

Celebrating Ordinary Time

Keep these ideas in mind as you study **Unit 1, Session 5**.

The liturgical year commemorates the life of Jesus. During Ordinary Time, we celebrate our call to follow Jesus. The Church celebrates Ordinary Time in two parts.

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Every day of the Church year is holy because God is always present with us.

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Ordinary Time does not refer to “common time” but rather it means “counted time.”

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During Ordinary Time we celebrate the seven sacraments.

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Baptism, Confirmation, and Matrimony are examples of sacraments.

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As we celebrate a sacrament, we experience the grace of God.

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At Mass during Ordinary Time, there are readings about Jesus’ life and his teachings.

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The sacred oils and holy water used during the sacraments are physical reminders of how God blesses us and touches our lives.

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Sacred signs instituted by the Church that help us grow in the grace we receive in the sacraments are called sacramentals. The Stations of the Cross and holy water are examples of sacramentals.

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The liturgical color for Ordinary Time is green.

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