

## **EPISODE 10 – Who Says the Mass Is Boring?**

1. How does the regular structure of the Mass provide an environment conducive to prayer?
  - To be honest I must say that there were times in my life when I did find the Mass to be boring. My recollection is that at those times I was too busy with the world outside the Mass, work, problems to be solved, chores to get done, etc. It was the regular structure of the Mass that gave my mind the opportunity to dwell on these issues. Perhaps it was also a way for me to present these to God. Of course, He already knew of them but now we could converse even if the conversation seemed to be only from me to Him. Not a formal prayer but a prayer nonetheless.
  - There are also many times when I leave the world outside behind and embrace the experience of being in the presence of Jesus, my Lord and savior. At those moments I am humbled by his presence and my sorrow for my sins. It is at these times that we truly communicate. How perfect are such times. It is the regular structure of the Mass that allows me to leave the world behind me and enter immerse myself in his presence. When my attention returns to the liturgy I find my prayers merging with those being prayed by us all.
  - I remember how someone told me years ago about how wonderful it was to attend daily Mass. During Lent one year I decided to make a commitment to attend each day. It was such an uplifting experience and entirely changed my day. I knew that this is where I needed to be each day. Unfortunately, I did not continue this past that Lent, but in recent years that has changed and now daily Mass is an essential part of my day. On those days when I cannot attend I offer a Spiritual Communion which helps but does not satisfy as the Mass does.
2. What can repetition in Mass or in the liturgical cycle teach us about our faith?
  - Our faith is in our God. He is love and his love for me, his creation, is constant and unchangeable. Even though the content repeats, it speaks to me just a bit different each time. My life changes day by day and each day the Mass has something new to offer to me. Sometimes it is just a word or phrase in the prayers that brings me into contact with the love of God where I find the gifts and graces I need to live out that day as a member of the body of Christ. If a picture is worth a thousand words, the value of the liturgy is immeasurable if only I choose to immerse myself in it.
3. How do authentic prayer and meditation on the mysteries of our salvation help us to be engaged in Mass?
  - God gave me intelligence and wisdom, but these are limited and there are many questions and mysteries of faith for which I have no clear understanding. I believe that God is and always will be fully beyond my understanding. However, engaging at Mass and connecting to him with prayer and meditation fill me with joy, and that is sufficient for me. At Mass I give thanks for every bit I come to understand.