

# 'Follow the Year'

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to His Father in Heaven. And an Angel came and gave Him strength.  
Great Ra-pha-el, Archangel bright,  
Sends down pure rays of healing light;  
As springtime comes and greens the earth  
And out of darkness comes new birth,  
God's healing Angel lights our way  
To understand His Word this day.

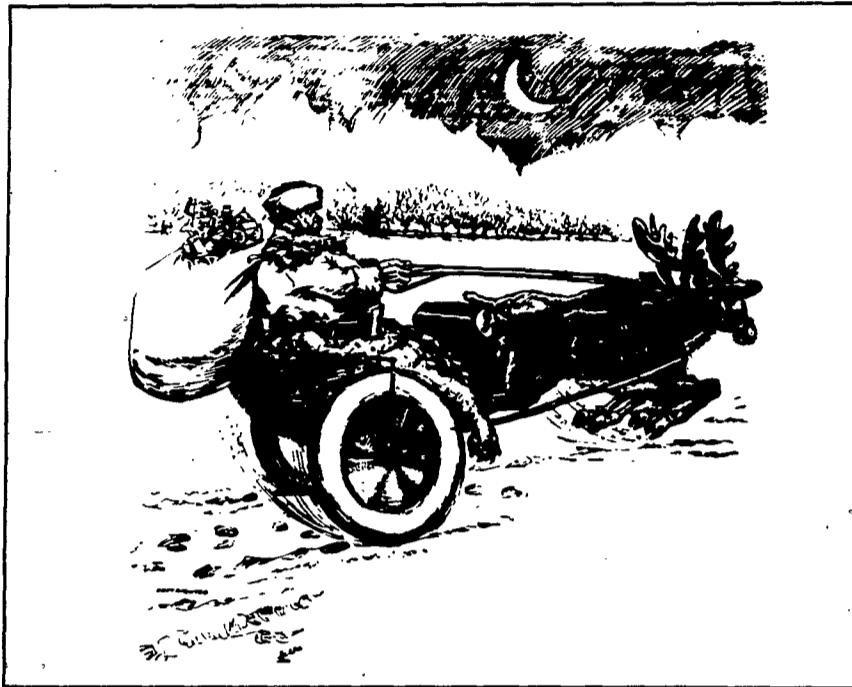
The author then tells her readers about the various traditions connected with Lent and

the Resurrection — from Mardi Gras to the solemnity of Ash Wednesday, from the German Lenten favorite of pretzels to the old French custom of paper "nuns" with seven feet marking the seven weeks of Lent.

Quickly, then, our "space-and-time-ship" takes off again, carrying us through Easter Sunday, Pentecost and the feast of St. John the Baptist. Soon it is autumn. Delightfully, we approach Halloween and Thanksgiving, learning about All Saints' and All Souls' days as well as the Pilgrims pursuit of religious freedom and their gratefulness to God.

The time and space revolution ends some 120 pages from its speedy start. *In only a few days, the season of Advent will begin once again. Now is the time to give thanks in advance, that each of us will open our hearts and receive the Christ Child we love, as once again we enter into and follow another of God's years,* Mala Powers concludes. As an appendix to the journey, she includes suggestions for family celebrations of the various Christian holidays, a monthly calendar of religious feasts and a list of suggested readings.

"Follow the Year" is published by Harper & Row, New York. The four-color, hard-bound book is priced at \$14.95.



Frances Elizabeth Livens/Follow the Year

## The first Noel

The celebration of Christmas is said by the Church historians to have been formally instituted by Pope Telesphorus, who died A.D. 138.

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## Mince pies

Christmas mince pies in the seventeenth and eighteenth centuries were made with a coffin-shaped crust, to represent the manger.

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## Christmas Greens

The leaves proper to use in Christmas decorations are those of the holly, bay, mistletoe, laurel and rosemary.

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