: How Rituals Help Us Move through Joy, Pain, and Everything in Between* by Amy F. Davis Abdallah
- *Liturgy of the Ordinary: Sacred Practices in Everyday Life* by Tish Harrison Warren
- *Domestic Monastery* by Ronald Rolheiser
- *The Quotidian Mysteries: Laundry, Liturgy and "Women's Work"* by Kathleen Norris

Additional Reading Lists

- Blogpost: [Illuminating Books on Sacred Time](#)
- Blogpost: [Valuable Books for Writing a Rule of Life](#)
- Website (St. Nicholas Center): [Church Year Resource Books](#)
- Website (Godspace): [Liturgical Calendar Resource List](#)
- Website (Building Faith): [Resources by Church Season](#)