

FEEL LIKE MASS IS REALLY BORING. HOW CAN I FIX THAT ? First of all, a lot of things seem boring to us if we haven't taken the time to really learn about them. Perhaps you can think of a sport that seemed really dull and confusing to you until you learned the rules of the game. Then, everything became more exciting. Why? Because you were "in the know" and that made participating so much better! The more we learn about the Mass, the more we fall in love with it and can get more out of our experience at Mass. If you learn about the biblical roots of the Mass parts, why we do what we do (sit, stand, kneel, cross ourselves, use holy water, etc.) and how important the Eucharist is in our lives, you will begin looking forward to participating in all of these things when you go to Mass because you'll know what is going on! Also, practicing your faith is like practicing a sport. Sometimes, practicing can be difficult, but we have to remember that practice points toward a goal –the game. At each and every Mass we practice what it will be like to worship God in heaven, which will bring us supreme joy and no boredom. Start using Mass as an opportunity to practice prayer, practice talking to God, practice learning the story of the Bible through the readings, and so on! See you at Mass!