

## **CONFIRMATION SESSION: SOURCE**

### **CONTENT OVERVIEW**

Do you know what it is like to be in a conversation and realize that the person you are talking to is not really engaged in the conversation? Whether they were scrolling through social media on their phone, looking around at the people who were walking by, or watching the TV that was on in the background, you quickly realize they are not really listening to what you are saying. This is a common experience for most people, but it can be difficult to handle, as we expect to have a person's full, active, conscious participation when we are conversing with them. We know that when we are fully present in a conversation, it can be fruitful, productive, and affirming. But we also know how offensive, frustrating, and hurtful it can be when a person is not fully present. Oftentimes in these situations, we have to repeat ourselves, information gets missed, and feelings get hurt.

Our interaction with the Mass can sometimes be like a conversation with a person who is not really present. For many of us, Mass has become a part of our weekly routine, which is a good thing. Sometimes, though, the routine nature of the Mass causes us to be distracted and not fully present. We easily become distracted by the lector who appears not to have practiced the reading prior to mass or by the choir that is struggling to sing on pitch. Other times it is the lengthy homily that causes us to lose focus and instead compile a mental checklist of all of the things that need to be done the minute Mass is over. Despite the distractions, it is important that we do not forget that the Mass is a celebration of our Catholic faith.

The Mass is the source and summit of our Catholic faith. Through the Eucharist — Jesus' Body, Blood, Soul, and Divinity — we become one with Christ. As we prepare to receive the body and blood of Christ, we are called to full, active, conscious participation. Although it may be difficult to put our distractions aside and give the Mass our undivided attention, this is the respect the Mass deserves.

### **CONVERSATION STARTERS**

1. Is Mass a priority for our family? Why or why not?
2. What is one challenge you have with attending Mass?
3. How can you enter into the Mass more fully? How can we, as a family, better prepare for Mass?