

This Month's Liturgy; May 2019

A late Easter means that the entirety of May is spent within Eastertide and therefore also within the period when the anthem to Our Lady in the liturgy is the ***Regina Coeli Laetare*** – Queen of Heaven, Rejoice, with its multiple Alleluias. Having retrained from ('fasted from' you could say) the use of the Alleluia during the 40 days of Lent, the Liturgy gives us ample opportunity to catch-up during the 50 days of Eastertide (indeed the double Alleluia at the dismissal from Liturgy makes a comeback for the Feast of Pentecost, this year Sunday June 9th, just to give a final blast). Why is Alleluia such a significant word? Because it sums up the spirituality of the Christian Life – Praise of the Lord.

We give praise, we give honour and in that sense put the Lord in his rightful place at the heart of our lives when we gather in Liturgy, when we pray together – and also equally as importantly when we put those sentiments of prayer into our 'right living', our everyday words and actions - which may not be within a church building but which certainly form part of the liturgy of our daily lives. That is the dignity to which we are called – recognizing that we give right praise to the Lord, live our 'Alleluia', wherever we find ourselves in the day and according to whatever means (words or actions) present themselves.

A simple act of recollection for the close of the day (the 'examen', or examination of conscience which is part of our Catholic devotional tradition) would be – how have I lived my 'alleluia' today? How have I brought my relationship with Jesus to bear on choices and decisions of the day? How have I been a bringer of happiness and joy and the warmth of the love of Christ into a world which can at times be dark and cold and unforgiving?

So 'Alleluia' is not only a word but also an invitation and a challenge – sing it with **gusto** in the Liturgy and live it with **gusto** in the day.

Father Philip