

Liturgy Lessons: 2018



episode # 10: "Who Says Mass is Boring" (10-14)

Summary:

One often hears that Mass is boring. I like to say that if you find it boring, you're looking at the wrong thing. You are probably focused on its structure. Ritual requires structure.

And so there is a sense in which Mass is the same: it's supposed to be repetitive! Repetition is absolutely essential in any ritual; and so it is with the Mass. At Mass we should know what to expect. On the other hand, irregularity in ritual means distraction. Distraction calls attention to itself, and thus away from God.

But let repetition not mean "boring". Rather let us try to see the structure of the Mass as regular and familiar. Let the ritual provide a comfortable place for prayer to happen. Structure in the Mass is like the skeleton of our bodies: it provides a stable place for the "muscle" of meaning to be attached. The regular structure helps us to focus on prayer.

When you are at Mass, consider the uniqueness of the texts, the prayers, the readings, the liturgical season and the community gathered there.

THE TEACHING OF THE CHURCH

Taken from the General Instruction of the Roman Missal: "The Mass consists in some sense of two parts, namely the Liturgy of the Word and the Liturgy of the Eucharist, these being so interconnected that they form but one single act of worship. "(n°. 28)

IN THE TRADITION

G.K. Chesteron

"The Mass is very long and tiresome unless one loves God."

FOR YOUR REFLECTION

1. How does the regular structure of the Mass provide an environment conducive to prayer?
2. How do authentic prayer and meditation on the mysteries of our salvation help us to be engaged in Mass?

Today's Liturgy Lesson is one part of a thirty three part package intended to help us understand and embrace our experience of the Sunday Mass. Past lessons will be available upon request.

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