

## THE MASS – Lesson 3b

### Holy Water/Blessing Yourself

**HOLY WATER.** Near the door or in the center of the space you enter into, you will find one of two sacred items: a holy water font or a baptismal font. The first, a holy water font, is a small object, meant to be a miniature holder and reminder of the other. This water is blessed. It is holy. The water is usually blessed at the Easter Vigil for the purpose of being used in the baptizing of the catechumens. The blessed water is then placed in containers, holy water fonts and/or baptismal fonts. In either case, this water of baptism is the first sacred matter (sacramental) you encounter as you pass through the doors into the church.

**BLESSING YOURSELF.** When you bless yourself with holy water, you are recalling your baptism. You were baptized “in the name of the Father, and of the Son, and of the Holy Spirit.” Then the priest or deacon immersed you or poured water over you. Now you bring the water to your body and once again claim that you are Christ’s by making His sign over your body with the waters of baptism.

#### **REVIEW QUESTIONS.**

1. At what time is holy water usually blessed?
2. When we bless ourselves with holy water, what should we be reminded of?

**THE NEXT TIME YOU ATTEND MASS.** Blessing ourselves, with holy water as we enter through the doors of the church, can become a mindless habit and at times thoughtless. If this has happened to you, make an effort to once again do this with meaning, recalling the sacred part of your baptism, which forever has marked you as belonging to Christ. Do it with great reverence, thoughtfulness and gratitude.