

The Church Year: Sanctification of Time

- "And God said, Let there be lights in the firmament of the heaven to divide the day from the night; and let them be for signs, and for seasons, and for days, and years" (Gen. 1:14).

- "And it shall come to pass, that from one new moon to another (month), and from one Sabbath to another, shall all flesh come to worship before me, said the LORD" (Isa. 66:23).

- The Church follows the Hebrew liturgical tradition of celebrating important events in the relationship between the New Israel and God.

- **The Yearly Cycle** - monthly cycle

- The Church began to celebrate and commemorate the salvific events in the life of Christ. Each year we walk through these events and we participate in this salvation offered to us in Christ.

- As we covered in Lesson 3, through our sacramental participation in the Church we are truly united with Christ.

"Each liturgical feast renews and in some sense actualizes the event of which it is a symbol; it takes the event out of the past and makes it immediate; it offers the appropriate grace . . . to the extent that we bring to it a corresponding inclination of the soul." -Fr. Lev Gillet

The 12 Major Feasts (9 with fixed dates, 4 with movable dates)

- The Nativity of the Theotokos (Sept. 8)
- The Elevation of the Life-Creating Cross (Sept. 14)
- The Entrance of the Theotokos into the Temple (Nov. 21)
- The Nativity of our Lord and Savior Jesus Christ (Dec. 25)
- The Theophany of our Lord and Savior Jesus Christ (Jan. 6)
- The Meeting of our Lord Jesus Christ in the Temple (Feb. 2)
- The Annunciation of the Most Holy Theotokos (March 25)

- The Transfiguration of our Lord (Aug. 6)

- The Dormition of the Theotokos (Aug. 15)

The 4 movable feasts- related to the date of Pascha (Easter)

- The Resurrection of our Lord Jesus Christ - Pascha. This is the Feast of Feasts and is not included in the 12.

- The Entrance of our Lord into Jerusalem - Palm Sunday

- The Ascension of our Lord

- The Descent of the Holy Spirit - Pentecost

- 4 fasting cycles related to the yearly cycle

- The Dormition Fast - 2 weeks leading up to the Feast of the Dormition of the Theotokos.

- The Nativity Fast - 40 days leading up to the Feast of the Nativity of our Lord.

- The Great Fast - Great Lent - 40 days leading up to Pascha.

- Sts. Peter and Paul Fast - leading up to the Feast of Sts. Peter and Paul (June 29).

Within the monthly cycle are all the saints who are commemorated on the day of their death (or as we would say, the day of their true birth).

The Weekly Cycle

- Every Sunday is the day of Resurrection so each week involves a preparation for the Lord's Resurrection Day.

- Sunday - Resurrection of Christ

- Monday - Holy Angels

- Tuesday - Holy Prophets - St. John the Forerunner

- Wednesday - The Cross of our Lord

- Thursday - Saints - St. Nicholas the Wonder-worker

- Friday - The Cross of our Lord - Crucifixion

- Saturday - Holy Departed in Christ

-There are two fasting days related to the weekly cycle -
 Wednesdays and Fridays

The Daily Cycle

Each day is also set aside so that every moment of every day is offered up.

- Vespers - the new day begins in the evening (about 7pm)
- Compline - 9pm to midnight
- Nocturns - midnight to 3am
- Matins - 3am to 6am
- 1st hour - 6am to 9am
- 3rd hour - 9am to noon
- 6th hour - noon to 3pm
- 9th hour - 3pm to 6pm
- The Divine Liturgy
- The highlight of our Life in Christ is our participation in Christ's Holy Body and Blood "for the healing of soul and body."
- All liturgical and sacramental worship in the life of the Church finds its reference point and fulfillment in the Eucharistic Liturgy.
- The most common form of the Divine Liturgy is the Liturgy of St. John Chrysostom (4th C.)
- The word eucharistia is the Greek word meaning "thanksgiving."
- It is the ultimate sign of our unity in faith and love in Christ.

