



Corpus Christi

CATHOLIC CHURCH

FATHER FREI'S WEEKLY LETTER

Twenty-seventh Sunday in Ordinary Time



October 4, 2026



The Catholic Church celebrates the saving work of Christ on prescribed days in the course of the year with sacred remembrance. Each week, on the day called the Lord's Day, she commemorates the Resurrection of the Lord, which she also celebrates once a year in the great Paschal Solemnity, together with his blessed Passion. In fact, throughout the course of the year the Church unfolds the entire mystery of Christ and observes the birthdays of the Saints (Universal Norms on the Liturgical Year and the Calendar, 1).

The liturgical year, then, consists of a seasonal cycle, called the Proper of Time, and a sanctoral cycle, called the Proper of the Saints. The six seasons of the liturgical year are: Advent, Christmas, Lent, the Sacred Paschal Triduum, Easter, and Ordinary Time. Saints and other celebrations, meanwhile, are distinguished throughout the liturgical year in accordance with the importance assigned to each one: each is a Solemnity, Feast, or Memorial.

Holy days of obligation are days when the faithful are obliged to participate at Mass and abstain from unnecessary work in order to rest both mind and body. Each Sunday, of course, is a holy day of obligation, and six Solemnities are also observed as feasts of precept in the United States.

The ways a Catholic can live out the liturgical year are manifold, but the three most important are by assisting at Mass, by praying the Liturgy of the Hours, and by looking up the saint of the day.

If we want to know how to properly honor and worship God today, in union with the Body of Christ in heaven and on earth, we can turn to the liturgical year. Indeed, the liturgical year helps us to order and structure our lives in a way that is pleasing to God – a way that will bring His peace into our homes, into our workplaces, and into our lives.



Father Frei



*May God bless you and your families.
Mary, Mother of the Eucharist, pray for us!*



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