

# SILENCE

During this Jubilee Year of Hope, Bishop Fabbro has asked us, as a diocese, to reexamine the way we celebrate Mass. As was mentioned this weekend, sacred silence is an important part of the Holy Mass. Here is a recap of where silence is called for during our Masses:

## 1. Silence Before Mass:

Sacred silence is appropriate before Mass to allow us to prepare our hearts for the sacred action and to reflect on our personal prayer intentions that we bring, and/or spending some time praying with the Mass readings.



## 2. Penitential Act:

There is a brief pause for silence after the priest invites all (including himself) to examine briefly their sins. This takes place after the priest says: "let us acknowledge our sins and so prepare ourselves to celebrate the sacred mysteries" to allow us to recall the attitudes, actions, and omissions that separate us from God and our dependence on God's mercy.



## 3. Opening Collect/Prayer:

Right after we pray the Glory to God in the Highest, there is a period of silence following the invitation, "Let us pray". This silence allows all the parishioners to recollect the intentions you bring to the Mass, which the priest will then offer to God at the Mass. During the silence, the priest "collects" all of our prayers and intentions for the Mass into one and offers them to God together in the prayer of the Church.



## 4. Liturgy of the Word:

There is a period of silence after each reading at Mass. After the first and second reading, the Gospel, and the homily, silence allows us to grasp the sense of what was proclaimed and internalize it in our mind and heart. These readings are being proclaimed at every Mass in every Catholic Church throughout the world and it the Holy Spirit speaking to us for that week.



## 5. Silence After Receiving Holy Communion:

After everyone has received our Lord in the Eucharist, after we have been led in prayer by our music ministry, there is to be period of silence when the assembly may kneel or be seated. Having received the Body and Blood of Christ, we are invited to rest in His presence. Words fall short here; silence allows us to speak to the Lord heart to heart, to give thanks, and simply to be with Him. It is a sacred moment of intimacy with Christ who has just entered our lives in the most profound way. This silence should not be rushed, for it is here that the Lord often speaks to us most clearly.



These silences are not gaps or oversights in the liturgy. They are intentional, meant to help us pray more deeply and to enter more fully into the mystery we celebrate. If we embrace them with faith, they can renew our hearts and strengthen our participation in the life of the Church.

As we move forward in this Jubilee Year, I invite you to receive these moments of silence as gifts. Let them be times of encounter, of gratitude, and of listening to the Lord who is always present to us.