

A Coffee with Alessio



Lent Part V- "Laetare Sunday"

This Sunday marks the half way point of Lent, and is known as Laetare Sunday or the rejoicing Sunday. In light of this sentiment of rejoicing, the Church gives us a slight breather from the sombreness and penance practises that we have been observing since Ash Wednesday. It's a break from "the David Jones stocktake sale." So much so, rose vestments are worn for today, hence the rose (not pink) border. I would wear an item of clothing with rose on it to Mass this weekend. Wearing the liturgical colour of the day is another way of actively participating in the liturgy. The music can be festive and rejoicing today as well, and the organ has been given leeway too. You can have an organ solo piece at the end of Mass or if you prefer you can sing a hymn today at the end of Mass.

Since today we are having a breather, I am going to have a "festive coffee" as well. Not those pancakes with berries, cream and syrup, but perhaps a slice of apple pie warmed up with a dollop of cream and ice cream. I encourage you to do the same.

Enjoy your coffee and cake for Laetare Sunday!

Friday March 4, 2016