



# LITURGICAL LIVING

## Checklist

- ☐ Get a liturgical wall calendar
- ☐ Celebrate your family's "Three Special Days"
- ☐ Start celebrating the solemnities, then gradually add other feast days
- ☐ Take baby steps to incorporate different activities, recipes, and prayers into your family's daily rhythm and routine
- ☐ Watch Catholic All Year videos on [YouTube](#) and [Formed.org](#)
- ☐ Explore the [Catholic All Year Blog](#)
- ☐ Follow us on social media [@kendra\\_tierney\\_norton](#) and [@catholicallyear](#)

Creating a faith-filled Catholic home can seem overwhelming and impossible. That's where Catholic All Year comes in! We teach families how to live liturgically in a simple, fun, and engaging way with activities, recipes, prayers, and more.

## WHAT IS LITURGICAL LIVING?

Liturgical living is a way to learn about the saints and rhythm of the Church year in a way that seems fun and natural.

The liturgical calendar has days for fasting, preparation, penance, and celebration. It includes the seasons of Advent, Christmas, Lent, Easter, and ordinary time. It has monthly devotions, as well as feast days celebrating the saints and important events in the lives of the Holy Family and the early Church.

### **Why should all Catholic families have a liturgical calendar in their home?**

Having a liturgical calendar on the wall was an important first step for me in making liturgical living a part of our home life. I couldn't celebrate feast days until I knew what and when they were!

A wall calendar is an easy visual way to bring liturgical living into your home. You can keep track of the feasts and fasts and seasons of the Catholic year, and be reminded to focus your prayer on a different aspect of our faith each month.

### **What should a great liturgical wall calendar have included?**

Most liturgical calendars include the feasts of the universal calendar and, ya know, the dates of the month.

On the [Catholic All Year Liturgical Wall Calendar](#), you'll find all of those basics plus other popular (and obscure) feast days including every feast mentioned in [The Catholic All Year Compendium](#), plus liturgical seasons, days of fasting and abstinence, and Meat Fridays! There's also a symbol on the calendar for feast days covered in *The Compendium* (and in [The Catholic All Year Prayer Companion](#)), so you'll know when to grab those off the shelf.

## TLDR

The best Catholic liturgical wall calendar is the one your family will actually use, whether it is the lovely Catholic All Year Wall Calendar or a plain black and white PDF, list-style one. The goal for liturgical living isn't to do it perfectly or Instagram-style. It's to actually do it.

## Where to start with liturgical living?

I recommend starting with what I like to call the "Three Special Days". These are the birthdays, saint name days, and baptism anniversaries for each person in your family. Add those dates to your wall calendar so you can plan ahead to celebrate those days with a special meal or activity.

Next, I recommend looking for the solemnities on the universal calendar. There are twenty-three solemnities on the U.S. calendar. That averages out to just a couple days per month. Many of them fall on a Sunday, or are days you're probably already celebrating (like Christmas). These are celebrations of the most important people, events, and mysteries of our long faith tradition. You'll find them marked in all caps on the Catholic All Year calendar, and all have celebration ideas in *The Compendium*.

I also recommend posting your wall calendar somewhere you'll see it every morning!

## WHY SHOULD YOU LIVE LITURGICALLY?

### 1. Catechesis

We are the primary educators of our children. Liturgical living makes our faith part of everyday life, all week and year.

### 2. Family Culture

In our experience, most liturgical living can be based around the dinner table because it can involve everyone. It fosters a time for food, prayer, and conversation.

### 3. Catholic Identity

Our faith is who we are, our entire lives, even when it gets hard—every day, week, month, and year.

As parents, we have the primary responsibility of teaching our children about the faith. We have the most important evangelization opportunity right under our noses with the people God put closest to us. That's a pretty daunting task, right?

For Catholics, a "successful life" means one thing only . . . to get to heaven. And the best way to do that is to baptize our children Catholic, to have them learn about and understand that faith, and have them choose to stay Catholic as adults.

That's where liturgical living comes in. At Catholic All Year, we believe it's a really good way to achieve that goal of becoming saints!

We added one thing at a time, as our family schedules and new babies allowed, until it really became the lifestyle I always wanted it to be. We established family traditions for foods and activities we could look forward to each year, like eating waffles on the feast of the Annunciation, visiting graveyards on All Souls Day, and constructing cookie chairs for the Chair of St. Peter. We got to know our patron saints. We learned about the life of the Holy Family and the Early Church, we learned Catholic doctrine, all in little manageable bite-sized chunks spread throughout the year.

I recommend prayers and Bible readings and hymns and foods for particular feast days in The Compendium, but I know from personal experience that wading through the internet to find approved versions of prayers and a Catholic translation of the Bible and family-friendly hymns and recipes is a real challenge. . .

So, I created the [Catholic All Year Membership Library](#). In addition to all the free resources available on the blog, and all the content available in the books, if you want to streamline the process of assembling content to use with your family, you can get access to all these resources that I use with my family each month in an easy digital download format. All the prayers and devotions and Bible readings, and all the hymns and recipes, plus some printable decor and activities. It also includes a calendar for the month that highlights each feast day with fun symbols associated with the day, and a little summary of the saint or historical event we are celebrating, in case you—like me when I first started—don't always have the answers to your kids' questions.

So, yeah, we've got a lot going on. But it's all just here to help, in case you need it. There are a ton of free resources and blog posts available to all. At its heart, Catholic All Year really is still that blog, and the associated social media accounts, where I give the world a peek at what liturgical living and this counter-cultural Catholic-style family life looks like in one particular home.



AMDG,

*Kendra Tierney Norton*