

Ten Ways to Step up Your Mass Engagement

Improving etiquette during the central hour of the week
(by Vladimir Mauricio-Perez, *Denver Catholic*)

How important are the little things at Mass? Very important. The Eucharist is so important to the Christian life that it's considered "the source and summit of the Church's life and mission." It should shape who we are and how we live. But if we don't watch the little things during the Eucharistic celebration, we risk losing the depth of the very mystery in which Christ comes to us. As one priest put it, "We are seeing a deterioration in Catholic culture, which can be seen very often during Mass." For this reason, we have asked priests from around the archdiocese to provide tips to help you overcome this problem and encounter Christ in the Holy Sacrifice of the Mass.

1. Receive Communion reverently

The Eucharist is the body of Jesus Christ himself, which means it must be treated with the outmost respect. A priest should never have to worry about dropping it or whether it was consumed. A few tips from our priests to improve your Communion reception: If you are receiving on the tongue (which is "highly preferred"), "open your mouth widely [and] stick your tongue out far." If receiving in the hand, "place one hand flat over the other, palms up, and immediately place the Host in your mouth" in front of the minister.

2. Genuflect

"Genuflecting manifests a faith in the True Presence of Jesus Christ in the Blessed Sacrament," a priest stated. "[However], the practice of bowing from the waist – or a simple head bow – has crept in to replace a genuflection, even among people who have no physical handicaps." Priests ask that all faithful do a full genuflection when they enter or leave the Church, if they are capable: "At the name of Jesus every knee should bow in heaven and on earth" (Phil 2:10).

3. Arrive early and stay

"Passing from a secular atmosphere to a sacred atmosphere requires some preparation," a priest said. Arriving at least 10 minutes early would do. This helps prepare the heart and mind for the Lord who comes to us, he added. And don't leave early. One can leave only after the celebrant processes out because "he's acting in the presence of Christ," a priest emphasized.

4. Dress up for Jesus

What we wear says a lot about where we're going. A priest recommend dressing "as if one was going to an audience with someone more important than the Pope," which is certainly the case. For this reason, they discourage wearing anything that may seem as if you were going to the beach or a sporting event, for both

men and women. "May your body and clothes manifest your heart before God and your brothers," another priest added.

5. Respect silence

"Sacred silence is part of the celebration of the Mass," a priest said. "[It] leads us toward God and others." Other than being silent during Mass, we should also refrain from talking before and after Mass, since these are important times for preparation and thanksgiving, another priest added. This also includes desisting from applauding, he added. As Pope Benedict XVI put it, wherever applause break out in the Mass, the essence of the liturgy is lost, and it's replaced by a kind of "religious entertainment." It becomes something that it's not.

6. Watch your posture

Gestures and body postures are very important at Mass. They are meant to help us enter more fully into the Mystery, a priest said. "Standing means respect and readiness to serve. Sitting means attention and obedience. Kneeling means adoration." This ranges from kneeling erect to sitting appropriately and even singing. The better you do these small things, the more you will be attentive to what is really going on during the Mass.

7. Pray in unison

"[Although] the Mass is personal, [it's also a] communitarian encounter with Jesus," a priest said. It's personal because we encounter Jesus. It's communitarian because we encounter him as a Church. "When people pray at their own pace, [this] sense of praying to God as one is lost," a priest added. Therefore, they recommend listening to those around you to pray together.

8. Turn off your phone

God asks for at least one hour a week to put everything in his hands. That hour is the Holy Mass. "There's something way more important going on," a priest said. "[So, please], don't text, and if it happens to ring... never get up to answer it!" The habit of turning it off or putting it on airplane mode before entering the church can make all the difference.

9. Give a dignified sign of peace

The sign of peace is highly symbolic. It's meant to dispose oneself to receive Communion, signifying peace, communion and charity with one's brothers and sisters before going up to the altar. "It can and ought to be simple and dignified, always respecting the presence of Christ on the altar and the sacred character of the Mass which is still in progress," a priest said. "It should not be a time for carousing and garrulousness."

10. Love (crying) children

Most priests will agree that children shouldn't be running around during Mass, but also that they shouldn't be kept at home. A priest specially dislikes when people give the "'sour-grape-face' at the poor mother who is trying to calm her crying baby." While solutions are highly debated, another priest said that "[A baby's] cries glorify the Lord. It is a joy to have them at Mass. If the baby happens to cry too much, one of the parents may go to the back of the Church and take some time."

Quick Apologetics (Defending Your Faith)—The Communion of Saints

Some people think Catholic Christians are cultish or weird because we ask the saints to pray for us and with us. They, first, think we are worshipping creatures by calling for their assistance. Second, they say, "Why are you praying to St. Joseph? He is dead. He cannot hear you."

To the first objection, we know that we worship God alone. When we call upon the saints for prayers, we are not worshipping them. We do pray for each other on this earth. Recall in 1 Timothy 2:1, God says through St. Paul, "First of all, then, I ask that supplications, prayers, petitions and thanksgivings be offered for everyone...." So, God is asking us to pray for one another. God is humble. He wants to use the whole team. So we can ask anyone to pray for us, those here on earth and those in heaven (or in purgatory). Those in heaven do not have to sleep or eat. They never get sick. They love to pray for us, and they pray perfectly; they continue to work after death in heaven.

As far as the second objection...are those who have died unable to hear us? No. Through a special grace, God let's them hear us. In Mark 12:18-23, the Sadducees try to deny the resurrection by testing Jesus. Jesus replies to them immediately, "Are you not in error because you do not know the Scriptures or the power of God? When the dead rise, they will neither marry nor be given in marriage; they will be like the angels in heaven. Now about the dead rising—have you not read in the Book of Moses, in the account of the burning bush, how God said to him, 'I am the God of Abraham, the God of Isaac, and the God of Jacob.' He is not the God of the dead, but of the living. You are badly mistaken!" (Mark 12:24-27).

In Luke 15:7, Jesus states: "I tell you, in just the same way there will be more joy in heaven over one sinner who repents than over ninety-nine righteous people who have no need of repentance." We see from this that, by some special power from God, the saints know what is happening on earth. So they are not dead or sleeping.

Even in Hebrews 12:1, it says, "...we are surrounded by so great a cloud of witnesses...." Many times we go by ourselves to God for help or to praise Him. Sometimes we ask for the saints in heaven to join us and intercede or praise God. It would be abnormal if we did not ask others to pray for us—either those living on earth or in heaven.

Litany of St. Joseph

(Solemnity of St. Joseph, March 19)

Lord, have mercy. **Lord, have mercy.**
Christ, have mercy. **Christ, have mercy.**
Lord, have mercy. **Lord, have mercy.**
Jesus, hear us. **Jesus, graciously hear us.**
God, the Father of Heaven, **have mercy on us.**
God, the Son, Redeemer of the world,
God, the Holy Spirit,
Holy Trinity, One God,

Holy Mary, **pray for us.**

St. Joseph,
Renowned offspring of David,
Light of Patriarchs,
Spouse of the Mother of God,
Chaste guardian of the Virgin,
Foster father of the Son of God,
Diligent protector of Christ,
Head of the Holy Family,
Joseph most just,
Joseph most chaste,
Joseph most prudent,
Joseph most strong,
Joseph most obedient,
Joseph most faithful,
Mirror of patience,
Lover of poverty,
Model of artisans,
Glory of home life,
Guardian of virgins,
Pillar of families,
Solace of the wretched,
Hope of the sick,
Patron of the dying,
Terror of demons,
Protector of Holy Church,

Lamb of God, who takes away the sins of the world, **pray for us.**

Lamb of God, who takes away the sins of the world, **spare us, O Lord.**

Lamb of God, who takes away the sins of the world, **graciously hear us.**

He made him the lord of his household. **And prince over all his possessions.**

Let us pray. **O God, in Your ineffable providence, You were pleased to choose Blessed Joseph to be the spouse of Your most Holy Mother; grant, we beg You, that we may be worthy to have him for our intercessor in heaven whom on earth we venerate as our Protector: You who live and reign forever and ever. St. Joseph, pray for us.**

No Tuesday (March 20) 7:30 a.m. Mass at OLS; Instead...

There is a funeral Mass for Paul Robertson at OLS at 11 a.m., followed by a reception.

There is a memorial Mass for Charline Geeck at StP at 6:30 p.m. Charline died on Thursday afternoon in Kremmling.

Children's Rosary after Mass at OLS on March 18

Every third Sunday a family Rosary is planned at OLS. Come and network with other families. Pray together.

Snowshoeing/Hiking with Fr. Peter in Grand Lake

Wednesday, March 21, leaving from St. Anne at 9:30 a.m. Location to be determined. Suggestions welcome. **Mass at 8:30 a.m.** with Divine Mercy Chaplet.

Totus Tuus Vacation Bible School; June 17 – 22

Our Lady of the Snow. \$20 donation to offset the cost. Grades 1-6: Mon – Fri, 9 a.m. – 2:30 p.m.; grades 7-12: Sun – Thur, 7:30 – 9:30 p.m. (Be sure to pack a lunch and snacks for your children.)

Sports-Bible Camp; July 19-20

- Days: Thursday-Friday
- Time: 8:30 a.m. – 2:30 p.m.
- Where: Fraser Valley Sports Complex.
- For boys and girls: kindergarten completed through 6th grade completed.
- Typical sports: **volleyball** (= real sport; everything else is just a game), basketball, soccer, football, cheerleading, martial arts.
- No cost.

Holy Spirit Fire! Friends, Thanks for Coming

At StI in Walden, we have three new Catholics in the state of grace. Of the 35 people at Mass last Sunday, about 30 stayed to see **Loveah Marie, Bria Marie, and Maddox Anthony** get baptized! Great community! On fire!

At OLS, over 50 people showed up for the fish fry and Stations of the Cross on Friday. Community building!

At StP, 35 people (including 17 children!) came to Stations of the Cross! This is 45% of the Church! On fire!

St. Peter Church Fundraiser, Wednesday, April 4

- Where: Grand Adventure Brewing Company
207 Central Ave., Kremmling
- Time: 5:30 – 8 p.m.
- Fare: pizza, wings, Caesar salad, N/A drinks included; alcoholic drinks paid for by guests
- Required donation: \$10; suggested, \$20

Friday Meatless Suppers and Stations of the Cross

- St. Peter:** Stations, 6:30 p.m.; soup/bread supper, 7:35 March 23 (Incense) [**Mass at 5:30 p.m.**]
- St. Anne:** Stations, 6:45
March 23—**no dinner** (No incense)
- St. Bernard:** Soup supper, 5:30 p.m. Stations, 6:45 March 23 (Incense) [**Mass at 4:30 p.m.**]

Holy Thursday and Good Friday at OLS and StP

- Thu, March 29, Mass of the Lord's Supper, 6:30 p.m.
--Confession, 7:45 p.m.; Adoration of Our Lord till 10
- Fri, March 30, Good Friday: Lord's Passion, 6:30 p.m.
--Confession afterward; begin **Divine Mercy Novena**

Saturday Easter Vigil Masses at OLS and StP

- Sat, March 31, Easter Vigil Mass (2+ hours), 7:30 p.m.

Easter Sunday Masses, April 1

- Saint Bernard, 7 a.m. AND 9 a.m.
- Saint Anne, 8 a.m.
- Our Lady of the Snow, 9:30 a.m. (Incense)
- Saint Ignatius, 1 p.m. (Incense)

Incense will be used: Mar. 18, StP, 10 a.m.;

Mar. 25, StB, 7 a.m.; Holy Thursday; Easter Vigil

Calendar of Events

-**Mar 23 (Fri).** Stations of the Cross: StB and StP

Mass Collections, March 10 – 11

St. Anne	\$ 2415
St. Bernard	2230
Our Lady of the Snow	1860
St. Peter	614
St. Ignatius	<u>682</u>
Total	\$ 7801

Vocations Prayer Calendar

Please pray for our seminarians every day.

- Sat**—Juan Rojas & Daniel Wolbach
- Sun**—Julio Amezcua & Adam Bradshaw
- Mon**—Christopher Considine & Witold Kaczmarzky
- Tue**—Josh Meier & Branimir Pavelin
- Wed**—Thomas Scherer & Deacon Darrick Leier
- Thu**—Men in our family lines called to the priesthood
- Fri**—Increase in vocations to priesthood/religious life

Mass Intentions and Schedule for StA, StB, and OLS

KEY: StA = St. Anne; StB = St. Bernard;
OLS = Our Lady of the Snow

- Sat, Mar 17, StA, 5 p.m., +Mary Foresman
- Sat, Mar 17, StB, 4 p.m., +Gene Darah
- Sat, Mar 17, StB, 5:30 p.m., Special intention 1
- Sun, Mar 18, StB, 7 a.m., Parishioners and visitors
- Sun, Mar 18, OLS, 9:30 a.m., Special intention 1

Weekday Masses

- Mon, Mar 19, StA, 8:30 a.m., Mr/s P.P. McNealy Family
- Tue, Mar 20, **Two funerals (OLS, StP)**—see left side
- Wed, Mar 14, StB, 8:30 a.m., +Jim Buckley
- Wed, Mar 21, StA, 8:30 a.m., Special intention 1. Hike**
- Fri, Mar 23, StB, 4:30 p.m., Sarah Kullman**

Mass Intentions and Schedule for StP and StI

KEY: StP = St. Peter; StI = St. Ignatius (Walden)

- Sun, Mar 18, StP, 10 a.m., Special intention
- Sun, Mar 18, StI, 1 p.m., Parishioners and visitors
- Fri, Mar 23, StP, 5:30 p.m., Conversion at Easter of F-A**