



STEPS

FOLLOWING IN THE FOOTSTEPS OF JESUS

PRACTICE

PRAYER & SACRAMENTS

Let's talk Mass.

Not as in a quantity or an object's measured resistance to force.

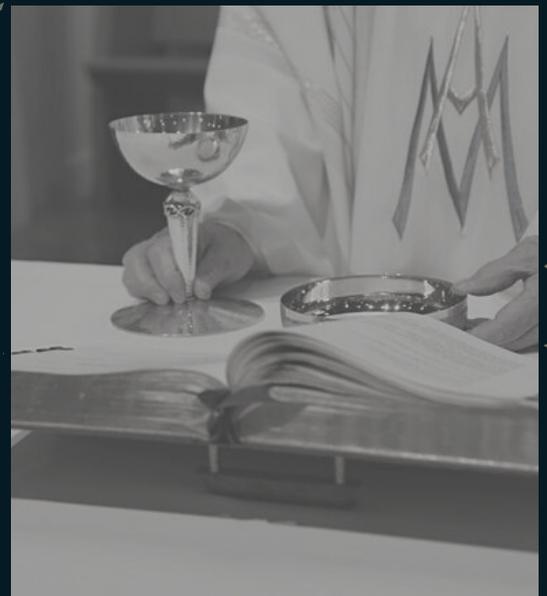
But **The Mass**, as in the central act of worship in our Catholic faith.

Many of us have been attending for a while, perhaps some of us are converts or took a little hiatus during college. Either way, this practice is something we've grown up with, scheduled our weekends to include or created family rituals around it. A practice that, surley, we have grown tired of once or twice. **So why do we keep going?**

We go because we know it's not about us. Even though we receive the best gift ever given when we attend (Jesus) - the Mass is not about us. It is an act of worship that we offer to God. It's about Him.

And because He is good, we benefit from it . By going to and participating in Mass we are offered the chance to deepen our relationship with the Father, receive the mercy of the Son and be filled with the Spirit to share it all with others.

Even when we don't feel like it, we continue the practice of attending Mass because it is the best place to seek Him and allow Him to find us.

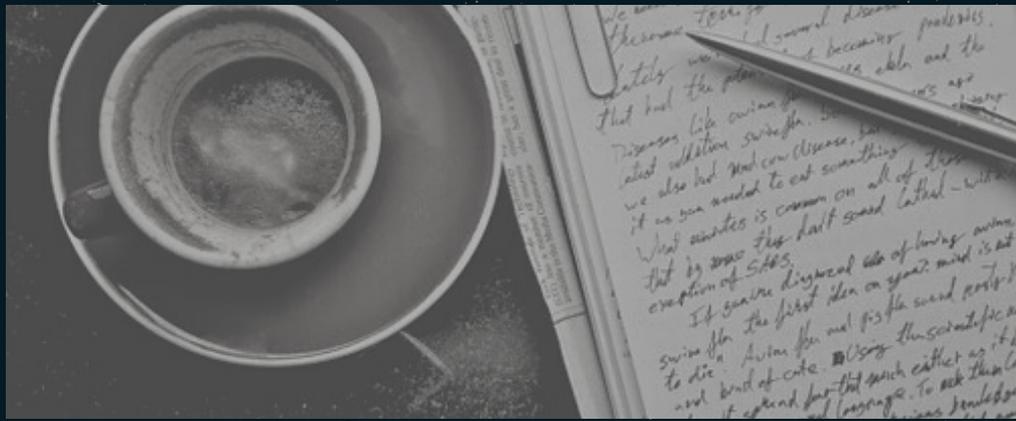


A KNOCK SOUNDS

CHRISTOPH FRIEDRICH
BLUMHARDT

For those who listen for Christ's coming, a knock sounds over and over again. The things that come forth are not necessarily highly spiritual. Sometimes they are very simple things. For instance, we may be told, "Don't neglect your bodies. Don't you know that your body is a temple of the Holy Spirit? (1 Cor. 3:16) Why do you drink so much wine? Why do you eat so much food?" This seems contemptibly small.... Yet for those who want to hear, there is a knock on the door for the coming future of Jesus Christ telling us to live for God in everything. It is not only your souls that matter, but your bodies too. Whoever is wise will open the door when God's messengers speak about this. Whoever is wise will go at it joyfully and confidently.

Source: Watch for the Light



READY, SET, GO?

One of the most difficult questions for me to answer during 2020 was "Should I go to Mass this week." And as I move into 2021, I'm finding it's easier to say no and use the pandemic as an excuse..

"The obligation's been lifted though." you might say. "You don't have to go."

Very true. I keep telling myself that. But there still something unsettled in my head and heart. Maybe it's my "catholic guilt". Maybe because I know it's what I *should* do. Or maybe it's my soul that has known what it's like to be close to its maker and is longing for that intimacy again..

I fear that when the covid is a thing of the past and I will have learned to live life without that intimacy, that this question will remain - but without the weight it carries now and accompanied by a shrug.

So, what do I do in the mean time to ensure that doesn't happen? Perhaps I could go to a weekday Mass with less people and less potential exposure. Or carve out intentional time on Sunday to worship and receive God's love. Whatever I do though, I know it will be worth it. And Jesus will be there waiting to bring me close to Him again.

