

Today is a feria day – this means that it is not a commemoration, solemnity or feast day – it's just an ordinary day in the church's year. But what does 'feria' (or 'ferial') mean? Our focus isn't on the life lead or example of a saint, martyr or similar. It is a free day and I would like to use this 'free' day to refocus on the beauty and majesty of the Mass. Since we aren't able to attend Mass but are instead taking part online we have an opportunity to enter into the Mass in a different way. When we are at home, surrounded by everything that goes on at home, we can easily get distracted from what's happening on the screen. Stay focused.

Bishop Robert Barron gave an animated talk on the different aspects of the Mass at Adoremus 2018 in Liverpool. He brought each part, each prayer that we say, to life with meaning, explanation and a smile. The liturgy of the Mass is poetry, majesty, worship and beauty. Listen to the words, listen to the scriptures, look at the movements. The crescendo of the elevation where God himself is held up as the saving body and blood of Christ is a moment to really pause and pray. Make a spiritual communion and be joined to Christ and may joy be in your heart.

Edd Hogan
10 June 2020