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WORSHIP FILE
'Catholic Ground Zero'
by Pat Keady



Every year 'Lent' arrives again, that season of giving up chocolate & coffee, or at least trying to. *But what does this season have to teach us about worship?* Much if we're willing to take the journey.

Lent is a time of 'coming back to the start', of peeling away the layers, of remembering just who this God is whom we worship, and who we are in relationship to Him. From this foundation flows our life of worship, our whole attitude toward God. If this foundation is strong, worship can not help but naturally flow forth. **Ash Wednesday** is the ultimate '*back to ground zero day*' for Catholics. From the book '*Worship: The Activity of Disciples*':

"I'm going to take us back to some basics. Glorious basics – forgotten basics – foundational truths about who we are and where we're going and why we're here. If we don't get this right then our whole journey of worship will be dysfunctional from the start.

We were made by God, and for God. That's right: not by ourselves or for ourselves! I remember as I grew up the priest in our small country town blessing me and my mates on the forehead on Ash Wednesday with the words;

"Remember – from dust you came and to dust you shall return".

This generation doesn't like to hear that. Most parishes today use the newer version '*repent and believe the good news*' because the old blessing seemed confronting and a bit weird. But I think confronting is good - this generation is missing confronting: so I'm confronting us with it now. We are dust! I am dust, and you are dust. Glorious dust it's true; but only because of the glorious breath of a glorious God who chose to breathe life into a handful of dirt and create you and me out of pure Love. Your science book won't read it that way, because science was never meant to. I'm talking about the spiritual, underpinning reason for our existence on this planet.

We are the created and God is the Creator. What is created naturally gives thanks and praise to it's Creator. It recognises with joy and amazement that everything it is and has come first from this generous Source, this life-giving Author, whom Jesus affectionately calls with a wink 'the Father'. And this is all before 'salvation' came on the scene; that kicked in later in the story and is

massive in itself - don't get me started! (Actually, do sometime, but just not right now)

What I'm talking about is the gift of original LIFE freely given to us by God, undeserved and unasked. *Have you ever said 'thankyou' for that gift?"*

The author of Psalm 139 wrote:

**"My frame was not hidden from you when I was made
in the secret place.
When I was woven together in the depths of the earth,
your eyes saw my unformed body.
All the days ordained for me were written in your book
before one of them came to be.
...For You created my inmost being;
you knit me together in my mother's womb.
I praise you because I am fearfully and wonderfully made"**

Now this guy had the right perspective. Why should we worship God? *"Because I am fearfully and wonderfully made"*. Full stop! That right there is cause for amazement and awe and worship and thanksgiving and praise.

Before you go any further take the time to stop, turn around in your heart and say 'thankyou' to God the Father for simply creating you in wonder and awe. For weaving your unseen body in the depths of the earth, before anyone had any idea you were coming. For knitting you together in the womb with a smile on his face, as He delighted in fashioning yet another masterpiece in the glory of His image.

It's the first act of worship we all do."

* Excerpt from 'Worship: the Activity of Disciples' by Pat Keady
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