

SUNDAY, MARCH 10: DIGGING DEEPER – AN INVITATION



Dear Brothers and Sisters in Christ,

As we gather across the diocese to celebrate the First Sunday of Lent, some of us have the very fresh memory of coming to church last Wednesday and being marked with ashes on our forehead. As we left the church and continued about our daily business, this very visible sign was saying something to those we met - about ourselves - about the community of

faith of which we are a part and - about the journey we, together, are setting out on.

The journey of Lent to Easter is about our renewal, refreshment and healing through God's love and mercy. This is our annual retreat, our annual turning back to God; it is a powerful reminder to us that change can happen, fresh starts can be made, our friendship with God and, in turn, our family and the world, can be deepened and enriched.

This Lent, as your Bishop, I am inviting you personally to make the journey to Easter with me in a very particular way. Each of us, no doubt, will have our own unique journey to make as we turn our lives back to God. Alongside this, I am inviting you to a shared journey as a diocese this Lent. I am asking each of you to join me in reflecting on our Sunday Mass - digging deeper and renewing our belief in this central act of our Christian life. As Catholics, we believe that the Mass is the source and the summit of our lives. To say it is the source, is to say that what we celebrate in the Mass flows into our lives, nourishing it and shaping how we live; to say it is the summit, is to say that it is the highpoint of our Christian life together, a highpoint that we are invited to return to again and again.

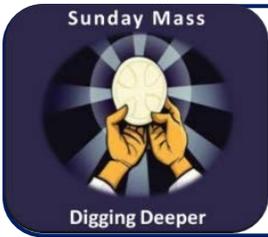
So, what better time to turn our attention to what is central to our lives as Christians than in this time of Lent. By doing this I hope that when we renew our own baptism at Easter and welcome new Christians, and when we receive our Easter Holy Communion, that we will do so with a renewed sense of what the celebration of the Mass is about.

To help us do this, at my request, the Diocesan Commission for Liturgical Formation has prepared a set of resources that I am asking parishes to draw on and use. 'Sunday Mass – Digging Deeper' is a suite of resources that includes homily notes, handouts, video material as well as, for those who would like to dig even deeper, four sessions exploring the Mass called 'Signposts on the Road to Emmaus'. There will be details on the parish bulletin and on our KANDLE website www.kandle.ie

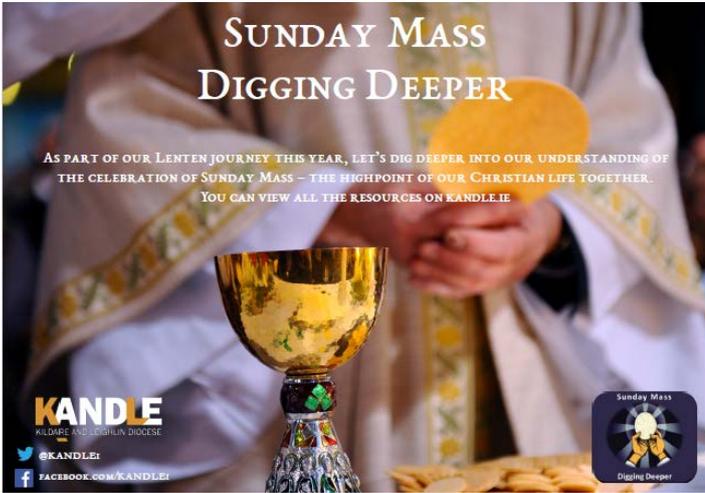
I am personally committing to take this time to renew my own sense of the Mass and its celebration. I'm inviting you, in the weeks ahead, to join me and parishioners from across the diocese in this particular Lenten journey. As we dig deeper into our Sunday Mass let us pray that our reflection will be a source of nourishment and renewal for us all and for our celebration of the Mass in our parishes in the years ahead!

I pray God's abundant blessing on each of you in this season of renewal.

✘ Bishop Denis



A Menu of Resources for Exploration



At a glance and coming each week...

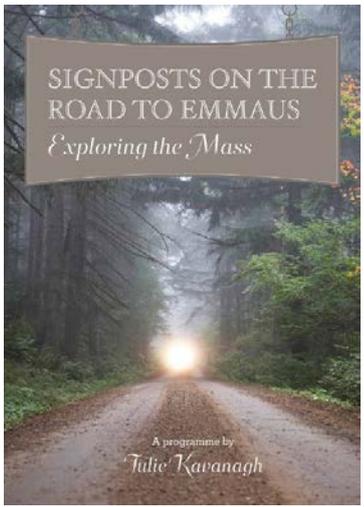
- Homily Notes
- A4 two- sided handout
- iCatholic video exploring a part of the Mass
- Signposts on the Road to Emmaus – an Exploration of the Mass (a parish four-week programme in venues across the diocese)

See the special ‘Sunday Mass - Digging Deeper’ section at Kandle.ie for the weekly handouts, iCatholic videos and a list of venues, dates and times for the parish programme. **Will be updated each week.**



Weekly videos will be available for viewing at kandle.ie or at iCatholic.ie. These short videos will take you through a reflective exploration of our celebration of the Mass, as outlined in the timeline below.

This programme will be hosted by a number of parishes across our diocese. Each of the four stand-alone sessions explores a different part of the Mass, beginning with our gathering in the *Introductory Rites*. Using our own human experience and the story of the two disciples on the Road to Emmaus as starting points, this programme offers a fresh approach for our own personal reflection on and engagement with the Mass. **See kandle.ie for a list of venues.**



A Timeline of the Journey We are on: We Come together...

