

LITURGY BYTES



Do you feel like you are just going through the motions when we kneel, sit, and stand at Mass? Are we really present both externally and internally? The movement of our bodies actually deepens the experience of worship. God relates to us through our bodies. Think of the Incarnation – God assumed a human nature in the person of Jesus. He chose mere matter as the means of our salvation. This principle extends beyond the person of Christ, particularly in the Sacraments Jesus instituted. It is easy to understand this when we think about the Eucharist, which is really the supreme example.

Another familiar sacramental principle is on full display for us through icons, statues, and other sacred artwork. Vestments signify the minister's sacred duties. Candles symbolize the light of Christ. Voices and instruments lead congregations in prayer. At Mass all of the assembly bless themselves, genuflect, kneel, bow, etc. Let us not forget what is used in the celebration of the Sacraments: water, oil, bread, and wine.

Last, but not least, there is ritual! All of us have rituals, even if they are not religious ones. We may have specific routines when we wake up and also before we go to bed. We probably have habits of doing things at work too. It is natural, then, that we should expect there to be rituals in our spiritual lives as well.

In conclusion, attending Mass brings people together as one big family, especially through the Eucharist. The liturgy is the corporate worship of the Church bringing together Christ's disciples into one body. Today, in our world of many challenges of diversity and even division, the Church brings all people together united as the Body of Christ. Go forth this week and live this life of grace which we have been given!

Have a safe, healthy, and blessed week! ~~~*Michele Hahn*