

# Liturgy and Ritual

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Our Catholic liturgy is filled with ritual actions. We make the Sign of the Cross, bow, genuflect, and share the peace. We stand in praise or attention and sit to listen. We kneel in adoration. We move to the altar in procession. We sing hymns and Psalm refrains, and speak ritual responses. Our liturgical rituals, like the other rituals of our lives, are second nature to us. With the revised translation of *The Roman Missal*, there are no changes to our ritual actions at Mass—the gestures and postures which help us enter fully into the celebration of the Eucharist. But some of the familiar spoken and sung responses will be changing. No matter how well we prepare, there will be awkward moments when it is difficult to remember phrases that are new to us. What was familiar will be unfamiliar and new for a while. Knowing about the revisions in advance will help you prepare for them: mentally, emotionally, and spiritually. Let us open our ears and hearts to the revised translations, and let them lead us to new insights about our unchanging God.

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