

LITURGY BYTES

Laetare Sunday



If anyone is weary by what they are doing or not doing for Lent, please rejoice TODAY because Easter is on its way! This weekend is the 4th Sunday of Lent! Today we notice the vestments are not purple but rose colored. Let us find joy in the Eucharist as we rejoice in the salvation that the Lord is giving us as we continue through this Lent of 2021.

More and more, the statement “silence is golden and sacred” is taking on a special meaning to me. This week I have been attempting to practice more silent moments each day by turning off the car radio, watching less TV at bedtime, and praying in the quiet when I awake each day. You are probably thinking, what does silence have to do with Liturgy??

What deserves our attention is becoming well versed in times of sacred silence when we gather for Mass each week. All of us are in a world that bombards us with a variety of smartphone alerts, news, and bright, flashing banners demanding our attention and reaction. Frequently, the only “downtime” for us is when the power goes out or our phone battery dies! At Mass, we need to practice more of those silent moments. In fact, since the beginning of Lent, you might have noticed that when we hear the Recessional or final hymn at Mass, the priest remains up in the front until it is concluded and processes out in silence. We need to model that posture, soak in the quiet, and leave the Worship space quietly at least to the front door. There are other moments in Mass when silence is observed, even for a minute or so, giving us a chance to think about what we heard. The more we embrace these moments, the more we will realize the gift of sacred silence. Perhaps you will give it a try to carry over some silent moments into your daily routines this week. Silence is an opportunity to stop and listen, and just observe and listen. Contemplate in our hearts what it is that God is speaking to us and how it is we will choose to respond to a loving God. Remember, “practice makes perfect!”

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