Every once in a while, this question is posed to me. A less common question is whether it’s OK to leave Mass right after receiving communion.

There was a time when it was believed that the Mass obligation was satisfied if one got to Mass in time for the offertory; some now say it’s by the reading of the gospel. Official Church documents don’t give such a clear answer. The Constitution on the Sacred Liturgy reads, “The two parts [of the Mass], namely, the liturgy of the word and the liturgy of the eucharist, are so closely connected with each other that they form but one single act of worship. Accordingly, this Council strongly urges pastors that, in their catechesis, they insistently teach the faithful to take their part in the entire Mass, especially on Sundays and holy days of obligation” (#56, my emphasis).

What is our part in the Mass? Some may think it’s OK to arrive late or leave early because their presence at the Mass really isn’t all that important. It’s the priest and deacon, the altar servers and lectors and the musicians that need to be at the Mass. From the pew, one might think that all they do at Mass is watch as a spectator.

The Church thinks differently about our part in the Mass and calls for the “full and active participation by all the people” in the liturgy (14). Rather than our worship being our own personal thing and not really related to what’s going on at the altar, our participation is integral to the Church’s liturgy. Our common participation in the Mass — our singing, our responses, our attention, all done together with others — is a visible expression of the unity of the Church as one body, the Body of Christ. At the same time, our participation helps bring about that very unity.

At the same time, our participation in the Mass becomes a sign to the world that the Church is the one Body of Christ. Far from it being tangential, our participation in the Mass is crucial to what happens at Mass. Our worship is joined to the very activity of Jesus Christ in the Mass, who ultimately offers His Body and Blood to God the Father in worship, and offers to us the Sacrament of the Eucharist. Our offering of prayer and worship is joined to Christ’s offering of Himself at the Mass. That’s “our part,” and it happens from the Opening Song to the Final Blessing.

Let us work then to participate as fully as possible in the entirety of the Mass, because when we fail to do so, we, in a certain sense, deprive our brothers and sisters at Mass the fullness of the Eucharistic celebration. You never know — someone in the assembly might benefit from your own prayer and offering of worship in union with Christ’s work in the Mass. I sure have.

— Josh Perry is the director of the Office of Worship for the Diocese of Burlington.
02|07, 09 TUES & THURS
Walking With Families
via Zoom - 7 - 8 pm
Presenters for February 7 & 9 are Daniel Lacourrege, Diocesan Catechetical Leader; Sister Paul Mary Derger, FSE, Campus Ministry; and Marie Antunes, Administrative Secretary Waterbury, Moretown, Waitsfield. FOR MORE INFO: https://www.vermontcatholic.org/event/walking-with-families-3/

02|07 TUESDAY
Our Lady’s Kitchen
St. Anthony, Bethel - 11 am - 1 pm
Free meal — come one, come all!

02|08, 15, 03|01, 08, 15 WEDNESDAYS
Good News Bootcamp
St. John Vianney, S. Burlington - 6:45 - 8:30 pm
Has the Holy Spirit been nudging you lately to reignite your joy and dig a little deeper into our Catholic faith? Please join us in discussing how we as Catholics can bring healing, transformation, virtue, and enthusiasm to our world. Check out our website at stjohnvianneyvt.org/ good-news-bootcamp to discover what each week's topics will be. Join us for the sessions that interest you or join us for all of them! Questions? Contact Connie at SJVGoodNews@gmail.com.

02|10 FRIDAY
Essex Community Meal followed by Valentine Dance
Holy Family Parish Center, Essex Jct. - 5:30 - 9:30 pm
Lasagna dinner will be served from 5:30 to 6:30 pm, followed by an evening of dancing and fun beginning at 7 pm. Dessert and snack items will be available throughout the evening. To help cover the cost of the event, donations will be accepted at the door. RSVP: Holy Family Parish office at (802) 878-5251.

02|10 FRIDAY
Saint Francis Xavier School Caltutta
Hampton Inn, Colchester - 6 - 10 pm
St. Francis Xavier School's Home & School Association is thrilled to announce the return of its in-person Caltutta and Silent Auction. Tickets are $100. This includes one calutta ball, A delicious dinner for two, and the chance to bid on some fantastic auction items including a 55” Samsung TV, a kayak and tons of gift cards to area restaurants. Tickets are available at: sfxhomeandschool.org/caltutta-balls.

02|10 FRIDAY
Father/Daughter Dance
Good Shepherd Catholic School, St. Johnsbury - 7 - 9 pm
Open to the public — $10 per person includes raffle prizes, refreshments, DJ. Tickets are available at Boxcar & Caboose and Good Shepherd School in St. J; Shear Sensations in Lyndonville; and Little Red Wagon in Littleton.

02|11 SATURDAY
St. Peter’s Cemetery Committee — Bingo
St. Peter Parish Hall, Vergennes - 5 - 9 pm
Doors open at 5 PM, Bingo starts at 6 PM. This is a family friendly event. All cash prizes, 50/50 raffle. Refreshments sold. This event is sponsored by St. Peter’s Cemetery Committee to benefit the on-going efforts for cemetery improvements.

02|11 SATURDAY
Valentine’s Day Prime Rib Dinner
Our Lady of the Angels Parish Hall, Randolph - 5:30 - 8:30 pm
Hosted by the Randolph Knights of Columbus, Charles Phillips Council #14351. Come enjoy an incredibly scrumptious (and huge!) prime rib dinner with mashed potatoes, green beans and dessert! This event is open to the first 100 people who reserve a spot. Tickets are $20 per person and can be reserved by calling the parish office at (802) 728-5251.

02|12 SUNDAY
Vergennes Council Knights of Columbus Breakfast Buffet
St. Peter Parish Hall, Vergennes - 8 - 10 am
$10/adults, $6 children 8-12, $32 immediate family max.

02|12 SUNDAY
DeGoesbriand Council 279 Burlington Pancake Breakfast
Cathedral of St. Joseph, Burlington - 9 am - 11:30 am
Cost is $10 per person and $25 for a family of four. Knights of Columbus DeGoesbriand Council # 279 Vocation Pancake Breakfast raises funds for our seminarians and postulate.

02|12 & 19 SUNDAYS
Bible Study
Fr. Lively Center, St. Johnsbury - 1 - 2:30 pm
Dcn. Tom will lead a Bible study on the Parables of Matthew. This study began on Sunday, Feb. 5. On Feb. 12 we will study the parables of mercy and justice in chapters 18 and 20 and on Feb. 19 we will study the parables on being ready for Christ's return in chapters 21 and 24.

02|15 WEDNESDAY
Franklin Deanery Holy Hour
St. John the Baptist, Enosburg Falls - 6 pm
The Franklin Deanery will host a Holy Hour, priests will be available for the Sacrament of Reconciliation.

02|18 SATURDAY
Mardi Gras Dinner and Entertainment
Barton - 5:30 - 9 pm
Featuring the return of Wing-It, as well as other entertainers. Ham dinner and all the fixings, $13 for advance tickets, $15 at the door. Tickets are limited to 100. Location: Barton Municipal Building, downtown Barton. Sponsored by Most Holy Trinity Parish. For reservations call Linda at (802) 525-3137. Truly a night to be enjoyed!