

Encourage ourselves and other to regularly participate in all the church has to offer

Participate, that is a key word in this covenant vow. Not just participate, but regularly participate. Why is this so important? Well think about training for a sports event, or simply working out. I am currently struggling to engage in the practice of regular exercise. When I first started every muscle in my body hurt and I wondered why in the world would anyone do this?! The more I went to the gym, the less my muscles hurt. It would be a lie to say that I “want” to work out, but it is easier the longer I continue. In the same way a basketball player learns how to shoot free throws by actually shooting them, and a piano player learns a piece of music by practicing. And the person of prayer learns to pray by actually doing the practice of prayer. The practice is in service to the work. When we regularly participate in all the church has to offer we not only work our “faith muscles” but we come to learn deeply the practice and work of our faith so that it simply becomes part of who we are.

Our regular participation is also part of simply being a part of this community. It is a way of saying that the work of our parish matters, and we are committed to each other and our parish. Nobody can do everything, and nobody is asked to “do it all,” but everyone can do something, everyone has an important part to play. As St. Paul said: “for as in one body we have many members, and not all the members have the same function, so we, who are many, are one body in Christ, and individually we are members one of another. We have gifts that differ according to the grace given to us.”

Without each one of us regularly participating in what the church has to offer all of us are diminished. Let us indeed regularly participate.