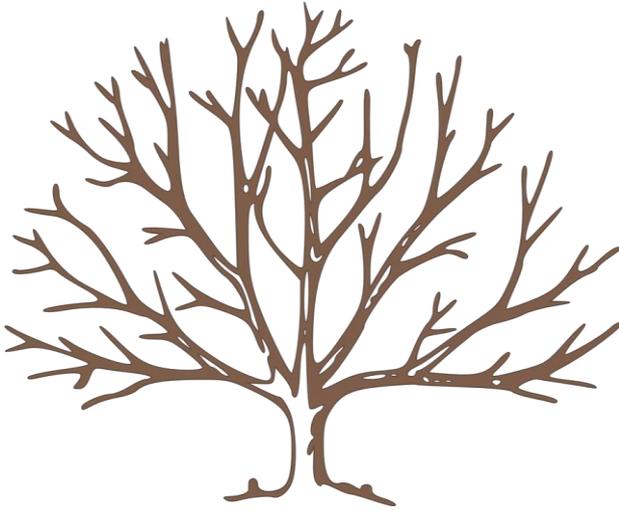


Ordinary Time (Winter)



Disciples through Prayer

**Diocese of Prince Albert
Liturgy Office**



Why call it Ordinary?

The Easter cycle and Christmas cycle are so rich with religious traditions that the remainder of the year often seems ordinary at first glance. The remaining 33 or 34 weeks are in fact called Ordinary Time. This title, however, does not mean that these weeks, and the Sundays around which they revolve, are unimportant. On the contrary, it is during these weeks that the special character of Sunday is experienced. Except for four special devotional feasts of Christ after Pentecost, no special theme “distracts” from the wonder of the original meaning of Sunday as the Lord’s Day.

Very few religious traditions are directly connected with the weeks of Ordinary Time. The traditional colour used for liturgical vestments and church decoration is green, the color of hope and life.

Taken from: Catholic Customs and Traditions: a popular guide
(by Greg Dues)

Temporal Cycle: The seasons throughout the liturgical year. The high seasons are Advent, Christmas, Lent, Paschal Triduum, and Easter. The remaining time is Ordinary Time.

Sanctoral Cycle: the observances of Mary and the saints during the liturgical year. Most occur on fixed dates and are ranked as solemnities, feast, or memorial (obligatory or optional).

How can Ordinary Time help our lives spiritually?

The ‘Sourcebook’ for 2019 states: “During Ordinary Time in winter, our focus is the beginning of Jesus’ public ministry and our call to live, move, and have our being in him, to follow his example, and to make him known in our lives.”

The Importance of Ordinary

The word ordinary usually equates to boring, unfulfilling, or stagnant. Yet, life is not meant to be lived always at fever pitch...As taught by Jesus, the usual course was one of teaching, ministering, and then going off – alone – to pray. Jesus called his disciples, and calls us, to do the same. While the ‘usual course’ that Jesus followed is rather different than our usual course of life, we are called to pause and reflect upon the love taught for both others, and individually, in this down time.

We are ordinary people following an extraordinary God calling us to better ourselves in the call to holiness each day, each week, each time we receive the Eucharist. The liturgical appropriateness of Ordinary Time fits the spiritual nuances of life. One cannot live on the mountaintop forever nor disappear into the valleys for too long. The climb in between might be quiet, but it is just as important as all the other moments.

**taken from Companion to the Calendar: Second Edition by LTP

Prayer of Thanksgiving

Winter can often feel long and cold, here is a prayer of thanksgiving that can be prayed as a family anytime during winter:

Leader: Heaven and earth, bless the Lord.

All: Praise and glorify God for ever.

Leader: Sparkling ice and mountains of snow, bless the Lord.

All: Praise and glorify God for ever.

Leader: Warm fires and crispy marshmallows, bless the Lord.

All: Praise and glorify God for ever.

Leader: Frozen ponds and runny noses, bless the Lord.

All: Praise and glorify God for ever.

Leader: Thick socks and soggy mittens, bless the Lord.

All: Praise and glorify God for ever.

Leader: Let the earth and its people, its animals and its seasons,
give grateful praise to their Creator now and for ever.

All: Amen.

This prayer has been adapted from the book ‘Blessings and Prayers through the Year’ feel free to add as many acclamations to this prayer as you would like!!

Prayer for Christian Unity (happens 1 week in Jan)

The book 'Blessings and Prayers through the Year' states: "From the beginning, the followers of Jesus did not always get along together without arguments. In time, the community became broken into many separate churches... Yet there has always been a desire to be reunited and live more clearly as the one Body of Christ."

Here is a simplified adaptation of the prayer that they suggest to pray during this week of Prayer for Unity:

All make the sign of the cross +

Leader: All who are baptized in Jesus Christ become members of the Body of Christ. We all share the light of Christ, and we all honour the Bible as God's word spoken to each of us.

Although we now see many churches, all who live in Christ are called to unity through the Holy Spirit.

Reader: Listen to the words of the apostle Paul to the Ephesians.

I beg you to live in a way that is worthy of the people God has chosen to be his own. Always be humble and gentle. Patiently put up with each other and love each other. Try your best to let God's Spirit keep your hearts united. Do this by living at peace. All of you are part of the same body. There is only one Spirit of God, just as you were given one hope when you were chosen to be God's people. We have only one Lord, one faith, and one baptism. There is one God who is the Father of all people.

The Word of the Lord.

All: Thanks be to God.

Leader: Let us pray.

Gracious Father, you give us new birth in the waters of Baptism, and speak to our hearts through the scriptures. Heal and renew your Church, overcome all that divides it, so that Christians may soon gather at one altar, to proclaim your saving love to the ends of the earth. We ask this through Christ our Lord.

All: Amen

Leader: Let us pray with the words that Jesus taught us.

All: Our Father...

All make the sign of the cross +

**Make sure to see the schedule in your local churches around this time to see if you can join a service in one of your community churches!!

Here are some more Special Days to Celebrate!



Presentation of the Lord (February 2) Blessing of Candles

“In accordance with Mosaic law, Mary and Joseph brought their eight-day-old son, Jesus, to the temple for circumcision. Jesus, the light of the world, was brought by Mary and Joseph to be offered to God. So this day is a feast of light.”

Blessing of Throats (February 3) Commemoration of Saint Blaise

“Saint Blaise was a doctor as well as a bishop in Armenia during the fourth century. It is an ancient custom to pray for good health with a blessing of throats on his feast day. A priest or deacon touches the throat of each person in the assembly with candles that were blessed on Feb. 2, and makes the sign of the cross during the blessing prayer. A lay minister can also use the candles but does not make the sign of the cross during the prayer of blessing.”

Our Lady of Lourdes (February 11)

“On this day Catholics remember the appearance of the Blessed Virgin Mary to a 14-year-old girl named Bernadette in Lourdes, France, in 1858. In 1993, the Pope named this feast the World Day of the Sick. He asked that Catholics pray on this day in solidarity with the sick and suffering throughout the world... He also asks us to respond to the suffering of people around the world.”

Prayer on Valentine’s Day (February 14)

“Saint Valentine was a third-century bishop who bravely died for his faith. The name Valentine means ‘valiant’ or brave. A saint who died for the sake of God is certainly a fine patron of love and lovers... For hundreds of years, secret letters of love and friendship sent on this day have been called Saint Valentine’s notes, or valentines. This is a day to give cards, kisses, or hugs to the people whose love makes our lives better.”



*All of the descriptions on this page were taken from the book
“Blessings and Prayer through the Year”*

Check out some of these special feasts and memorials that happen during Ordinary Time Winter. Not sure the difference between a solemnity, a memorial and a feast? Check out the descriptions below!

- Jan 17 – (Memorial) St. Anthony, Abbot
- Jan 21 – (Memorial) St. Agnes, Virgin, Martyr
- Jan 24 – (Memorial) St. Francis De Sales, Bishop, Doctor
- Jan 25 – (Feast) The Conversion of St. Paul the Apostle
- Jan 26 – (Memorial) St. Timothy and St. Titus, Bishops
- Jan 28 – St. Thomas Aquinas, Priest, Doctor
- Jan 31 – (Memorial) St. John Bosco, Priest
- Feb 2 – (Feast) The Presentation of the Lord
World Day for Consecrated Life...
- Feb 5 – (Memorial) St. Agatha, Virgin, Martyr
- Feb 6 – (Memorial) St. Paul Miki and Companions, Martyrs
- Feb 11 – World Day of the Sick...
- Feb 14 – (Memorial) St. Cyril, Monk and
St. Methodius, Bishop
- Feb 22 – (Feast) Chair of St. Peter, Apostle
- Feb 23 – (Memorial) St. Polycarp, Bishop, Martyr
- Mar 1 – World Day of Prayer...

Solemnity: The highest level of importance for a liturgical observance. Solemnities take precedence over all other celebrations... These celebrations include not only the day itself, but also the evening before, beginning with either Evening Prayer or with a Vigil Mass.

Feast: Commemorations of major saints and some events in the life of Jesus. Feasts rank between memorials and solemnities in terms of liturgical importance and emphasis... These days are confined only to the natural day; that is, they do not have a vigil and do not begin the evening before.

Memorial: Commemorations of saints who are of importance to the universal Church. Optional Memorials recognize saints who are important to particular regions, communities, or cultures. Solemnities and feasts rank of greater importance than memorials... They are either obligatory (that is, they must be celebrated) or optional.

Meal Prayer for Wintertime

Leader: Let us offer God Praise and thanksgiving.

+ All make the sign of the Cross

Leader: We thank you, God, for the gift of life.
And we thank you for all that helps us grow.
Lord, we hunger for bread, and we hunger for
justice.

All: Lord, have mercy.

Leader: Christ, we hunger for freedom,
And we hunger for peace.

All: Christ, have mercy.

Leader: Lord, we hunger for your love,
and we hunger for your kingdom.

All: Lord, have mercy.
Bless us, O Lord, and these your gifts
which we are about to receive from your
goodness. Through Christ our Lord. Amen.

+ All make the sign of the cross

(This is a great opportunity to take turns being the leader of the prayer before each of the meals that your family shares together!)

