



Holy Days of Obligation

Research one of the Holy Days of Obligation.

What is the history of the Holy Day?

What is the Liturgical Focus? What else do you know about this special day?

Holy days are like Sundays in that Catholics must attend Mass, and if possible, refrain from unnecessary work. Some Catholic countries, such as Italy, Spain, and Ireland, give legal holiday status to some of these holy days, so people can attend Mass and be with family instead of at work.

January 1: Feast of Mary, Mother of God

December 8: The Feast of the Immaculate Conception

40 Days after Easter Sunday: Ascension Thursday

December 25: Christmas, The Nativity of the Lord

November 1: All Saints' Day

Title of the Holy Day:



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