



# **The Liturgical Year: The Spiraling Adventure of the Spiritual Life - The Ancient Practices Series**

*Joan Chittister*

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**A journey of the soul through the map of Christian time.**

The liturgical year, beginning on the first Sunday of Advent and carrying through the following November, is the year that sets out to attune the life of the Christian to the life of Jesus, the Christ.

What may at first seem to be simply an arbitrary arrangement of ancient holy days, or liturgical seasons, this book explains their essential relationship to one another and their ongoing meaning to us today. It is an excursion into life from the Christian perspective, from the viewpoint of those who set out not only to follow Jesus but to live and think as Jesus did.

And it proposes to help us to year after year immerse ourselves into the sense and substance of the Christian life until, eventually, we become what we say we are—followers of Jesus all the way to the heart of God. It is an adventure in human growth; it is an exercise in spiritual ripening.

A volume in the eight book classic series, *The Ancient Practices*, with a foreword by Phyllis Tickle, General Editor.

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