

Introduction



My mom was a single mom from the time I was four, and there were three of us boys. She made sure we were at Mass every Sunday. And I have to tell you, my brothers did not make it easy for her. (I, of course, was a model child!) Seriously, between lost shoes, cranky children, and a not-too-reliable Volkswagen, it's a wonder we were ever at Mass. I didn't much want to go to Mass when I was a kid.

But now, looking back, I can see that my family's regular participation in the liturgy is probably the most significant part of my faith formation. It is difficult to overstate this. You can miss a few catechetical sessions. You can miss a few parish activities. But you cannot miss Sunday Mass. When I was a kid, I was taught that this is a rule. But it is more than just a rule. It is the key way in which we celebrate and deepen our faith. It is the way we hear God's word and give thanks for it in the liturgy of the Eucharist.