

BORING MASS

Part 2

Sharing a Meaningful Experience

“I go to Mass because as a Catholic I am supposed to.” But is this only our answer when posed with this question, “Why do you go to Mass?” Last Sunday’s article partially tackled the question of a “Boring Mass.” By delving further into the real meaning and importance of Mass, we hope to better understand and to realize that Mass is really not boring.

Most of us were born and raised Catholic and grew up knowing that we had to go to Mass on Sundays and Holy Days of Obligation. But did we truly understand the meaning and importance of the Mass? Was it ever fully explained to us by our parents or our teachers or our priests?

Going to Mass is about growing in relationship with God. Mass is a sacrifice, an offering of worship and praise to God. Everyone who comes to Mass is making an offering. Preparing for Mass is important, just like preparing for major family events such as a baby’s baptism, First Communion, Confirmation, weddings, and funerals. If we don’t prepare well for these important occasions, we will miss the full flavor of the experience.

On Sunday, we gather together as the Body of Christ to celebrate the Lord’s Day. The primary way in which we celebrate the Lord’s Day is with our participation in the Eucharist. Still, people will suggest that going to Sunday Mass is not necessary. After all, we can pray at home and God is everywhere. It’s tempting during this time of pandemic to sit comfortably at home attending a livestream Masses with pajamas on, or eating, or lying in bed since nobody can see us. No, let’s not do that. Let us give the reverence and respect Jesus Christ deserves by dressing up as we would if we were in church. Perhaps we can set up a separate space to watch Mass. Light a candle. Have a cross or a crucifix at hand. Participate fully. We can open our hearts and minds, centering all our attention to the livestreamed Mass celebration – pray the Penitential Acts and/or Kyrie with a contrite heart, hear the Words of God being proclaimed, sing the Psalm and the hymns, listen to the priest’s homily and the Eucharistic prayers. Be ready to receive Christ in spiritual communion in our hearts, minds, and souls.

Key to teaching our youth about our faith is tapping into our own knowledge and experience, in how we act approach and understand the Mass. The more that adults value the Mass, the more meaningfully we can share this experience with our young people.