

SLM and special considerations made for those who are sensitive to the use of incense at Mass.



When Incense is used at our liturgies, especially during the Lenten Season and Holy Days, in consideration of those who are sensitive or suffer from various forms of respiratory distress, Incense is excluded from our **Saturday Vigil 5pm Mass and our Sunday 7am Masses.**

Why do we use incense? The use of incense is encouraged by the Church, especially for feasts of greater solemnity. It is a beautiful image of prayer and worship ascending to God. Incense symbolizes our prayers and praises going up to God, and its fragrant aroma is a sign of his blessings descending gently upon us.

Incense is not to be equated with cigarette smoke, it is not a known carcinogen, and it is not a pollutant when used moderately. In fact, incense, like holy water, is often

blessed by the priest and therefore brings blessings.

What kind of incense do we use? We purchase a very light floral and citrus herbal blend of incense made by the Monks of St. Joseph's Abbey in Massachusetts. As well, we do not use it heavily.

If incense is present at a liturgy and you are sensitive please stand by one of the open doors during its use.

The following Sunday Liturgies (Including Vigils) & Feast Days is when Incense is commonly used:

- ✘ Immaculate Conception
- ✘ Christmas (exception: the hall liturgies do not have incense)
- ✘ Ash Wednesday
- ✘ All Sundays of Lent
- ✘ All Triduum Liturgies (Holy Thursday through Holy Saturday)
- ✘ Easter (exception: the hall liturgies do not have incense)
- ✘ Ascension
- ✘ Pentecost
- ✘ Trinity Sunday
- ✘ Body & Blood of Christ
- ✘ All Saints (If on a Sunday)
- ✘ All Souls (If on a Sunday)
- ✘ Annual All Souls Mass
- ✘ Christ the King
- ✘ *Funerals