



## *Pick Up*: EXTRA DAILY MASS

This is now the final week of Lent, Holy Week. This is the quickening of the mystery of Christ, when our Savior institutes the Holy Eucharist at the Last Supper, is betrayed, abandoned, and is crucified on Good Friday. Yet, as we all know, that is not the end of the story. Death does not have the last word. Christ is the champion, the victor over death, as we celebrate his glorious resurrection on Easter Sunday. This is truly the holiest week of the year. So how do we approach this week in the light of our ReCenter Lenten initiative?

The Second Vatican Council teaches that the liturgy is considered “a sacred action surpassing all others; no other action of the Church can equal its efficacy by the same title and to the same degree.” Our participation in the liturgy makes manifest “the mystery of Christ.”

Liturgical worship is not the same thing as private prayer and devotions. Of course they mutually enrich one another, but liturgy is not just my prayer or my worship of God. It’s not even our community prayer and worship of God. It is our participation in the prayer of Jesus to the Father in the Holy Spirit.

### How to add Liturgy to your life :

We are asking for 1 extra daily Mass in this final week, this Holy Week. Daily Mass is shorter because there is one less reading, there is generally no music, and generally an extremely short homily. It is meant to help you crown your morning or evening with the Liturgy. If you work in a downtown area, parishes around you will offer a noon Mass to accommodate your lunch hour.

But it shouldn’t stop with just a dash into morning mass. Oh no, my friends! Liturgical worship can be incorporated into your personal prayer life. The Church has given us the Breviary, or the Divine Office, or the Liturgy of the Hours, for centuries upon centuries.

The Liturgy of the Hours was originally started within the walls of the monastery as monks and nuns would pray all 150 Psalms every day. Eventually the Psalter was connected with more prayers, universal prayer intentions, saints feast days, Scripture readings, and brief quotes from the Church Fathers, to form what we have today in our Liturgy of the Hours. There are books to help as well as apps and websites with this leaning into this form of prayer that connects the public worship with private devotion.