

Head Back to Mass Prepared to Unmask Your Heart and Sanitize Your Soul

By CHRISTOPHER CARSTENS May 27, 2020

As states loosen restrictions on public gatherings and dioceses do the same for public Masses, Catholics will be returning to Sunday Mass, most of them after weeks of finding alternative ways to live the Lord's Day. Their return should, by all accounts, be a cause of great joy: the liturgy—the source and summit of the faith—will once again stand at the center of their lives. On the other hand, Catholics will encounter enough safety restrictions that their liturgical encounter with Christ may not be as satisfying as it could be.

For example, you may be asked to wear a mask. You will need to maintain six feet of social distancing. You may be asked not to sing. You may have to sit in a place other than the usual pew. You may be encouraged to receive communion in the hand. You may be turned away at the door since building occupancy may be limited to a certain percentage of occupancy—and the list goes on and on. It's enough to make one wonder if it is just better to wait until things liturgical become more normal.

As we return to Mass, know that annoyances and temptations will abound. But don't let them disrupt your heart from its true liturgical task: restoring all things in Christ.

<https://adoremus.org/2020/05/27/head-back-to-mass-prepared-to-unmask-your-heart-and-sanitize-your-soul/>

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Guidelines from the Governor and the Bishop will be followed!

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