



Diocese of Buffalo

## Department of Lifelong Faith Formation

A member of the Division for Evangelization and Catechesis

### Mystagogical Catechesis

Mystagogy is the final period of the catechumenate process but it is also a method of reflection on liturgy that is beneficial at *any* time. For catechumens, the Period of Purification and Enlightenment (Lent) is a time of spiritual preparation for the sacraments of initiation, centered on the liturgy and rites of this period. Formative gatherings are reflective and should lead catechumens to reflect on their experience of the *Rite of Election*, the scrutinies, anointings and blessings, while continuing to break open the Word proclaimed at Sunday Mass. Introducing mystagogical reflection now will prepare catechumens to reflect on their experience of the sacraments of initiation at the Easter Vigil.

### Mystagogical Catechesis Method

by Karen Kane, Director, Office for Divine Worship and Sacraments, Archdiocese of Cincinnati (adapted)

#### Recall the celebration – use the whole liturgy:

- In a prayerful setting, walk through the liturgy, reminding participants of the ritual: hymns, collect, readings, responsorial psalm, homily, etc.
- Recall the RCIA rite.

#### Reflect on the experience:

- What words, gestures, actions, symbols struck you?
- What did you see, smell, taste, touch, feel, hear?
- What did it say to you about God, Christ, Church, Holy Spirit, etc.?

#### Mystagogical Catechesis:

Spend some time breaking open a particular aspect of the liturgy or rite. For example, the Anointing rite: In both Jewish and Christian traditions, anointing signifies being chosen by God for a special mission. What is your mission? Anointing with the Oil of Catechumens symbolizes the need for God's help and strength to overcome temptation and live as a child of God. What help will you ask from God to live your baptismal faith? How did you feel when your hands were anointed with blessed oil?

#### Go deeper:

- Do you have any new insights?
- When you think about this rite, what does it say to you now?

#### So now what?

- Connect liturgy and life: How will this experience impact you going forward?
- How will you live differently?

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