

## **BORING MASS**

### **Part 3**

How we prepare for something tells us how important it is to us. Think back to some of the important or significant events in our lives – a graduation, a wedding, the birth of a child, or even a class reunion. If the event is important to us, we make plans and do whatever is necessary to prepare for it.

Recalling how much preparation we do for these occasions helps us reflect on how important Mass and the Eucharist is. Just as we prepare for other notable events, we should pay attention to transitioning from our ordinary daily lives to this most important time and place. Just as a wedding or a graduation or the birth of a child is significant, so is the celebration of Mass and Eucharist.

Sometimes, we may feel that Mass is a tedious chore that we must do for God. But it's not! The Mass is a miracle that Jesus does with us and for us. From the time we leave home we should be preparing ourselves to meet the Lord together with our parish community. Every action of the Mass is focused towards Jesus' great action of making a sacrifice, of making his offering to God. As St. Thomas Aquinas said in "Mass is God offering God to God." In other words, our faith is a circle. Therefore, we make offerings as well. When we make sure we get up early enough, we're offering our time. When we take the time to look at the daily readings, we're offering our love and attention. When we enter church and cross ourselves with holy water, we're making the offering of recalling our own baptisms to take up the cross of Christ. When we kneel in prayer, we're offering God our entire selves in worship. When we hear the readings proclaimed, we offer our hearts and minds, asking to be renewed by the word of God. When we receive Eucharist, we offer our souls, receiving Christ himself.

Developing the habits of preparing for and participating in Mass is especially valuable for children's learning and development. Preparing them – and ourselves – aids us in engaging more actively in the Mass.