

EPISODE 07 – Sacramental Signs

1. What sacramental signs are most visible to you at the celebration of Mass?
 - The most obvious answer would be the bread and wine which are changed in substance to the Body and Blood of Christ.
 - Another sign for me is the priest himself who acts in the person of Christ to lead us in the Eucharistic celebration.
 - There are also other signs in the church such as Holy Water, lighted candles, and the people created in love by God to love and serve.
2. How can you attune yourself to recognizing the sacramental signs?
 - What has helped me the most is to take the time to read through and understand the Mass, make connections to the Bible, and prayerfully meditate upon the prayers we say so routinely in each Mass. What is the prayer? How do I understand it? Am I praying in adoration, contrition, thanksgiving, or supplication? It's a never ending process. Each time I meditate in this way, I come to a deeper understanding of the signs and grow in my love of the Mass.