

Do you know? #1

WHAT IS SEPTUAGESIMA?

Sunday the 17th February 2019 begins the season of Septuagesima or a warm up period for Lent which will begin on Ash Wednesday (6th March 2019).

The three Sundays before Ash Wednesday are Septuagesima, Sexagesima and Quinquagesima. Each word represents a numerical count: Septua for seventy; Sexa for sixty; and Quinqua for fifty days before Easter.

The season of Lent in the Extraordinary Form (OF) is designated as Quadragesima; no prize for coming up with forty days, the number of days in Lent. But you say, if all the days in Lent are counted, including Ash Wednesday and ending on Holy Saturday, why is the count forty-six instead of forty???. The little challenge here for you is to work out what days aren't counted.

During this period of 'self-denial', the Vestment and the Altar antependium colour is changed from green to violet. According to custom, various devotional items will also have violet covers. The Gloria and Alleluia are not said/sung during Lent and a Tract replaces the Gradual before the Gospel of the day.

What makes this period important to us as Catholics? **Lent** '(Latin: Quadragesima: Fortieth) is a solemn religious observance in the Christian liturgical calendar that begins on Ash Wednesday and ends approximately six weeks later, before Easter Sunday. The purpose of Lent is the preparation of the believer for Easter through prayer, doing penance, mortifying the flesh, repentance of sins, almsgiving, and self-denial. This event is observed in the Anglican, Eastern Orthodox, Oriental Orthodox, Lutheran, Methodist, and Catholic Churches.' *Wikipedia*

'In Lent, many Christians commit to fasting, as well as giving up certain luxuries in order to replicate the sacrifice of Jesus Christ's journey into the desert for forty days. Many Christians also add a Lenten spiritual discipline, such as reading a daily devotional or praying through a Lenten calendar, to draw themselves near to God.' *Wikipedia*

Answer: Remove Sundays from 'count your days in Lent'.

To learn more about the Liturgy visit here regularly.

More Lenten Spiritual Reading Resources: <http://www.traditionalcatholic.co/free-catholicbooks/>