Attending Mass Is Our Right and Duty

We are incorporated into Christ’s Body by sharing in his Death and Resurrection through Baptism, in which we also become sharers in Christ’s three offices of priest, prophet, and king. The priestly office of Christ calls us to offer spiritual worship for the glory of God and the salvation of humankind (Lumen Gentium, 34). The Constitution on the Sacred Liturgy informs us that “the liturgy is considered an exercise of the priestly office of Jesus Christ,” in which “the whole public worship is performed by the Mystical Body of Jesus Christ, that is, by the Head and his members” (7).

Consequently, participation in the liturgy is both the right and the duty of all the faithful by reason of our Baptism (see Constitution on the Sacred Liturgy, 14). Helping your child to offer worship during Mass (and at home through prayer and service) is an essential way parents help develop the fruits of their child’s Baptism. Explicitly tying these experiences to the privilege and responsibility that is theirs through Baptism will help your child appreciate and have a greater stake in the liturgy.

REFLECTION QUESTIONS

► What difference has your Baptism made in your life?

► How could you more purposefully foster the priestly office of Christ at home or outside of Sunday Mass?

ACTIVITY

Help your child to remember his or her Baptism as an important day in his or her life and in the life of the Church. You can do this in several ways. Frame a picture of your child’s Baptism or make a special album from the day. Take special care of the candle they received and the white garment they wore. Be sure to take these out from time to time to show your child. Write a letter to your child telling them why you chose to have them baptized and what it means. Make a point to celebrate the anniversary of your child’s Baptism. Don’t forget to help your child remember his or her Baptism each time he or she makes the Sign of the Cross with holy water or experiences the sprinkling rite at Mass. These rituals are meant to remind us of our Baptism!