

Worked to the Bone!

Society today is a 24/7 business. The Diocesan Commission for Liturgy for the Diocese of Prince Albert has been reflecting on the Apostolic Letter 'Dies Domini' of the Saint John Paul II. This handout aims to give a better understanding of what this document is all about and what it means for us!



Saint John Paul II does such a good job of describing what keeping the Lord's Day (Sunday) is all about in his Apostolic letter *Dies Domini*. As a person goes through the document, there is a clear picture that most of our society does not realize what Sunday is really about and why we should pay closer attention to the fullness of what the day means. For one, it is God's day, the day He rested, and if God created us then we should be taking the time on His day to praise Him for everything He has given to us.

"THE LORD'S DAY"

KEEPING IT HOLY!

Our challenge is to help others really understand what "keeping the Lord's Day" is all about. With this full understanding, it should then spill into the rest of the week. To truly understand, "keeping the Lord's Day" means living with God and celebrating Him! The reality needs to shift from Christians fulfilling their obligation of going to Sunday Mass and getting encompassed by society and the world for the rest of the week to 'experiencing' the hope and joy of being surrounded by God their Creator!

"This is the day which the Lord has made: let us rejoice and be glad in it"
Ps 118: 24



God spelled out clearly what we need to do: '**Rest in Him.**' Saint John Paul II reflects on the historical Jewish Sabbath and moves to how our Christian day of rest became Sunday, the eighth day, the day of resurrection. He states that every Sunday we celebrate Easter and Jesus' paschal mystery!!

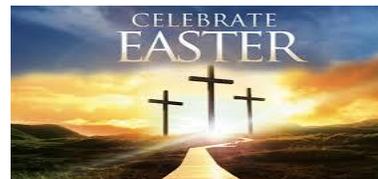
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How Far Back Does This Go?

The history of "the Lord's Day" is essential in understanding its importance. The very first way Saint John Paul II describes Sunday is that it is the Easter Celebration, and the Risen Christ is central to the celebration every single Sunday of the year.



If this concept was fully understood would there ever be the question about not making it to Mass? Who wouldn't like to have a celebration at least once a week in our overly busy lives. The culture we live in is so fast-paced and busy that it discourages taking time for anyone but ourselves. Unfortunately that even includes not taking time to include God in our busy lives.

Just Another Day of the Week...

Saint John Paul II also describes God's creation and the importance of His work which was followed by Him resting on the seventh day. When God rested, it was because He worked all week and it was 'Good'. There was fulfillment and praise in His resting for what He had accomplished. Sadly in our modern world, Sunday as a day of rest and attending Sunday Mass becomes just another thing we need to fit in. We lose out on that "fulfilling rest" that allows us to look back on the week to see what God has all accomplished through us so we can praise Him for it.



God actually intended for us to rest alongside Him! If we are going to be able to continue working with God (who created everything), then we need to "remember". This remembering happens when we come together on Sundays!

A Pilgrim People!

There is another aspect of understanding the fullness of what Sunday encompasses is that it involves Christ's second coming. For most Christians in our world this may not be viewed as a good thing. There is probably so much more that we feel should have or could have done with our lives. It is difficult not to fear this event. It is more comforting knowing that we will be glorified in Christ's presence! We need to understand that Sunday has become the day Christ brought us salvation (past, present and future). **We Are God's People.** Our biggest challenge is to realize that we are worthy because God has made us worthy. God loves His people unconditionally, so we need to take the time and celebrate this fact and rest on Sundays as God intended for us.



A Prayer for Our Family

Vienna Cobb Anderson

O Loving God,
bless our family with your love.
Guard us from all danger and harm;
deliver us from anger that leads to division;
empower us to forgive as we have been forgiven;
and send us into the world
to witness to your love and grace;
in the name of Jesus Christ we pray.
Amen.



Final Thoughts from Saint John Paul II!

"In coming to know the Church, which every Sunday joyfully celebrates the mystery from which she draws her life, may the men and women of the Third Millennium come to know the Risen Christ. And constantly renewed by the weekly commemoration of Easter, may Christ's disciples be ever more credible in proclaiming the Gospel of salvation and ever more effective in building the civilization of love.

My blessing to you all!"

From the Vatican, on 31 May, the Solemnity of Pentecost, in the year 1998, the twentieth of my Pontificate.



From Mass to "mission"

#45 of the document talks more about the Mass and what it means for us: "Receiving the Bread of Life, the disciples of Christ ready themselves to undertake with the strength of the Risen Lord and his Spirit *the tasks which await them in their ordinary life.* For the faithful who have understood the meaning of what they have done, the Eucharistic celebration does not stop at the church door. Like the first witnesses of the Resurrection, Christians who gather each Sunday to experience and proclaim the presence of the Risen Lord are called to *evangelize and bear witness* in their daily lives. Given this, the Prayer after Communion and the Concluding Rite – the Final Blessing and the Dismissal – need to be better valued and appreciated, so that all who have shared in the Eucharist may come to a deeper sense of the responsibility which is entrusted to them. Once the assembly disperses, Christ's disciples return to their everyday surroundings with the commitment to make their whole life a gift, a spiritual sacrifice pleasing to God (cf. Rom 12:1).