

If one was praying the Our Father or the Hail Mary, one does not start in the middle. One starts from the beginning. Likewise, one does not stop in the middle of the prayer and just end it. One finishes the prayer from beginning to end. So if we say that the Mass is a prayer, then we have to be present from beginning to end. We do not come after the Readings or the Homily, nor do we leave right after Communion or the Final Blessing. The priest's entrance and exit are the beginning and the end of the prayer – the Mass.

Now that we are in church with the rest of the community, the second part is to participate actively at Mass. This does not mean just sitting, standing and kneeling with everybody. This is just part of it. If we are to participate actively we sing at the entrance procession, at the Kyrie, the Gloria and so on. We listen attentively to the Readings and the homily, the institution narrative and so on. We pray and respond at appropriate places vocally, not silently with the rest of the church, with full conviction, conscious of what we are saying. At the great Amen, we profess our belief in Jesus Christ's death and resurrection. Together with the priest, we offer ourselves with Jesus during the Institution Narrative (Consecration). Finally we participate and eat at the table of the Lord. It is a foretaste of the Eternal Banquet promised us by Jesus.

The Mass is the highest form of prayer. But it only becomes a prayer if we fully, actively and consciously participate in it. Some people, especially young people find the Mass boring. Well, they will

find it boring if they just come to sit and watch. I guess if that is what you do at Mass, then it definitely will be boring. Every Mass, any where in the world is just the same. So at least 52 times a year times the number of years you have been attending Mass, that could be boring. But if you place your heart into it, making it a real prayer, offering Jesus “through Him, with Him and in Him” then the Mass will be more meaningful. It will be a real prayer said in communion with the saints. The Mass is very powerful in that our prayers are joined with that of the priest, Jesus, the whole church, living and dead. It joins us to all our brothers and sisters all over the world no matter what language it is celebrated in. It is the same Mass wherever you go.

Pope St. Pius X said:

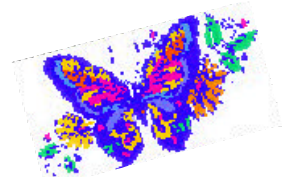
“The Holy Mass is a prayer itself, even the highest prayer that exists. It is the sacrifice dedicated by our Redeemer at the cross, and repeated every day on the altar. If you wish to hear the Mass as it should be heard, you must **follow with eye, heart, and mouth all that happens at the altar.**”

Further, you must **pray with the priest the holy words said by him in the name of Christ and which Christ says by him** You have to **associate your heart with the holy feelings which are contained in these words** and in this manner you ought to follow all that happens on the altar. When acting in this way, you have prayed Holy Mass.”



笑看人生

飄雪



記得曾有人對我說：「妳笑得好真、好甜」，笑臉展現於人前，對別人的讚美，就當它是真的吧。

心情開朗，無憂無慮，自然多點機會去笑。日子一天一天過去，病痛多了，笑減少了，漸漸好像不會識笑。笑原來對健康也有益，時常感到滿足、開心這種性格就會常現笑容，甚至哈哈大笑。

窗外的兩株繡球，一株開了十多朵藍色花，在旁的另一株，卻只在最下的部份開了一朵紅色的，為何一是燦爛的怒放，另一則是物

以罕為貴，獨一無二，在享受著自己的孤獨，還是笑著堅持生命，延續希望。

看見蝴蝶，自由自在地獨自飛舞，牠不怕孤單寂寞，對自己脆弱的生命，仍似笑著地去為傳播花粉而努力。

看見這些有生命的動植物，人的生命，不論在順逆境中，都要笑著去面對，將一切苦與樂交托在主手中，祂就會使你笑著度過每一天，他日能含笑而逝，在天鄉之家，不再怕不懂笑。笑代表快樂，在主的祝福中，有滿足的喜樂，笑著去看自己的人生吧！