

From the Liturgy Director STV, Tanya Braithwaite

Issue #5, part 1 (a 4 part series)

Thinking about returning to Mass at STV?

This article is for you, *especially* for you, if you have been thinking about going back to Mass, consider this a personal invitation☺ We want you back! Here are a few tips that we hope will enrich your experience.

Maybe it has been a little while since you last went to Mass, or maybe it has been a very long time. Either way, returning to Mass is an active choice of the will to give of our time, treasure, and talent - knowing full well it will never be equal to the sacrifice endured by our Savior.

If 'going back to Mass' has been in the back of your mind for some time, if you can feel a little pull on your heart that wants to go back but you're worried or anxious or just a little unsure about it, this issue is for you.

1. Stay calm!



If you are worried, *don't worry*. It's not like there will be a flashing arrow above your head saying "Hey! This person hasn't been to Mass in YEARS!" No one is keeping score, we will just be glad to see you.

God wants you back *how you are now*, *and* preparing for Mass doesn't mean becoming perfect *before* you can return. God wants us all to grow into our best selves. He has prepared for us, but that does not mean you have to pass through a *sin metal detector* to get in. Come as you are, we want you back!

2. Prepare in Advance



- A. As with any special occasion, some preparation is important. Putting on clothes that feel right for church, presenting you as you want to be seen, you don't need to dress up, but neat and appropriate attire will make you feel more comfortable.
- B. You may want to look up the Gospel reading a day ahead; read it and let it sink in a bit (instead of going in blind). If you plan to go with your family, try reading it together. You can find the daily readings for each Mass **online**¹. In addition, you can also read a Gospel reflection to help you understand the meaning of the passage and how it can impact your life.

**Just to be clear, these are suggestions because we think that it will enrich your experience, but don't let these things stop you from coming. In the end, it's simple. We want you back. Just come!

3. Find someone to go with



It is tough to go anywhere new alone and it's no different if you are returning to Mass after some time. If you want to go to Mass but have no one to go with, see if you can connect with someone who could go with you. This might be a friend who already goes regularly or even just an acquaintance. Maybe a family member has asked you previously if you would like to come to Mass with them.

Remember, you don't have to tell anyone your reasons why or give them the backstory if you don't want to. Just reach out to someone and ask them simply to come with you. If they are a good friend, they won't be nosy, they'll just quietly take you along with them. They want you back too!

More tips coming in Issue 5 part 2

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1. <https://bible.usccb.org/daily-bible-reading>
 2. <https://catholic-daily-reflections.com/>