

+JMJ

## **Catechesis on the Lord's Day as a day set apart**

The Lord's Day in for Catholics has traditionally been Sunday. It is observed universally by Christians as the weekly memorial of the resurrection of Jesus Christ, who in the Gospels was witnessed to have risen from the dead early on the first day of the week.

In the book of Genesis, we read that God made the world in six days and rested on the seventh, after seeing that all that he had created was good. The work of creation continues, with man as a partaker- coworker, and God means us to honor his example not only in the working but in the resting, interrupting our work and labor. In the Old Testament, the Ten Commandments included one commanding us to remember the Sabbath – the seventh day, on which God rested from all his work and found it good.

In the New Testament, the meaning of the Sabbath has been transferred from Saturday to Sunday because, “in the weekly reckoning of time Sunday recalls the day of Christ's Resurrection, the first day of the week. It is Easter which returns week-by-week, celebrating Christ's victory over sin and death. It is the day which recalls in grateful adoration and praise for the world's FIRST day (Genesis-creation) and looks forward in hope to ‘the last day,’ when Christ will come in glory (Revelation- the end of time).

The special character of Sunday has been swamped by the secular understanding of “the weekend” and a constant distancing from God Himself and His command. St. John Paul II wrote often about the special need for the regular communal worship of the Church on Sunday through meditating on the mystery of Communion and of the mystical body of Christ. WE now live in the reality of not being able to practice public worship. So, we must practice it in our homes. God calls us to have a day that is set apart for rest, worship and community. How can this day be different from the rest of the week? How can we make it through this period of our history stronger Christians because we reclaim Sunday as the Lord's day? Here are some ideas:

### **When Watching Mass on Sunday (or Saturday night)**

- ~ Video Masses - You can watch them live at <http://facebook.com/stjoeshelby> or watch them later on flocknote:
- Sat: 5pm Mass (English) and Sun 12:15pm Mass (Spanish)
- ~ Kneel, sit, and stand (as able) at the appropriate times
- ~ It is good practice to continue to dress nicely for Mass in your home
- ~ Continue to fast prior to Mass
- ~ Make a sanctuary - place a candle on each side of your screen, and put a crucifix or holy icon nearby...examples below

### **To Unplug on Sunday**

- ~Leave your smartphone on silent all day- set specific times you will check it for urgent communication.
- ~Listen to religious music, not the TV
- ~Skip checking your email
- ~Resolve to spend the whole day unplugged each week
- ~Make Facebook notifications and social media WAIT
- ~Remove all television or computer usage

### **To Connect with God on Sunday**

- ~Watch Mass via the internet and actively participate
- ~Pray the Rosary or go for a Rosary Walk
- ~Read the Bible yourself or read Bible stories to your children
- ~Reflect on the Sunday Readings with others
- ~Read a good Spiritual Book
- ~Fill your home with worship music
- ~Sit in silence
- ~Talk with your family about what God has done- gratitude
- ~Write in a journal
- ~Watch a sunrise

### To Actively Rest on Sunday

- ~Take a nap
- ~Lay on the couch
- ~Sit in the sun and listen to nature
- To Rejuvenate
- ~Play a game
- ~Start a hobby or do what gives you life
- ~Have face-to-face conversations - no media distractions
- ~Laugh
- ~Go for a hike & be in nature
- ~Have a date night

### To take a Break on Sunday from Things Like

- ~Weeding, gardening or yard work
- ~Housework, Cooking, Dishes, Laundry
- ~Exercising
- ~Chores
- ~Errands

### Resting with Kids on Sunday

- ~Let them watch a movie, but then do an activity related to the movie after
- ~Read to them
- ~Play a quiet game
- ~Do a puzzle
- ~Send them to their room for quiet time
- ~Lay down and snuggle with them
- ~Do the minimum, on purpose.

