



MISSIONARY DISCIPLESHIP 101

Liturgical Living

We have a beautiful opportunity to live as missionary disciples through liturgical living.

A simple way to evangelize your family, friends or community is to allow your faith to saturate your daily life.

Try a new way to live out the beauty of the liturgical year.
Here are some ideas to get you started!



Brought to you by Sanctus.

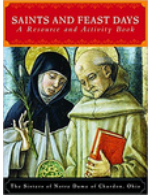
www.wearesanctus.org



MISSIONARY DISCIPLESHIP 101

Liturgical Living All Year

These resources and ideas can help you to live out the liturgical calendar all year.

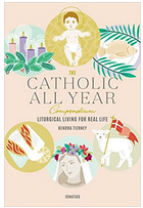


Follow the liturgical year with *Saints & Feast Days*.

Read the daily readings with the *Magnificat*.



For a deep dive into liturgical living with children, try Kendra Tierney's *Catholic All Year*.



Learn to pray the Liturgy of the Hours with this beautiful set or with the free iBreviary app.

For liturgical cooking ideas, check out Catholic Cuisine.

Learn about seasonal fasts during Ember Days.

Rest on Sundays.

Fast from something (usually meat) on **all** Fridays.
(Canon Law 1250-1251)

Feast on solemnities, even if it is Friday.

Celebrate the Catholic New Year's Eve on the Solemnity of Christ the King!

Brought to you by Sanctus.

www.wearesanctus.org