

**MASS CLASS 101****LITURGY:  
Sacred Time**

**Time:** the various rhythms of reality that suggest past, present, future, beginning and end. Every reality of this world (living and material) follows the rhythms of time. God is beyond time; however, when the Word became flesh, God entered time as a man. In doing this, God made time sacred (sanctified, holy, or set-apart). In fact, “Christ is himself the bridge between time and eternity” (*Spirit of the Liturgy*, 92).

**Aspects of Time Made Sacred:**

- **Year:** the entire *year* is sanctified by various *seasons* that are centered around the Paschal Triduum (Holy Thursday, Good Friday, and Easter Sunday).
  - Advent
  - Christmas
  - Ordinary Time (I)
  - Lent
  - Paschal Triduum
  - Easter
  - Ordinary Time (II)
- **Week:** the entire *week* is sanctified by various *days* that are centered on the Sunday Eucharist.
  - Sunday
  - Solemnity
  - Feast
  - Memorial
  - Optional memorial
  - Ferial Days
- **Day:** the entire *day* is sanctified by various *hours* centered on the daily celebration of Mass.
  - Office of Readings (Matins)
  - Morning Prayer (Lauds)
  - Midmorning Prayer (Terce)
  - Midday Prayer (Sext)
  - Midafternoon Prayer (None)
  - Evening Prayer (Vespers)
  - Night Prayer (Compline)