

The Solemnity of the Nativity of Our Lord Jesus Christ

6

WHEN: December 25

WHY: In honor of the birth of Our Savior

WHAT WE CAN DO TO PREPARE: Be charitable, sing or recite the "O Antiphons" and reflect on each title of Christ

The Solemnity of the Immaculate Conception (National feast of the U.S.)

5

WHEN: December 8

WHY: In honor of Mary being conceived free of original sin

WHAT WE CAN DO TO PREPARE: Prepare our hearts during the season of Advent, reflect on Christ who is soon to come

The Solemnity of All Saints

4

WHEN: November 1[†]

WHY: In honor of those united with God in heaven to ask for their prayers for us here on earth

WHAT WE CAN DO TO PREPARE: Reflect on the lives of our patron saints, pray for their intercession in our lives

1

The Solemnity of Mary, Mother of God

WHEN: January 1[†]

WHY: In honor of Mary's role as the Mother of God or *Theotokos*

WHAT WE CAN DO TO PREPARE: Continue to celebrate Christmas, pray the Rosary and Angelus, pray for peace

2

The Solemnity of the Ascension

WHEN: Thursday of the Sixth Week of Easter[‡]

WHY: In honor of Christ ascending to heaven, returning to the Father and sending the Holy Spirit to the young Church

WHAT WE CAN DO TO PREPARE: Continue to reflect upon Easter, begin novena leading up to Pentecost

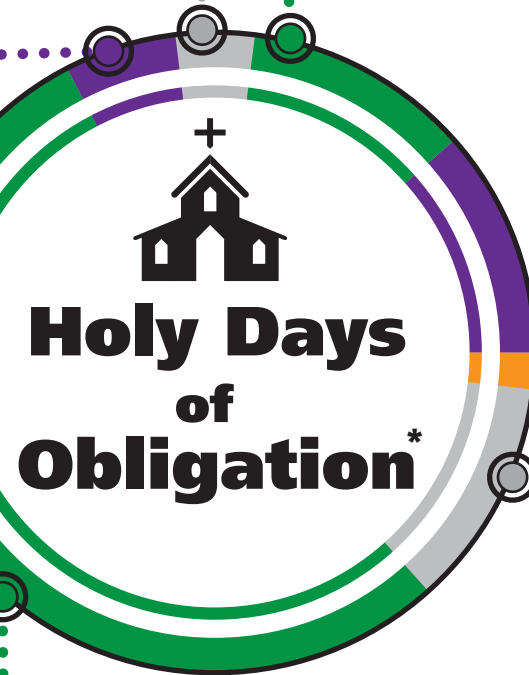
3

The Solemnity of the Assumption of the Blessed Virgin Mary

WHEN: August 15[†]

WHY: In honor of the dormition and assumption of Mary's body and spirit into heaven

WHAT WE CAN DO TO PREPARE: Pray the Glorious Mysteries of the rosary, reflect on Mary's life and her role in the Paschal Mystery



*Includes these days and all Sundays throughout the year. Additional holy days may vary depending on diocese. † No longer obligatory if this date falls on a Monday or Saturday. ‡ Celebrated on Sunday in most dioceses.