



Infifax



Preparation for Mass

Preparation is part of our daily life: to prepare our daily meals, we buy the ingredients necessary; to see the doctor, we describe the symptoms of the illness affecting us and we bring our health card; we relate the problems with our car to our mechanic.

The celebration of mass does not escape this rule. It too requires preparation. Obviously, the priest must prepare and the different ministers who take part in the mass: arrangement of the church, the welcome, the choice of music, the liturgical service, the proclamation of the readings, the gathering of the gifts, the distribution of Holy Communion ... However, that is not enough.

Every person who participates at mass should prepare him or herself in an appropriate manner, to move from the whirlwind of daily life to the encounter of the Lord and the Christian community. This does not happen automatically. Every person must organize himself, prepare physically and especially, spiritually.

Physical preparation : By abstaining from food one hour before communion, we begin our preparations. We wear appropriate clothing. We travel to get to the church.

Spiritual preparation : We become conscious of what we will do: listen to the Word of God, unite our lives to the life of the Lord, receive the Lord in Holy Communion, meet the Christian community.

First step : Arrival at the Church.

We make the sign of the cross with holy water: In doing this we recall our baptism, we express our faith in the Holy Trinity: the Father, the Son and the Holy Spirit, we call to mind the Lord's love for us, he who gave his life on the Cross so that we have life.

We genuflect while turning toward the tabernacle: Through this we acknowledge that the Lord is present in the Blessed Sacrament, we adore him and we express our love for him. We tell him of our desire to make ourselves present to him.

Second step: In our pews :

A time for general prayer:

We recite the 'I believe in God', to express our faith in God the Father, the Son and the Holy Spirit: the Father who created us, the Son who came to save us through his death and resurrection and to share divine life with us, the Spirit who sanctifies us in the Church. We express our hope of eternal life in God.

We recite the 'Our Father' : By saying this prayer that comes from Jesus, we are aware that we are children of God whom he cares for like a father.

We recite the 'Hail Mary' : We ask the Blessed Virgin to encourage us to welcome her Son as she did in her life.

Time for personal prayer :

We look at the week that has just gone by:

We thank the Lord for the graces that he has given us (happy events that have occurred in our lives or in the lives of others, in the world; people who have demonstrated friendship toward us...)

We examine our conscience and ask forgiveness for our sins: the evil that has contaminated our thoughts, our words, our actions; the good that we refused to do. If necessary, we receive the Sacrament of Reconciliation.

We present our particular needs to the Lord:

For ourselves: health, holiness, light on decisions to be made, strength to accomplish what is good...

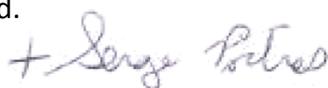
We present the needs of others to the Lord: spouses pray for one another; parents for their children and vice versa; we call to mind our friends, the parish the diocese, the poor, the sick, the dying, the country, peace ...

To greet well the Word of the Lord that will be proclaimed, we return to the words of the young Samuel *"Speak, for your servant is listening"* (I Sam 3: 10); we unite ourselves with the Blessed Virgin at the Annunciation: *"Let it be with me according to your word."* (Lk 1: 38).

Finally, we express our deepest desires: to unite ourselves more to the Lord, to become more dynamic members of his Church, to live our Catholic faith in a more consistent way.

I hope that these few instructions may help each of you to better prepare yourself for mass so that you experience it in a more conscious and fruitful manner.

With my kindest regards in Our Lord.



✠ Serge Poitras
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