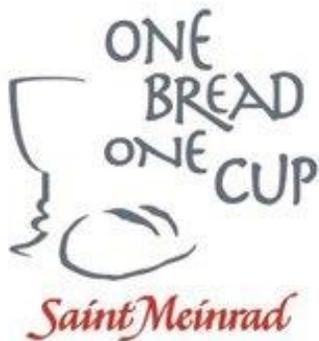


OFFICE FOR WORSHIP

February 2018



Youth Liturgical Leadership Conference to be held at Conception Abbey and Seminary in July 2018

“One Bread, One Cup” is a five-day liturgical leadership conference focusing on the Word, Sacrament and Mission of the Roman Catholic Church for high school youth and their campus and youth ministers. Conferences focus on community building, leadership development, catechesis, liturgical and spiritual formation, and theological reflection.

Since its inception more than 20 years ago at Saint Meinrad Seminary and School of Theology in Saint Meinrad, Indiana, “One Bread, One Cup” has become a well-known program for youth, which offers a lasting opportunity for faith formation. It is a tool that can be used, long after the conference days are over, to enter more deeply into every liturgy, every prayer, and every encounter with God. Throughout the conference week, there are opportunities for personal prayer and contemplation, liturgical prayer, charity and action, and vocational discernment while living and actively participating in an intentional Christian community.

At the “One Bread, One Cup” conferences, youth and adults discover the Church’s treasures of Word, Sacrament and Mission and enjoy opportunities for fellowship and fun through team building, outdoor recreation, a variety show and a dance. Participants come to appreciate the Benedictine balance of prayer, work and recreation. Each participant chooses an area of liturgical formation to focus on during the conference. Those areas include liturgical music, liturgical arts, extraordinary minister of Holy Communion, prayer in the life of the Body of Christ, preaching for the Liturgy of the Hours, proclamation of the Word, master of ceremonies/server/sacristan, and hospitality and stewardship.

The conference is held July 16-20, 2018 at Conception Abbey and Seminary through a partnership between Saint Meinrad Seminary and School of Theology and Conception Abbey in Conception, Missouri.

More information is available from the Diocesan Department of Evangelization and Catechesis and the Office of Worship. Applications will soon be available from parish pastors, youth ministers, and directors/coordinators of religious education. For more information, email: onebreadonecup@dmdiocese.org.

Why your parish should bring youth to “One Bread, One Cup”

Fr. Brendan Moss, OSB, a monk of Saint Meinrad who is currently serving as president-rector of Conception Seminary College (a work of Conception Abbey), encouraged the idea of bringing the youth conference to Missouri.



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"Year after year, teens come to OBOC and gain the skills, knowledge and habits necessary to achieve the 'full, conscious, and active participation' in the Mass and all liturgy, as envisioned by the Second Vatican Council. The central shift that all who participate in OBOC make is from observation to participation - and young people engaging fully, consciously, and actively in liturgy makes a pastor's heart leap for joy!"

Diocesan Director of Worship, Kim Mandelkow is an alumna of Saint Meinrad School of Theology and has experienced "One Bread, One Cup."

"This is a great program that forms youth to serve in liturgical ministries in their parishes. Joel, a youth attendee of OBOC from a previous parish where I served as liturgist and music director is now a Director of Music Ministry in a large, urban parish in Louisville, Kentucky. I couldn't be more proud of the tremendous work he's doing there. Not only is he a fantastic music minister, he's also inspiring other young people to get involved in their parish liturgies."

In 2017, the Diocese of Des Moines sent four teens to One Bread One Cup. These teens returned to their parishes with a genuine excitement to serve their faith communities in liturgical roles such as liturgical musicians, liturgical artists, master of ceremonies/servers, lectors, and extraordinary ministers of Holy Communion.

For questions or to request more information, contact Kim Mandelkow, Director of Worship, at (515) 237-5043 or kmandelkow@dmdiocese.org

Contact the Worship Office

Have a liturgical question?
Contact

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Visit us on the web at
www.dmdiocese.org

Important Dates

Ash Wednesday

February 14, 2017

Rite of Election

Saturday, February 17,
7:00 p.m. in Council Bluffs

Sunday, February 18,
1:30 & 4:00 p.m. in
Des Moines

Chrism Mass

Friday, March 23, 2018
7:00 p.m.
St. Ambrose Cathedral

The Holy Season of Lent & The Liturgy

The season of Lent will soon be upon us, and like other liturgical seasons, Lent has its own “special rules” when it comes to liturgy. The following is a quick list of some of the things that should *not* be done during Lent.

- Omitting the Opening Song:** The Opening Song for a liturgy should never be omitted for any reason. While this practice may seem like a very pious, penitential, or reflective practice, it actually causes more harm to the liturgy than it does to promote a sense of prayer. The General Instruction of the Roman Missal says the following: The Opening Song serves a very special purpose in the liturgy, namely it **1) opens the celebration; 2) fosters the unity of those who have been gathered; 3) introduces people’s thoughts to the mystery of the liturgical time and that Sunday’s celebration; and 4) accompanies the procession of the Priest and ministers.** If parishes want to do something different during Lent, a suggestion would be to process out of church in silence or to reflective instrumental music.
- Singing the Gloria:** The General Instruction of the Roman Missal states: *The Gloria in excelsis (Glory to God in the highest)*...is sung or said on Sundays outside Advent and Lent, and also on Solemnities and Feasts, and at particular celebrations or a more solemn character.
- Singing or Saying the Alleluia before the Gospel:** During most of the year, we sing or say the *Alleluia* before the readings of the Gospel. The General Instruction of the Roman Missal states: The *Alleluia* is sung in every time of year other than Lent...During Lent, instead of the *Alleluia*, the verse before the Gospel as given in the Lectionary is sung. It is also possible to sing another Psalm or Tract, as found in the Graduale.
- Flowers on the Altar:** It is common for the area around altar to be decorated with flowers during most of the year. In Lent, however, that practice is forbidden. The General Instruction of the Roman Missal says the following: During Lent, it is forbidden for the altar to be decorated with flowers. Exceptions, however, are *Laetare Sunday, feasts, and solemnities.*
- Emptying Holy Water Fonts:** In recent years, some parishes have taken the holy water out of the holy water fonts during Lent. They have even filled them with sand in some cases. The idea, they say, is to convey the thought that Lent is a time of spiritual dryness—a “desert” experience—that precedes Easter, in which we refrain from using the sacramental of holy water. Despite its popularity, this practice is not permitted. It has been the Church’s practice to empty the holy water fonts during Triduum, but for a very different reason. It is not permitted to have them empty through the whole season of Lent because it is **contrary to a balanced understanding of the season of Lent, which though truly being a season of penance, it is also a season rich in the symbolism of water and baptism, constantly evoked in liturgical texts.**
- Veiling crosses and statues before the Fifth Sunday of Lent:** In recent years, some parishes in the United States have veiled or removed crosses and statues as Lent begins; however, the practice is permitted beginning with the Fifth Sunday of Lent, but not before. Additionally, the General Instruction of the Roman Missal states that the crosses and statues “may” be covered, indicating that this is an *optional practice, not a mandatory one.*

Influenza Update

The “flu” is widespread in Iowa, with some communities reporting an increase in hospitalizations – especially among the elderly. This year’s flu vaccine is less effective against the most common strain in Iowa (A:H3N2). Outpatient visits for influenza-like illnesses are reported at 32% of all patients, placing Iowa at “moderate” risk on January 20, 2018. Data from this current week is not yet available.

The most important preventative measures include vaccination, sneeze and cough hygiene (covering appropriately, and thorough handwashing).

Pastors should remind their parishioners to stay home if they are ill.

If someone presenting symptoms does come to Mass, they should refrain from shaking hands or sharing in the chalice. Likewise, those who are prone to infections (for example, those who are older or are taking medications that suppress the immune system, or are pregnant) should also refrain from shaking hands or sharing the chalice.

The Sign of Peace does not require the shaking of hands; parishioners may acknowledge each other with a smile or bow.

Sacristans and others should be attentive to carefully washing the Mass vessels with soap and hot water after every Mass.

Attention should be paid to cleaning surfaces, such as pews and doorknobs/handles. There is nothing here that should not be part of good practice anyway. Having hand sanitizer and tissues available is encouraged.

In those communities that are being especially hard hit with the flu (school closures or significant absenteeism, hospitals crowded with patients with the flu, etc.), pastors may temporarily suspend the distribution of communion from the chalice.

The handshake for the sign of peace may also be temporarily suspended if needed (as noted above, the sign itself can still be shared in other ways).

Communion on the tongue (rather than on the hand) is also more likely to spread infection.

While not forbidding any of these practices at this point, awareness and mindfulness can help keep everyone safe. If the influenza season worsens, consideration will be given to other aspects of protection and prevention.

For further questions or concerns, contact Kim Mandelkow, Director, Office of Worship, at (515) 237-5043 or kmandelkow@dmdiocese.org