

A Coffee with Alessio



“Laetare Sunday”

This Sunday marks the half way point of Lent, and is known as Laetare Sunday or the rejoicing Sunday. As I mentioned to you last year, on this Sunday the Church gives us a slight breather from the sombreness and penance practises that we have been observing since Ash Wednesday. Mindful of the “rejoicing tone” of the liturgy this Sunday, we can afford to be more festive in our choice of music.

If you have been following my suggestion of having silence for the recessional during Lent, then this Sunday you can finish Mass with a recessional hymn and follow that with a joyful postlude. The liturgical colour for this Sunday is rose. I have a rose-coloured shirt to wear to Mass this weekend. No one is going to outdo me- not even the priest!

So I hope your liturgies this weekend are filled with rejoicing as we near Easter Sunday. You can continue that theme of rejoicing after Mass, with a festive coffee and cake.

Enjoy your coffee and cake for Laetare Sunday!

Friday 24 March 2017