

KNOW THE MASS, ONE WORD AT A TIME

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Quiet

No one ordinarily stands up at Mass and brashly says, “Quiet down!” The message, however, is right in front of us at Mass. After the proclamation of God’s Word, we hear “The Word of the Lord,” and it means “Be quiet and take it inside yourself, let it settle within you. Be quiet.” After Holy Communion, sitting down amounts to

the same message, “Be quiet and realize the one you have received. It is the Lord. Pay attention.”

Besides all the music and words that draw us into active participation, the Mass also becomes for us a school of quiet, a place where we learn to quiet ourselves, where we learn to let the deeper things of life and faith settle in, and where we learn to pay attention to God’s movement in all of life.

ARCHDIOCESE OF CHICAGO + STRATEGIC PASTORAL PLAN
YEAR OF SUNDAY MASS / YEAR OF FAITH

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