

✦ Incense at St. Bridget & Sacred Heart ✦

In keeping with Church traditions, incense may be used during Mass ...

During the Season of Christmas

The Nativity of our Lord Jesus Christ (Christmas)
The Holy Family of Jesus, Mary and Jesus
The Solemnity of Mary, Holy Mother of God – World Day of Peace
The Epiphany of the Lord
The Baptism of the Lord

During Holy Week

Palm Sunday of the Passion of the Lord
The Evening Mass of the Lord's Supper (Holy Thursday)
The Vigil in the Holy Night (Holy Saturday)
Easter Sunday of the Resurrection of the Lord

On Sundays during the Season of Easter

Second Sunday of Easter (Divine Mercy Sunday)
The Ascension of the Lord
Pentecost Sunday

At Other Times

The Most Holy Trinity (Trinity Sunday)
The Most Holy Body and Blood of Christ (Corpus Christi)
The Solemnity of Our Lord Jesus Christ, King of the Universe (Christ the King)
All Funerals
Special Solemnities, Exposition and Benediction, Evening and Morning Prayer

While we do our best to control the amount of incense used and will open windows (if possible), we recommend that anyone with sensitivities sit towards the back of the church at those services.

Why Do We Use Incense?

In the Old Testament God commanded His people to burn incense (e.g., Exodus 30:7, 40:27). Incense is a sacramental used to venerate, bless, and sanctify. Its smoke conveys a sense of mystery and awe. It is a reminder of the sweet-smelling presence of our Lord. Its use adds a feeling of solemnity to the Mass. The visual imagery of the smoke and the smell reinforce the transcendence of the Mass linking Heaven with Earth, allowing us to enter into the presence of God. The smoke symbolizes the burning zeal of faith that should consume all Christians, while the fragrance symbolizes Christian virtue.

“Love God ✦ Love our Neighbours ✦ Make Disciples”