

## **Holy Days of Obligation**

The Holy Days of Obligation are the days other than Sundays on which we celebrate the great things God has done for us through Jesus and the saints. On Holy Days of Obligation, Catholics attend Mass.

Six Holy Days of Obligation are celebrated in the United States.

January 1—Mary, Mother of God

Fortieth day after Easter—Ascension

August 15—Assumption of the Blessed Virgin Mary

November 1—All Saints

December 8—Immaculate Conception

December 25—Nativity of Our Lord Jesus Christ

About 10 years ago, the US bishops set the policy for Obligation at Mass on Holy Days.

Three of the six Holy Days: Ascension, Immaculate Conception of Mary and the Nativity (Christmas) are always Holy Days of obligation regardless of which day they fall on.

All Saints, Mary the Mother of God (January 1) and the Assumption are not Holy Days of obligation if they fall on a Saturday or Monday.