

Why We Go to Mass

The Liturgy & Our Lives

TAKING A STEP!

Consider making a specific commitment to enhance your participation in the Sunday liturgy. Here are a few suggestions.

1. Take time to make Sunday truly a Sabbath – a day of rest that is different from the other days of the week. Make the liturgy the centerpiece of your day.
2. Prepare for the liturgy by reading and reflecting on the Scriptures before Mass.
3. Fast to remind yourself of your hunger for Jesus in the Eucharist.
4. Be more aware of God's presence within the silence during Mass. Be attentive during times of silence – listen to God's voice within you.
5. Make a sincere effort to go out of your way to welcome others and get to know those who celebrate with you.
6. Make thanksgiving and praise more a part of your everyday prayer.
7. Be more aware at the presentation of the gifts of all that you have offered to God this week – your time, talent, and treasure.
8. Be open to all of your senses during the liturgy – sounds, touch, smell, taste, and sight.
9. Participate by responding full-heartedly in spoken word and in song.
10. Take time to read the texts of the songs, so that you can enter into the song with heart and voice.

11. Become a minister of Art & Environment (art & seasonal church decoration), Hospitality (greeter/usher), Word (lector), Song (cantor, choir member, instrumentalist), or Eucharist (extraordinary minister of Holy Communion).
12. Become an active member of Prayer & Worship, Altar Society, a Bible study, or a Small Faith Group.
13. Be more reverent during the Mass by thinking about what you are doing during each part and what your actions mean – making the sign of the cross, genuflecting, processing forward to receive Communion.
14. Make a sincere effort to carry the Mass with you into the world – to respond to the Gospel by being more aware of the needs of others and by working for a more just world.

15. _____

16. _____

17. _____

18. _____
