

Topic: Sunday Mass

Abstract: My family has been going to church every Sunday for about a year. At first it was to support my father in his struggles. Now we attend mass every Sunday because we want to. Sunday mass is important to our family and it is how we go about the rest of the week until the next mass. We feel as if we need to give thanks and going to church makes all this possible.

Key Words: Family, Mass, Sunday, Religion, Cultural, Catholic, Hispanic, Church, Mid-life crisis, Father, Support.

Ethnic Designation: Mexican-American

Cultural Category: Religion: Informal Information Exchange

Sunday Mass

Ever since I was a little boy my family and I would attend mass on Sunday mornings or evenings. Although we didn't attend mass every weekend we would try to go at least once a month. But about a year or two ago, my father had what most would call a mid-life crisis. So he turned to religion and has since gotten really involved with church. Now instead of trying to attend mass at least once a month, my family goes every Sunday. In a way this is a cultural practice for my family. Depending on whether we attend mass in the morning or in the afternoon we usually will do something as a family since Sunday is the only day where we really have time to spend with each other. Now my family is catholic like most Hispanic families and it is very common for catholic families to attend church or what they would call, Misa.

When it comes to church, my family holds it very close. My grandmother was very religious and whenever my family went to Mexico to visit her, we would go to church. Once she passed away we haven't visited our relatives as a whole family. Also we weren't as connected to the church anymore. Then the mid-life crisis hit my father. He was depressed for a while and sort of lost himself along the way. Then my father decided to turn towards the church for help. Too

my surprise it was working. Once my family saw this, we wanted the support my father in any way possible. So we began to attend mass every Sunday with my father and at times during the week. I hold my family very close to me and I would support them in any way that I can. Even though I would love to sleep in on Sunday mornings, we go to mass as a family and that includes me. Never again do I want to see my father in the condition he was in before he turned to church. So if I need to wake up in the morning to go with him to church then I will.

After going to mass every Sunday for some time now, this is a cultural custom for my family. In all honesty there isn't really anything else we do as a family on a custom basis. During the week my parents work for most of the days, and then and then my brother and I have school. When it comes to weekends we use Saturdays as days to clean the inside and outside of the house. Although this is something we do together as a family and would be considered by some as a cultural practice, we do it because its needs to be done. So Sunday is really the only day of the week that my family has time to spend with each other. Part of our that day is going to mass. My family and I are thankful for the lives we have. So it's nice to give thanks and be doing this with the ones that you love because mass is always a good experience for families. Mass is a way that my family spends time with each other. As I said before we eat as a family following mass and spend more time after. Whether it is relaxing at home or going to the mall. There are times where I have a soccer game or my brother has a mariachi performance, so having my family there watching me or going to watch my little brother brings nothing but happy feelings to me.

There are many aspects of church. Many people go to mass for different reasons. As I said before my family goes to give thanks and in a way to still show my father support. Others may go to have their committed sins relieved, to find answers, or because there in need of help and they look to prayer. Church is a place for anybody and welcomes anyone through their

doors. What I like most about attending mass is that once the ceremony is over and you walk out the church doors, that this good feeling about yourself is present. Also it reminds people about what they have and what they should be thankful for. For me it enlightens myself and basically prepares me for another week. Going to church is something that no one can regret doing and nothing negative can be associated with it. That's another aspect that I love about church because there aren't many places in the world today where there's no existing negativity. Basically when it comes to church there are no negative aspects, just positive ones.

At first my family attended church as a way to support my father who at the time was struggling. As time as passed though, we still attend church for that reason in a way but we also go because it is now a cultural practice for us. Attending mass is how we start and end our Sunday day. We would not feel the same if we were to miss to church because it has become a routine for us. My family doesn't go to work because we feel obligated but because we want to. If that wasn't the case then I don't think you could really consider it a true practice.

Every family has their own cultural practice. Some families even have more than one practice. When it comes to my family we only have one cultural practice and that is attending mass every Sunday. Even though my family may not have as many practices as other families, I believe that our practice makes up for that. Going to mass every Sunday brings us closer in a way that it feels as if we weren't separated as much during the week. In my culture this practice is very common among the Hispanic population especially the Catholics. For some there are different meanings or reasons why this is practice. Attending mass on Sundays for my family means that we had another week of life and we pray for another one. All in all it sort of makes up for all the lost time during the week.