ORDINARY TIME

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"Do This in Remembrance of Me" A Step-By-Step Walk Through the Mass

Fr. Luke Spannagel

Part 7: Penitential Act

After the priest's greeting and people's response at the beginning of the Mass, we next share in the Penitential Act. If you think that sounds like penance, don't worry—it's a good thing! During the entrance rite, we recall that we are in the presence of God. If we are truly sincere in realizing that God (who is all-holy) is in our midst, then we recognize the need for purification. We recognize that when we encounter God, we must draw near with a pure heart. So, we take a brief moment of silence to call to mind our sins and failings, and we ask the Lord to forgive and heal us. After our time of silence, the priest (or deacon) leads the community in praying one of three possible prayers (conveniently known as options A, B, and C—more on them next time).

History of the Penitential Act

Like nearly every part of the Holy Sacrifice, we find descriptions of the Penitential Act in early descriptions of the Mass. One of these, the Didachē (pronounced: did-uh-kay), meaning Teaching of the Apostles, gives instructions for Christians celebrating the Eucharist: "Assemble on the Lord's Day, and break bread and offer the Eucharist; but first make confession of your faults, so that your sacrifice may be a pure one" (A Biblical Walk Through the Mass, p. 32). As Father Guy Oury notes, "For a long time in the past this rite concerned only the celebrant and his ministers. Before going up to the altar they remained in silent prayer, lying face to the floor, as is still done in the liturgy of Good Friday" (The Mass, p. 49). So that everyone present could be more actively involved in this important part of the Mass, our current options came into use. Besides, except for some of our little ones, it would be really hard for everyone to lie down on the floor inside the pews!

How to Participate

This honest look inside ourselves during the Penitential Act helps us to be aware of our sin and, most importantly, our need for God to help us overcome sin. In a very practical way, this brief reflection recalls

the places in our lives where we know we need Christ more. If you haven't yet thought of an intention to join together with the priest's offering of the Mass, this might be a great time to ask specifically for help in overcoming a particular sin or perhaps further healing from the effects of previous sins. We believe that the Mass is our most powerful prayer together because Jesus himself is truly present and we are joining together with Him in the perfect worship of God the Father. In the Mass we take part in the one perfect sacrifice of the Cross where Christ offered Himself so that our sins could be forgiven. Realizing Jesus will be present on the altar or thinking about how the Mass is a sharing in the Cross, this moment can actually be one of great hope. What a great gift!

During this part of the Mass, as you recall your sins, you might feel unworthy of what we are about to celebrate. Although it may be uncomfortable to think about where we need healing and growth, it is actually a good sign of grace at work in our hearts. We are made out of love for love. We are made for life and communion with God and each other. Of course, sin disrupts and breaks that communion: sin moves us away from where we belong. The reason we feel frustrated or embarrassed or sad when we think of our sins is that we know deep inside that sin is contrary to the life to which God calls us. Hopefully, that discomfort will spur us to seek out the forgiveness of Christ through the Sacrament of Reconciliation.

Sometimes We Use Water Instead

For a little bonus info: Have you ever noticed during this time that the priest might walk around with Holy Water instead? As the General Instruction of the Roman Missal says, "From time to time on Sundays, especially in Easter Time, instead of the customary Penitential Act, the blessing and sprinkling of water may take place as a reminder of Baptism" (GIRM, no. 51). As people from my parishes could tell you, this is often one of my favorite parts of the Mass! Using an aspergillum (typically a small reservoir with a sponge inside on the end of a handle, sometimes referred to as a sprinkler) or perhaps even an evergreen branch, the priest will dip it into the water and then sprinkle the water over the people. As when we talked about using the Holy Water upon entering the church, this water recalls our baptism and the joy of being freed by Christ from sin. No wonder the priest is often so generous with the Holy Water at this part of the Mass!

For Reflection:

1. Slowly pray Psalm 51 as a way of preparing for the Penitential Act. (Notice that verse 9 refers to being cleansed by "hyssop," a branch serving the function of the aspergillum.) Which words or phrases speak to you as you seek forgiveness and healing? Keep these words in mind next time you participate in Mass. 2. Read the first portion of Luke's account of the Risen Lord's appearance to two disciples on the road to Emmaus (Luke 24:13-24). Observe how Jesus invites the disciples to share what they are discussing and how freely they express what is on their minds and hearts. Place yourself in this scene. What do you want to express to the Lord as he invites you to "[p]our out your hearts to God" (Ps. 62:9)? Approach the Penitential Act with this same freedom to place your total self before the Lord.



Source: www.eucharisticrevival.org/blog





Volunteers Needed

"Let the children come to me, and do not prevent them; for the kingdom of heaven belongs to such as these." Mt. 19:14

NO PRIOR EXPERIENCE NEEDED!

Looking for interested volunteers to help in Catechesis of the Good Shepherd atrium beginning this fall!

> Program runs: after Labor day-Pentecost 2024

More information: contact Rachel Green



mgreen2@cdeducation.org https://stcatharine.com/cgs

Catechesis of the Good Shepherd

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Wednesdays: 8:00am - 9:30am

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Questions?

DO YOU HAVE A HEART FOR OTHERS?



Our parish Bereavement Ministry is a beautiful Corporal work of Mercy, accompanying those who have lost a loved one in what is often one of the most difficult times of their lives.

Can you help be a part of this?

We serve a luncheon after the funeral where family and friends can gather in love and support. This is an important time for families and is so appreciated.

We need volunteers to provide a simple side dish, salad or dessert to go along with the meal. We also need volunteers to help set up and serve the meal. Can you help by either providing a dish or serving?

Interested?

Mary Vautour <u>mvautour@insight.rr.com</u> or Sue Denz • 614-231-4509

Or you can drop this form in the collection basket

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I can provide:

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- ☐ I am interested in learning more about serving a funeral luncheon

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 Registration Begins at Noon



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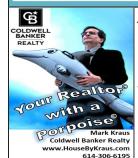


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The Next Two Weeks...

Week of July 30th
The Seventeenth Week of Ordinary Time

Week of August 6th
The Eighteenth Week of Ordinary Time

Sunday, July 30th

Seventeenth Sunday in Ordinary Time

8:30am Holy Mass (Intentions of The Kirkbride Family)

11:00am Holy Mass (Lucy Kilbane)5:00pm Holy Mass (People of the Parish)

Monday, July 31st

Memorial of Saint Ignatius of Loyola, Priest

8:00am Holy Mass (Seaton & Flora Alexander)
8am-1pm Mercy Week VBS and Service Week

6:30pm Scouts

Tuesday, August 1st

Memorial of Saint Alphonsus Liguori, Bishop and Doctor of the Church

8am-1pm Mercy Week VBS and Service Week

7:00pm Holy Mass (Laura Gardner)

7:30pm Confessions

Wednesday, August 2nd

8am-1pm Mercy Week VBS and Service Week

8:00am Holy Mass (Tom Easly)

Thursday, August 3rd

8am-1pm Mercy Week VBS and Service Week

8:00am Holy Mass (Richard Lumpe)

7:00pm ADORE Night (Confession & Adoration)

Friday, August 4th

Memorial of Saint John Vianney, Priest

8am-1pm Mercy Week VBS and Service Week

8:00am Holy Mass (Jim Gillilan)

Saturday, August 5th

6:30am Women at the Well

8:30am Holy Mass (Bill Diehl Senior & Junior)

9:00am Confessions

Offering (Sunday, July 23rd)

 Total Offering
 \$14,392.05

 Less 6%
 \$863.52

 Net
 \$13,528.53

Missionary Sunday Appeal

Total Offering \$3,218.00

"The Appeal" Update

 Goal
 \$129,126.25

 Pledged
 \$80,925.00

 Needed to reach goal
 \$48,201.25

Securely Give Online

To quickly give online, simply scan this QR Code. This will take you to our



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Thank you for your generosity!

Sunday, August 6th

Feast of the Transfiguration of the Lord
8:30am Holy Mass (Rachael Pallay)
11:00am Holy Mass (Virginia Caric)
5:00pm Holy Mass (People of the Parish)

6:00pm Catechism in a Year Dinner & Discussion Group

Monday, August 7th

Memorial of St. Cajetan, Priest

8:00am Holy Mass (Richard Lumpe)

6:30pm Scouts

Tuesday, August 8th

Memorial of Saint Dominic, Priest

7:00pm Holy Mass (Joe Groom)

7:30pm Confessions

Wednesday, August 9th

Memorial of St. Teresa Benedicta of the Cross, Virgin and Martyr

8:00am Holy Mass (Kathleen MacKinnon)

Thursday, August 10th

Feast of Saint Lawrence, deacon and martyr 8:00am Holy Mass (Denis Delaney)

7:00pm ADORE Night (Confession & Adoration)

7:30pm Knights of Columbus

Friday, August 11th

Memorial of Saint Clare, Virgin

8:00am Holy Mass (Thomas F. McDonough)

Saturday, August 12th

Memorial of St. Jane Frances de Chantal, Religious 8:30am Holy Mass (Raymond Bichimer)

9:00am Confessions

Eucharistic Adoration Chapel

 Sunday - Friday
 6:00am - 12:00am

 Saturday
 6:00am - 4:00pm

Confession Times

Tuesday 7:30pm

Thursday 7:00pm (ADORE Night)

Saturday 9:00am

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Mommies Matter provides an extension of pregnancy care services by journeying with single mothers through their pregnancies, the birth of their child, and beyond. In 2018, Mommies Matter began offering extensive support services alongside the local pregnancy centers in Columbus, Ohio.

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Pregnancy Decision Health Centers (PDHC) serves women and families in the central Ohio community during and after pregnancy. All services at PDHC are confidential, free and provided by highly qualified professionals. PDHC offers pregnancy testing, ultrasounds, options information, parenting classes, links to community resources and post-abortion recovery help.

PDHC is here for you with free pregnancy tests, prenatal vitamins, pregnancy & parenting classes, clothes, diapers, car seats and more. Sometimes all you need is someone to listen, and sometimes you need answers to your questions. Whatever is on your mind, our team is on the other end of the line, waiting to be your support system, day or night.

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There are two pathways for Family Faith Formation:

- New families will join the Seek and Root pathway on Monday evenings, beginning 8/28.
- Families returning from last year will meet on Sunday mornings, beginning 9/10.

Children in kindergarten and first grade should register for Catechesis of the Good Shepherd, which meets weekly on Sundays or Wednesdays.

www.stcatharine.com

Questions?

Contact Toni Carmon - toni@stcatharine.com