



Fr. Matt's Musings

November 17, 2017

Hiccups

Hiccups are awkward. They are unexpected, unpredictable and, at times, uncontrollably noisy. Even the word itself is odd looking and sounding. However, usually they do not last forever, leave lasting effects or are seldom more than annoying. Hiccups can translate to other areas of life.

During the celebration of daily Mass, there is a hiccup moment. There is no music on weekdays so certain parts of Mass, like the *Sanctus*, stand out since we do not sing it like on Sundays. The hiccup is the beginning of the prayer. Some say - Holy, Holy, Holy, - Lord God of hosts; others say, Holy, Holy, Holy, Lord - God of hosts. Hence, there is that awkward, non-flowing moment in our prayer - a liturgical hiccup.

There are also hiccups in the spiritual life: temptations, worries, moments of distraction or periods of spiritual dryness which impede, interrupt and interfere with our progress in our spiritual journey. Francis de Sales writes about some of these spiritual hiccups in the fourth part of the *Introduction to the Devout Life*. These times can be frustrating and annoying because we think we should be beyond these moments or that we had left them behind. Francis reminds us that no spiritual journey is a straight line, and spiritual hiccups call us back to humility. Remember that we are wonderful and weak, faithful and fallible, saints and sinners. Our perfection is not found in being perfect but in the attempt. We offer up our lives to the Lord, the Master Crafter who created us, hiccups and all.

Live Jesus!

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