

The Liturgical Year

2025-26

A document to support Diocesan schools in planning Collective Worship that has the Word of God at its heart, incorporates the Church's liturgical year, its seasons and feasts, and provides opportunities for promoting Catholic Social Teaching.



'PILGRIMAS OF HOPE' - JUBILEE YEAR -<https://www.cbcew.org.uk/jubilee-2025-letter-from-pope-francis/>

The Holy Father has decided that 2025 will be a year of Jubilee, something which happens every 25 years. The theme is “Pilgrims of Hope”, and it will be a year of hope for a world suffering the impacts of war, the ongoing effects of COVID-19 pandemic, and a climate crisis. Preparations for the 2025 Year of Jubilee will begin in Advent 2023, which will mark the start of a year of prayer. The Bishops’ Conference will be producing resources for the preparatory year of prayer, focusing on the Our Father, as well as resources about Jubilee in the Catholic Church.M

Chapel year focus & RE curriculum links:

| Year group | Half term | Theme & curriculum link | Links & resources |
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| Year 7 | HT1 WK 4 & 5 | <ul style="list-style-type: none"> ● Belonging to a catholic community ● Creation & covenant- WK 4 responsibility to others & our community. ● Pupils to look at what it means to be part of a Catholic community and their role in discovering their faith. Links to retreat days. | |
| Year 8 | HT3 WK 20 & 21 | <ul style="list-style-type: none"> ● Pilgrimage ● Galilee to Jerusalem - WK 20 pilgrimage and Lourdes ● Pupils will focus on the jubilee year and what it means to be a pilgrim. They will reflect on their faith journey so far and barriers to faith. | |
| Year 9 | HT2 WK 10 & 11 | <ul style="list-style-type: none"> ● Mary our Patron saint ● Launch of Year of Pilgrims of Hope ● Prophecy & promise - WK10 who is Mary ● Pupil will look at the importance fo Marya nd how we can live like her today. | |
| Year 10 | HT5 WK 30 & 31 | <ul style="list-style-type: none"> ● Artefacts and faith ● Paschal candle item and reflection - WK30 ● Use or artefact and what it is use for and what it teaches us about life after death. | |
| Year 11 | HT4 WK 23 & 24 | <ul style="list-style-type: none"> ● Forgiveness - sacrament of reconciliation ● Curriculum link -WK 24 sin & forgiveness revision ● Pupil offered the sacrament with local parish priests | |

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| 6th form | HT6 WK 33 & 34 | <ul style="list-style-type: none"> • Stewardship and daily life • Laudato Si - WK33 • What can we do to make change and be stewards of the earth today? | |
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LAUDATO SI'

In May 2020 Pope Francis inaugurated “Laudato Si’ Week” at the Vatican commemorating the 5th anniversary of the publication of his eco-encyclical with the same title, opening a wider year-long commemoration of the document aimed at spurring global citizens to adopt more sustainable practices.

As communities begin to envision what a post-COVID world will look Laudato Si’ continues to provide “the moral and spiritual compass for the journey to create a more caring, fraternal, peaceful and sustainable world.” Encyclical Resources from CAFOD here - <https://cafod.org.uk/Pray/Laudato-Si-encyclical>

COMMON PRAYER FOR LAUDATO SI'

Loving God,
 Creator of heaven and earth and all that is in them,
 You created us in your image and made us stewards of all your creation, of our common home.
 You blessed us with the sun, water and bountiful land
 so that all might be nourished.

Open our minds and touch our hearts,
 so that we may attend to your gift of creation.
 Help us to be conscious that our common home belongs not only to us,
 but to all future generations, and that it is our responsibility to preserve it.
 May we help each person secure the food and resources that they need.

Be present to those in need in these trying times,
 especially the poorest and those most at risk of being left behind.
 Transform our fear, anxiety and feelings of isolation into hope
 so that we may experience a true conversion of the heart.

Help us to show creative solidarity in addressing the consequences of this global pandemic,
 Make us courageous to embrace the changes that are needed in search of the common good,
 Now more than ever may we feel that we are all interconnected,

in our efforts to lift up the cry of the earth and the cry of the poor.
We make our prayer through Christ our Lord. Amen

CATHOLIC SOCIAL TEACHING

Catholic Social Teaching (CST) is a central and essential part of our faith. It is rooted in Scripture that tells of God's special love for the poor and marginalised and calls us to be bearers of love and justice. It is teaching founded on the words and actions of Jesus who identified himself with the hungry and thirsty, the sick and the imprisoned, the naked and the stranger – the 'least of my brothers and sisters'. CST is formed by the wisdom of Church leaders and provides us with a moral compass, guiding us on how to live out our faith in the world.

SEVEN THEMES OF CATHOLIC SOCIAL TEACHING

- Human Dignity
- Rights & Responsibilities
- Concern for the Poor
- Solidarity & the Common Good
- Family
- Community & Participation
- The Dignity of Work
- Care of Creation

Throughout the liturgical year there are countless opportunities for schools to focus upon aspects of CST and bring reflections on global justice and poverty into their worship activities. Using the language of CST and drawing children and young people into a deeper understanding of its principles will inspire and empower them to respond to inequality and injustice in the modern world, leading them to seek ways to put their faith in action in school, in the local community and in the wider world. Further information and resources for CST can be found at:

- <http://www.catholicsocialteaching.org.uk/>
- <https://cafod.org.uk/Pray/Catholic-social-teaching>
- <https://missio.org.uk/catholic-social-teaching/>

CARITAS DIOCESE OF SHREWSBURY

Caritas is the social action and social justice agency of the Diocese of Shrewsbury that seeks to work with children, families and communities throughout the Diocese. They support families with a range of concerns for example mental health, addiction, domestic abuse and family breakdown. They offer practical support to those living in poverty, in partnership with SVP and local food banks. They also give support to refugees and those seeking asylum.

Each Lent school can support Caritas by fund raising for the Good Shepherd collection and Caritas offers opportunities for Caritas Ambassadors in schools. If you would like to know more see <https://www.caritasshrewsbury.org.uk/about/> or email info@caritasshrewsbury.org.uk

THE ST VINCENT DE PAUL SOCIETY

The St Vincent de Paul Society in England and Wales, through its Mini Vinnies and Youth SVP programmes, encourages children and young people to develop their faith and spirituality in order to put their faith into action; in service to the disadvantaged, vulnerable and marginalised of society. For more information see <https://www.svp.org.uk/involve-young-people>

MISSIO

Missio is the Pope's official Charity for Overseas Missions. It is the Holy Father's chosen instrument for sharing the Gospel and building the Church throughout the world. Their secondary resources encourage students to reflect on their role in building the Kingdom of God for all people and aim to help young people to: discover the world around them and reflect on their role within it; think critically, inspired by Christ's Gospel; to embrace Catholic Social Teaching and to grow in faith. Secondary schools can download their free resources to follow the Liturgical Year, including Advent and Lent. They also have a series of workshops explaining the principles of Catholic Social Teaching (CST) and <https://missio.org.uk/general-resources/> For primary schools Mission Together is the children's branch of Missio, encouraging children to pray, fundraise and become missionaries themselves – children helping children. They provide primary school resources throughout the year focused on the Gospel, liturgical seasons and on our various overseas projects including assemblies, liturgies, activities, posters and aids to prayer. All resources are available from <https://missiontogether.org.uk/teachers-resources/>

CAFOD

CAFOD is the official international development and relief agency of the Catholic Church in England and Wales and is active within the global Caritas family. CAFOD provides a wide range of resources for primary and secondary schools and has Diocesan volunteers who can help you to promote CAFOD and CST in your school. See <https://cafod.org.uk/Education/Education-resources> and <https://cafod.org.uk/Volunteer/CAFOD-in-your-area/Shrewsbury>

FAITH IN ACTION AWARD

The CYMFED Faith in Action award scheme is a great opportunity to encourage and inspire young people to get more involved in the community and in local Parishes. Open to pupils from Y6 upwards the Faith in Action award aims:

- To celebrate the faith journey of young people
- To celebrate what already happens
- To encourage tangible living faith in the 'real world'
- To strengthen links between individuals, communities and organisations
- To explore the universal call to holiness
- To work for the Good News and the common good

Schools who wish to participate must contact the Youth Office at youth@dioceseofshrewsbury.org

[Shrewsbury LIT calendar](#) - church theme and world religion holidays

Gospel reading calendar - [2025, 2026](#)

| WEEK BEGINNING | LITURGICAL THEME & GOSPEL READING | | FEAST DAYS/ SPECIAL DAYS | OPPORTUNITIES FOR PROMOTING CATHOLIC SOCIAL TEACHING | | |
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| SEPTEMBER (Start Monday 1st September 2025) | | | | | | |
| Pope Francis' prayer intention for September | | | | CST THEME AND LINKS | | |
| 1 st September | New Beginnings | <p><i>"The Spirit of the Lord is upon me, because he has anointed me to preach good news"</i> <i>Luke 4:16-30</i></p> | <p>22nd Sunday of Ordinary Time The Harvest, Human Work and Creation 1st World Day of Prayer for Creation 5th St Teresa of Calcutta</p> | <p><i>Care for creation</i> Sunday 30th World Day of Prayer for Creation – the start of Creation Time which runs until 5th October, the feast of St Francis of Assisi.(Sunday) https://cafod.org.uk/Pray/Prayer-resources https://catholicclimatemovement.global/</p> | | |
| 8 th September | Our core values | <p><i>Whoever does not bear his own cross and come after me cannot be my disciple.</i>" <i>Luke 14:25-33</i></p> | <p>23rd Sunday of Ordinary Time Education Sunday</p> | <p><i>Care for creation</i></p> | | |
| 15 th September | For God so loved the world | <p><i>"For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have everlasting life."</i> <i>John 3:13-17</i></p> | <p>Evangelii Gaudium Sunday (Joy of the Gospel) 14th Exaltation of the Holy Cross 21st St Matthew 21st International Day of Peace</p> | <p><i>Care for creation</i> 21st International Day of Peace https://internationaldayofpeace.org/ https://paxchristi.net/2020/07/06/catholic-nonviolent-days-of-action/</p> | | |
| 22 nd September | Who do you serve? | <p><i>"No one can serve two masters"</i> <i>Luke 16:1-13</i></p> | <p>25th Sunday in Ordinary Time 22 September – 05 October – Fairtrade Fortnight 27th St Vincent de Paul</p> | <p><i>Care for creation</i> https://cafod.org.uk/Pray/Harvest-prayers 27th Feast of St. Vincent de Paul - Mini Vinnies/Youth SVP</p> | | |
| 29 th September | Sharing what we have | <p><i>"If they do not hear Moses and the prophets, neither will they be convinced if someone should rise from the dead."</i> <i>Luke 16:19-31</i></p> | <p>26th Sunday of Ordinary Time 1st – 2nd October – Yom Kippur 3rd CAFOD Harvest Fast Day 4th St Francis of Assisi</p> | <p><i>Care for creation</i></p> | | |
| 6 th October | Faith to move mountains | <p><i>"If you have even the smallest measure of faith, it would be</i></p> | <p>27th Week of Ordinary Time</p> | <p><i>Preferential Option for the Poor</i> Black history month - BHM resources</p> | | |

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| | | <p><i>powerful enough to say to this large tree, 'My faith will pull you up by the roots and throw you into the sea,'</i></p> <p><i>Luke 17:5-10</i></p> | <p>Harvest Sunday 10th World Mental Health Day</p> | |
| 13 th October | Giving thanks | <p><i>"Has no-one come back to praise God?" - (Jesus heals ten lepers)</i></p> <p><i>Luke 17:11-19</i></p> | <p>Week of Prayer for Prisoners and families 12th St Wilfrid 18th St Luke</p> | <p><i>Life and Dignity of the Human Person</i> Sunday 20th World Missions Sunday https://missio.org.uk/what-is-world-mission-sunday/</p> |
| 20 th October | Don't give up | <p><i>"Give me justice against my adversary"</i></p> <p><i>Luke 18:1-8</i></p> | <p>29th Sunday in Ordinary Time World Mission Sunday 20th Diwali</p> | <p><i>Call to Family, Community and Participation</i> Friday 6th CAFOD Harvest Fast Day https://cafod.org.uk/News/Events/Harvest-Fast-Day</p> |
| Half term break - Monday 27th October - Friday 31st October 2025 | | | | |
| 3rd November | Belonging to God's family | <p><i>"All those the Father gives me will come to me, and whoever comes to me I will never drive away"</i></p> <p><i>John 6: 37-40</i></p> | <p>31st Sunday of Ordinary Time 2nd Nov - All Saints 3rd Nov - All Souls 9th – Dedication of the Lateran Basilica</p> | <p><i>Life and Dignity of the Human Person</i></p> |
| 10 th November | Remembrance | <p><i>"Destroy this temple, and in three days I will raise it up."</i></p> <p><i>John 2:13-22</i></p> | <p>32nd Sunday of Ordinary Time Remembrance Sunday 11th Remembrance Day Anti-Bullying Week 10th UN Climate Change Conference (COP30) begins</p> | <p><i>Life and Dignity of the Human Person</i> Prisons Week https://prisonsweek.org/ Hello Yellow- https://www.youngminds.org.uk/support-us/fundraising/helloyellow/ 10th – 14th November Anti-Bullying Week https://www.anti-bullyingalliance.org.uk/</p> |
| 17 th November | Don't be afraid of hard work <i>(We have to be strong and courageous like the first Christians)</i> | <p><i>"When you hear of wars and insurrections, do not be terrified; for these things must take place first, but the end will not follow immediately."</i></p> <p><i>Luke 21:5-19</i></p> | <p>33rd Sunday in Ordinary Time 16th World Day of Prayer for the Poor 19th RED Wednesday –for those persecuted for their faith 20th World Children's Day 21st November Celebration of Pilgrims of Hope for Schools</p> | <p><i>Preferential Option for the Poor</i> Tuesday 18th World Toilet Day - https://www.worldtoiletday.info/ Or use CAFOD's World Toilet Day Assembly Friday 21st- Universal Children's Day https://www.un.org/en/observances/world-childrens-day</p> |
| 24 th November | Christ the King | <p><i>"But keep your eyes open and watch! For the time is coming when</i></p> | <p>Last Week of Ordinary Time – Christ the Universal King National Youth Sunday</p> | <p><i>Solidarity</i> World youth Sunday http://www.nationalyouthsunday.org.uk/</p> |

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| | | you must be prepared to give an account of yourself." Luke 23:35-43 | 30 th St Andrew | https://homemission.org.uk/home/youth/ |
| 1 st December | Stay awake, be ready | Therefore stay awake, for you do not know what day your Lord is coming." Matthew 24:37-44 | 1 st Sunday of Advent 3 rd Day of Prayer for Migrants and Refugees 5 th Feast of St Nicholas | Preferential Option for the Poor |
| 8 th December | Change your ways | " <i>Repent, for the kingdom of heaven is at hand!</i> " Matthew 3:1-12 | ICON SCHOOL VISIST- Jubilee year 2 nd Sunday of Advent 8 th Feast of the Immaculate Conception of the Virgin Mary 10th -Human rights day | Preferential Option for the Poor Bible Sunday |
| 15 th December | Have patience | " <i>The blind receive sight, the lame walk, the lepers are cleansed, the deaf hear, the dead are raised, and the poor have the gospel preached to them.</i> " Matthew 11:2-11 | 3 rd Week of Advent – Gaudete Sunday International migrants day | Preferential Option for the Poor Saturday 13th Day Of Prayer For All Migrants And Refugees https://cafod.org.uk/content/download/666/6022/version/8/file/Prayer_refugees_refugee-prayers.pdf https://www.caritasshrewsbury.org.uk/services/refugee-project/ |

End of term - Monday 22nd December 2025 - Friday 2nd January 2026

Pope prayer intention for January 2025

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| 5 th January | Good news (Epiphany) | " <i>Where is he who has been born king of the Jews? For we have seen his star in the East, and have come to worship him,</i> " Matthew 2:1-12 | The Feast of the Epiphany 6 th Official end of Jubilee Year of Hope | Common Good and the Community 4th January World Day of Peace |
| 12 th January | We are chosen and called | " <i>And a voice from heaven said, 'This is my Son, the Beloved, with whom I am well pleased.'</i> " Matthew 3:13-17 | 8 th The Baptism of the Lord 8th – Maximilian Kolbe – Birthday | Call to Family, Community and Participation |

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| 19 th January | Recognising Jesus | "Behold, the Lamb of God, who takes away the sin of the world!" John 1:29-34 | 2 nd Sunday in Ordinary Time Octave of Prayer for Christian Unity (18-25) | Common Good and the Community Day of special prayer for world peace https://www.paxchristi.net/ |
| 26 th January | Discipleship | "Repent, for the kingdom of heaven is at hand." Matthew 4:12-23 | 3 rd Sunday in Ordinary Time Sunday of the Word of God 27 th Holocaust Memorial Day | 25 th St Angela Merici https://cafod.org.uk/content/download/12549/97594/version/5/file/St_Angela.pdf 276th Holocaust Memorial Day 2026 Theme – https://www.hmd.org.uk/what-is-holocaust-memorial-day/this-years-theme/ |
| 2 nd February | Blessed are we | "Blessed are the poor in spirit, for theirs is the kingdom of heaven." - Matthew 5:1-12a (<i>Beatitudes</i>) | 2 nd – Presentation of the Lord 4 th Sunday - Racial Justice Sunday Victims of Human Trafficking 8 th – St Josephine Bakhita Childrens Mental Health Week | Common Good and the Community |
| 9 th February | You are the Light of the World | You are the salt of the earth. You are the light of the world" Matthew 5:13-16 | 5 th Week in Ordinary Time 11 th Our Lady of Lourdes – World day of prayer for the sick | Common Good and the Community 8 th St Josephine Bakita – Day of Prayer for Trafficked People https://cafod.org.uk/Education/Secondary-and-youth-resources/Saints-prayer-cards https://www.caritas.org/2016/02/international-day-prayer-awareness-human-trafficking/ |

Half term - Monday 16th - 20th February 2026

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| 23 rd February | Temptation | "It is written, 'Man shall not live by bread alone, but by every word that proceeds from the mouth of God.' Matthew 4:1-11 | 1 st Sunday of Lent 17 th Shrove Tuesday -HALF TERM 18 th Ash Wednesday - HALF TERM February 23rd, 2026 to March 8th, 2026 – Fairtrade Fortnight (check this as moved in 2025) 27th - CAFOF family fast day 1 st St David's Day 17 th Start of Ramadan | Dignity & rights of workers Friday 27th International Women's Day (Sunday 1st March day of prayer https://www.internationalwomensday.com/ Fairtrade fortnight begins https://www.fairtrade.org.uk/get%20involved/Current-campaigns/Fairtrade-Fortnight |
| 2 nd March | Transformation | "This is my Son, the Beloved; with him I am well pleased; listen to him!" Matthew 17:1-9 | 2 nd Sunday of Lent Day of Prayer for the Unemployed 5 th World Book Day 8 th International Women's Day | Preferential Option for the Poor Check out CAFOD's & Mission Lent resources |

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| 9 th March | Be seen and known by God | <i>"Jesus answered her, 'If you knew the gift of God, and who it is that is saying to you, "Give me a drink," you would have asked him, and he would have given you living water."</i> John 4:5-42 | 3 rd Sunday of Lent | Preferential Option for the Poor Support Caritas Shrewsbury https://www.caritasshrewsbury.org.uk/get-involved/good-shepherd-collection/ Sunday 15 th March - Mothers Day |
| 16 th March | Working in the dark | <i>"If you were blind, you would not have sin. But now that you say, 'We see,' your sin remains."</i> John 9:1-41 | 4 th Sunday of Lent – Laetare Sunday The needy and hungry of the World 17 th St Patricks day 18 th Ramadan Ends 19 th St Joseph Husband of Mary 20 th Eid al Fitr | Preferential Option for the Poor 20 th International Day of Happiness https://www.dayofhappiness.net/#join 22 nd World Water Day - https://www.unwater.org/what-we-do/inspireaction/ |
| 23 rd March | Trust in Jesus | <i>"I am the resurrection and the life. Whoever believes in me will live, even though they die; and everyone who lives by believing in me will never die"</i> John 11:1-45 | 5 th Sunday of Lent 24 th St Oscar Romero 25 th The Annunciation of the Lord | Preferential Option for the Poor |
| 30 th March | He comes in peace | <i>"Blessed is he who comes in the name of the Lord"</i> Matthew 21:1-11 | Palm Sunday | Holy week |
| Easter break | | | | |
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| 20 th April | Road to Emmaus | <i>"Didn't our hearts burn within us as he talked with us on the road and explained the Scriptures to us?"</i> Luke 24:13-35 | 3 rd Sunday of Easter 22 nd Stephen Lawrence Day 22 nd Earth Day 23 rd St George | Peace and reconciliation https://www.justice-and-peace.org.uk/ 22 nd Earth Day https://www.earthday.org/earthday/countdown-to-2020/ |
| 27 th April | Following you | <i>"I am the gate for the sheep."</i> John 10:1-10 | 4 th Sunday of Easter – Vocations Sunday Human Work 1 st May – Joseph Thursday 4 th The English Martyrs | Peace and reconciliation 1 st May St Joseph the Worker – Day of Prayer for Human Work |

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| 4th May | Jesus is the way | <i>"Let not your heart be troubled. Believe in God, believe also in Me."</i> John 14:1-12 | 5 th Sunday of Easter | <i>Peace and reconciliation</i> |
| 11th May | Taking the right direction | <i>"If you love me, keep my commandments."</i> John 14:15-21 | 6 th Sunday of Easter | Mental health awareness week - https://www.mentalhealth.org.uk/our-work/public-engagement/mental-health-awareness-week |
| 18th May | I choose you | <i>"I am asking on their behalf; I am not asking on behalf of the world, but on behalf of those whom you gave me, because they are yours."</i> John 17:1-11a | 7 th Sunday of Easter – World Communication Day 24 th Our Lady Help of Christians Diocesan Patron | <i>Peace and reconciliation</i> |
| Half term break - 25th - 29th May 2026 | | | | |
| 1st June | Love for the World | <i>"For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life."</i> John 3:16-18 | Most Holy Trinity World Communications Day 5 th World Environment Day | 8th World Oceans Day https://www.worldoceansday.org/ http://www.webofcreation.org/SeasonofCreation/ocean.html https://www.arocha.org/wp-content/uploads/2018/01/Prayer-for-the-Oceans.pdf |
| 8th June | Food for the journey | <i>"I am the living bread that came down from heaven. Whoever eats of this bread will live forever"</i> John 6:51-58 | Most Holy Body and Blood of Christ 9 th Mary, Mother of the Church 12 th Jesus Christ, Eternal High Priest - Corpus Christi | <i>Preferential Option for the Poor</i> |
| 15th June | Go out to the World | <i>"When he saw the crowds, he had compassion for them, because they were harassed and helpless, like sheep without a shepherd"</i> Matthew 9:36-10:8 | 11 th Sunday in Ordinary Time 20 th World Refugee Day | <i>Dignity & rights of workers</i> |
| 22nd June | Courage | <i>"Don't be afraid of those who kill the body but cannot kill the soul"</i> Matthew 10:26-33 | 12 th Sunday in Ordinary Time 21 st Father's Day 22 nd Ss John Fisher and Thomas More A call for action 24 th Nativity of John the Baptist | <i>World Refugee Week</i> https://refugeeweek.org.uk/resources/education-resources/ 21st Sts Thomas More and John Fisher – Day of prayer for those who suffer persecution/oppression |

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| 29th June | Be strong | <i>"If you refuse to take up your cross and follow me, you are not worthy of being mine."</i> Matthew 10:37-42 | 28th - St Peter and Paul | |
| 6th July | Gentleness | <i>"Come to me, all you who are weary and burdened, and I will give you rest."</i> Matthew 11:25-30 | 14 th Sunday in Ordinary Time | <i>Dignity & rights of workers</i> |
| 13th July | See the good | <i>"Behold, a sower went out to sow."</i> Matthew 13:1-23 | 15 th Week in Ordinary Time Sea Sunday | <i>Dignity & rights of workers</i> |
| 20th July | Let your faith rise | <i>"The Kingdom of Heaven may be compared to a man who sowed good seeds in his field"</i> Matthew 13:24-43 | 16 th Week in Ordinary Time | |

The colour of the shading is indicative of the Liturgical colours used by the Church at different times or seasons of the year.

Green: 'Ordinary Time' refers to the part of the year outside the seasons of Advent-Christmas and Lent-Easter. There are 33/34 weeks of Ordinary Time. During this time the Church helps us to reflect on the life and work of Jesus. The liturgical colour for Ordinary Time is green, a colour seen everywhere in trees and plants and a symbol of life and hope.

Purple is used during Advent and Lent as a sign of penance, sacrifice and preparation. At the midpoint of both of these seasons—Gaudete Sunday (the third Sunday of Advent) and Laetare Sunday (the fourth Sunday of Lent—rose (pink) vestments are traditionally worn as a sign of joy: we rejoice at the midpoint because we are half-way through the preparation and anticipate the coming joy of Christmas or Easter.

Rose is a lighter version of purple because it signifies the penitential purple is mixed with the white of the approaching festival. In both Advent and Lent there is a moment when the atmosphere of penance is brightened by a glimpse of light from the glorious season for which we are preparing ourselves. The third Sunday of Advent tells us 'Gaudéte, rejoice!' because the Lord is near and the fourth Sunday of Lent says 'Laetáre, Ierúsalem, be joyful, Jerusalem, and all who love her!' because she herself is loved by the Lord.

Red symbolises the shedding of blood and is therefore used on Palm Sunday (when Christ entered Jerusalem to prepare for His death), Good Friday, any other commemoration of the Lord's passion, the votive Mass of the Precious Blood, the days marking the martyrdom of the apostles (except St. John), and the feasts of other martyrs who offered their lives for the faith. However, red also signifies the burning fire of God's love. For this reason, red vestments are worn on Pentecost when the Holy Spirit descended on the apostles and tongues of fire rested on their heads and for the celebration of the Sacrament of Confirmation.

White or gold, a colour symbolising rejoicing and purity of soul, is worn during the liturgical seasons of Christmas and Easter. White vestments are also used for feasts of our Lord (except those pertaining to His passion), the Blessed Virgin Mary, the angels, and the saints who were not martyrs.