



The Five Senses and the Mass: Part III

The sense of touch most readily figures into two parts of the liturgy. At the “Sign of Peace” people are asked to share with each other a sign of peace. In the United States, the custom is ordinarily shaking hands with those around us. Some family members may embrace each other. This is a real “hands on” moment in that we realize our brothers and sisters in the Lord are very near us and we recognize and acknowledge each other’s presence. The second part of the liturgy where touch is involved is the reception of Holy Communion. As you know, one may receive the Body of Christ on the tongue or in the hand. We also may receive the Blood of Christ taking the cup from the minister, drinking a sip and then returning the cup.

This brings us to the sense of taste. Both the Body and Blood of Christ are taken and consumed. Each has its own taste and like the incense spoken of earlier, may remind the one receiving of his or her own many experiences of liturgy in the church. The communicants have received the Body and Blood of the Lord and are to become what they have received. At the dismissal, the assembly is told, “Go in peace, and glorify the Lord by your life.” With the spiritual nourishment that we have received from the liturgy, we are sent out to bring the Good News of the Lord to all we meet and be instruments of God’s love and peace.

This is the conclusion of a three part article explaining how our five senses are intertwined with the Mass. Our experience of the liturgy truly involves body and soul, the physical and the spiritual. It is an all-encompassing experience that really does ask us to give our attention wholeheartedly. The comment heard occasionally “I don’t get anything out of the Mass” should always be responded to by another comment: “What are you giving to the Lord when you come to church?” Have we taken time to prepare ourselves for the Mass by looking ahead of time at the Scripture readings and praying about them? Have we reflected on how the Lord has accompanied us during the past week and how we have lived truly as His disciples? Have we experienced the Sacrament of Reconciliation if there have been any serious sins our lives? A clean heart and a clean soul will be a welcoming and fitting dwelling place for Jesus as He comes to us in the Mass.

Father David

Please Pray for our Confirmation Candidates

On Saturday, February 25th, our parish Confirmation candidates attended retreat with their sponsors to prepare for the Sacrament of Confirmation scheduled on Tuesday, March 21st.

Please keep our candidates in your prayers as they ready themselves to receive the gifts of the Holy Spirit.

