



Lift Up Your Hearts

Rediscovering the Mass and the Celebration of Our Faith

written by Alex Duketow

Finding a book, which talks about the importance of the Mass, and celebrating our Catholic faith is not easy to accomplish especially if you want to use it to engage your family in prayer and conversation. Alex Duketow's book *Lift Up Your Hearts* is one of those rare finds that will appeal to a broad audience ranging from young children to adults of all ages. It is a devotional book meant to create discussion, prayer and preparedness for the celebration of the Eucharist. It includes all those details about the Mass that we were taught at a much younger age but that may have slipped our minds in the intervening years.

The author begins the book by explaining how it can be used for private meditation, by couples to deepen their faith or for family prayer. The information is arranged according to the liturgical year so it is easy to follow on a weekly basis. It begins with Advent and works its way through the year. The format is the same for each week and feast. On the left side of the book, there are three paragraphs, which describe or clarify the week's lesson. Each paragraph ends either with prayers of thanksgiving, of forgiveness or of petition. On the right side is an illustration that relates to the message on the opposite page. These colourful illustrations provide a further opportunity for reflection on the part of the reader or discussion for the family. In all there are 75 religious art illustrations, contributed by eight artists, gifted in telling a story through this medium.

In education, we understand the importance of the parent as the child's first and foremost educator. *Lift Up Your Hearts* is an excellent resource for parents to guide their children in deepening their understanding of the meaning of the Mass and its symbols. The three paragraphs are rich with information. Not only are the prayers at Mass explained but historical information is included as well. Where appropriate, quotes from the Bible are used to reinforce the message. Alex Duketow also takes the time to explain the meaning of Latin terms and how to actually pronounce them. "The word Mass comes from the Latin word *Missa* (MEE-sah), meaning *mission*. At the end of every Mass we are sent on a mission: Go in peace to love and serve the Lord."

At the end of the book, Duketow has included two pages of traditional prayers such as the Morning Offering, Angel of God, An Act of Contrition, and Grace Before and After Meals. The four sets of the Mysteries of the Rosary are listed and the days they should be used. Father Thomas A. Lynch, STL, who is the national director of Priests for Life Canada, provided the forward for this book. In part, he said:

You have in your hands such a resource through the arduous work of Alex Duketow. Lift Up Your Hearts is truly a work of love. Not only the love of God that has inspired Alex to persevere with his labours, but also a love for the Church as seen in her families that need such books as this.

This book is also recommended by the Diocese of Peterborough.
It is a work that will find use, especially amongst young people, and will be a helpful tool for parents and teachers.

Lift Up Your Hearts Rediscovering the Mass and the Celebration of Our Faith, written by Alex Duketow is published by Treasures of the Church Press. ISBN: 978-0-9809524-0-7. Copies of this book can be ordered at orders@tofcpres.com or visit their website at www.tofcpres.com.

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