**Holy Days of Obligation**

On holy days of obligation, Catholics are obliged to participate in Mass. Every Sunday is a holy day of obligation, as are six other days throughout the year. In the United States, these holy days of obligation are

* **January 1:**The Feast of Mary, the Mother of God
* **40 days after Easter Sunday:**Ascension Thursday
* **August 15:**Assumption of Mary into heaven
* **November 1:**All Saints’ Day
* **December 8:**The Feast of the Immaculate Conception
* **December 25:** Christmas, the Nativity of Our Lord