

# The Deacon's Corner By Deacon Ron Desmarais

## The Mass is boring.

This is a difficult subject to address because there are many different reasons people use to justify that the Mass is boring. Then again sometimes it is an easy way to justify themselves why they don't want to participate, attend, or simply be involved. I can only speculate, but I would still like to address the topic.

I often hear people say, "The Mass is boring" Or "I'm not being fed" (I could write a whole essay on that one.) or "I just don't know what is going on".

Hey, I once told myself that I didn't need to be with a lot of people to worship God that I could do it while enjoying God's creation at the beach or hiking in the mountains. Psalm 95 verses 3-5 tell us, "*For the LORD is the great God, the great king over all gods, whose hand holds the depths of the earth; who owns the tops of the mountains. The sea and dry land belong to God, who made them, formed them by hand.*"

However, I didn't go hiking up in the mountains or go sit at the beach every Sunday. I found other things to do. As for the part of the excuse about not needing to be with others to worship God, little did I know? That same psalm in verses 1 & 2 tells us; "*Come, let us sing joyfully to the LORD; cry out to the rock of our salvation. Let us greet him with a song of praise, joyfully sing out our psalms*" and right after in verses 6 & 7 "*let us bow down in worship; let us kneel before the LORD who made us. For this is our God, whose people we are.*"

How wrong I turned out to be. So you see I can identify with those who make generalized statements like that. So let me address one of these generalities.

The Mass is boring. Boring! Of course it's boring if you don't understand the reason behind the posture we take when praying, or the reason behind why we stand or kneel. There was a time that I didn't really get anything out of the Mass because I too didn't know what it was all about. And it led me to leave the church for many years.

When I did have my epiphany<sup>1</sup> at a Marriage Encounter weekend things changed. When I returned to my faith I had a hunger for God. I wanted to know more about Him, about my faith, about what it meant to be Catholic. So I went on a journey seeking and researching. I started reading scripture, but most of all I began to read Apologetic material on the internet, Catholic magazines, and books. The interesting thing is I found along the way that I wasn't alone. God placed me in the midst of others seeking the same thing and together we shared our discoveries. You know you get what you put into it. If you just come and sit and don't participate then of course it will be boring.

You see the Mass is boring because we approach the Mass bored. How many times have you opened your Bible and read the readings before coming to Mass? It is printed in the bulletin so you can do that. What does it cost to take a few minutes and look up the readings and think about them, to mull them over and carry them around in the back of your mind during the week? Ask yourself what is going on here? Who is the audience that is being addressed? Is there something I can

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<sup>1</sup> Epiphany: a sudden, intuitive perception of or insight into the reality or essential meaning of something, usually initiated by some simple commonplace occurrence or experience.

learn here that applies to my current situation in life? How can I apply it?

And worst of all, "I just don't know what is going on." That one just wants to make me cry. Oh I could point the finger of blame at a lot of people, but you have to remember that when you point your finger at someone three of them are pointing back at you.

I can't blame the person who says, "I don't know what is going on." It's not their fault! It's not their fault they don't hear more about the Mass itself during the homily. The Homily isn't there to tell feel, good stories. It is there for us to be *instructed in the faith*, for a deeper expression of what the scripture is telling us, and to use as an instrument to aid us in living our daily life. We need to use scripture to explain scripture.

Until you approach your faith as an adult and not as a child attending Sunday school you will continue to be bored. St. Paul tells the Corinthians, *"I fed you milk, not solid food, because you were unable to take it. Indeed, you are still not able, even now"* (1 Cor 3:2). You are no longer a baby. You don't need to be spoon fed anymore. St. Paul continued with, *"When I was a child, I used to talk as a child, think as a child, reason as a child; when I became a man, I put aside childish things."* (1 Cor 13:11) Now is the time to approach your faith as an adult.

Mass will only continue to be boring because you haven't put the time or effort into resolving your dilemma. Think about the way the Mass is broken into sections. Why are we saying an act of contrition? What is the purpose of doing that? *"Repent, for the kingdom of heaven is at hand!"* (Mt 3:2) What are we preparing for?

Why do we recite the Gloria? What purpose does it serve? *"Save us, O God, our savior,*

*gather us and deliver us from the nations, That we may give thanks to your holy name and glory in praising you."* (1 Chr 16:35) (Ps 106:47) *"Hallelujah! Give thanks to the LORD, who is good, whose love endures forever."* (Ps 106:1)

Why do we kneel at certain times of the Mass? What does it say when we stand at other times? Are they signs of reverence or honor? Who are we honoring at that point in time? Why do we sign ourselves with the cross on the forehead, mouth, and heart at the beginning of the Gospel?

So many questions, you have to ask yourself; "Where do I find the answers?" I encourage you to take a little time out of your busy schedule and spend some time with the Lord. Take it easy at first, don't overdo it or you will fail. Set aside 15 minutes to research a topic on the internet, you can work your way up to 30 minutes a topic.

There are more good books today than ever before; check out Amazon's Catholic book section. They have a good selection and reasonable prices. If you have the internet there are many good Catholic websites.

Suggested sites:

[www.ewtn.com](http://www.ewtn.com)

[www.catholic.com](http://www.catholic.com)

[www.newadvent.com](http://www.newadvent.com)

[www.catholicscomehome.org](http://www.catholicscomehome.org) (note .org!)

Each of these sites has a Links page so you can follow the suggested links and find even more resources. Don't forget to use your Favorites or Bookmarks to return to a site. It is so frustrating to find a site and then not remember how to get there.