



Diocese of Buffalo

## Department of Lifelong Faith Formation

A member of the Division for Evangelization and Catechesis

### **Mystagogy: What is it and how do we do it?**

During Mystagogy, *“the neophytes grow in deepening their grasp of the paschal mystery and in making it a part of their lives.”* (RCIA, 244) The Sunday Masses of the Easter Season are “prime time” as the Neophytes enter fully into the Eucharistic life of the faith community. Godparents and sponsors are key players in Mystagogy as they continue to journey with the neophytes, assisting them to identify their unique call to discipleship and mentoring them as full members of the Body of Christ.

Just what is Mystagogy? A time to reflect on the mystery of salvation and to recall and unpack the liturgies of the Triduum and Easter, especially the rich symbols of darkness and light, water, oil, and bread and wine. Mystagogy supports the neophytes in living the Gospel message and taking on the mission of the Church to be Christ in the world.

How do we do Mystagogy? Formative gatherings are reflective and should lead the neophytes to reflect on their experience of the sacraments of initiation while continuing to break open the Word proclaimed at Sunday Mass. The focus now is deepening integration within the faith community and preparation for discipleship. Try this simple process:

### **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 experience of receiving the sacraments.

#### **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 *Laying on of Hands* at Confirmation: This unique sign of blessing and grace is how the gifts of the Holy Spirit have been conferred since the days of the apostles. How did you feel when the presider asked God to send the Holy Spirit to be your helper and guide, and to fill you with the gifts of the Holy Spirit? Which of these gifts will help you to live as a disciple of Jesus?

**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?

Contact Sr. Barbara Schiavoni at [bschiavoni@buffalodiocese.org](mailto:bschiavoni@buffalodiocese.org) or 716-847-5516 to discuss Mystagogy or anything RCIA related.

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