

Liturgy Is Our Reminder

Sunday liturgy reminds us of “what it is to be a Christian and a Catholic.” The book of scriptures is read in our midst and the Eucharistic prayer gives thanks for God’s deeds. We pray for the dead and ask the intercession of the saints. We remember too those who are absent, those who are oppressed, and those who suffer, and we remember those in power.

If we didn’t gather at the Lord’s table every Sunday, how long would we remember?? We need liturgy, lest we forget.

1. When does life give you and your friends and family a chance to recall the past, to enjoy memories?
2. At the liturgy, how are you reminded of what it means to be a Christian and a Catholic? Be specific about the words, gestures, objects, songs, and postures.
3. Every family has a history – a story passed down from one generation to the next. Our liturgy of the word and blessings of bread and wine were part of Jewish prayer before the time of Jesus. In them he received his own story as a Jew. How does the liturgy tell us our story? Do we Catholics take hold and eagerly pass the story on to the next generation?
4. The unleavened bread at Mass may remind you that we “cast our lot with the poor.” Does the tiny bite of bread and the sip of wine ever remind you of those who are hungry? What implications does Sunday liturgy have for issues of social justice and human rights?
5. The Eucharistic prayer is filled with thanks flowing from the church’s remembering. How much of that do you hear and take to heart? Can this be done better? How?

Taken from “Guide for the Assembly” by Cardinal Joseph Bernardin.