



*From the Desk of Father Peter*

*Mass—Why Do We Sit & Kneel?*

*WHY DO WE SIT AT MASS? We sit for the readings and the homily. We sit for the preparation of the gifts and a moment of silence after communion. Why? We sit so we can listen and be attentive. We “take the load off of our feet” in order to ponder the goodness and mercy of God in our lives. But we must be careful that our sitting doesn’t lull us to sleep. In our culture today, we sit when we want to be passive or entertained. We sit to watch television. We’re quiet then and not involved much. That’s not the kind of sitting liturgy needs.*



*WHY DO WE KNEEL? We kneel sometimes to beg for mercy or ask the saints to pray for us or the Holy Spirit to come down upon us. Humility is the very foundation of prayer. Without it, pride gives way to envy that, in turn, keeps us from acting charitably toward others. We need to train ourselves in humility by directing our attention to our utter dependence on God. Kneeling is the posture of a servant, of someone in need—someone in need of prayer.*

*Our postures are an important part of our prayer. Let’s use them with care at Mass and in our prayer at home, too. Being a Christian is not a hard thing to be, but living a Christian life can be very difficult. For this reason we must humble ourselves; “decrease so that Christ may increase in us.”*



*Peace and love to all*

*Fr. Peter Enyan-Boadu*