

## **EPISODE 30 – The Liturgical Movement**

1. How does a better understanding of the Mass help you to participate more fully?
  - I know that there was a time in my life when the Mass I attended, the Mass I served at was in Latin. As an altar server I memorized all the responses said by the server in Latin. I memorized but I did not understand. My heritage is French Canadian and many of the Masses I attended also had the readings and the homily in French which I barely understood.
  - But that was many years ago and for the majority of my life the Mass has been in English and I have made a personal effort to learn as much as I can about the Mass. I cannot say that my understanding is full and complete but it is great enough that I cannot imagine going to Mass and not have the understanding that I do. Each prayer spoken and silent, every movement, the songs, the silence, the meditation, the sorrow, the joy, love given, love received, and so much more, allow me, for that brief part of my day to have a taste of heaven.
2. How can careful attention to prayer at Mass help us to engage mind and heart?
  - I have used Lectio Divina to meditate and pray through every part of the Order of the Mass. Slowly day by day, line by line I prayed my way through. It took months to finish, but how wonderful the treasure I uncovered. This time spent with these beautiful prayers has made every part of the Mass come alive to me. Yes, there are still times when my mind wanders, but there are also times when the Lord speaks to me, and gives me the gifts and graces I need to live that day in discipleship. The latter times now far outweigh the former times and bring joy and hope to my life. For the treasure of the Mass all I can say is "Thank You, LORD!"