

## Good Reasons to Think About Resuming Active Participation in the Catholic Church

*Are you ready to resume active participation in the Church? Here are some common signs which may suggest that you are ready to consider resuming active participation in the spiritual and sacramental life of the Catholic community:*

- You feel personally or spiritually lost.
- You sense that something important is missing in your life.
- You feel socially or spiritually unconnected.
- You sense a need for more encouragement and support.
- You feel like you do not have the emotional or spiritual resources to face difficult situations or problems.
- You are anticipating or experiencing major changes in your life, or are more aware of growing older.
- You are concerned about “starting over” or “getting things in order.”
- You worry about how your non-participation in the Church is affecting your marriage or your children.
- You feel less angry or bitter about the Church; you have a more balanced appreciation for its strengths and weaknesses as a human institution.
- You have more positive feelings about your past Church experiences.
- You appreciate the Church's intellectual legacy and its sacramental tradition.
- You sense a longing for the Eucharist and participation in the Catholic Mass.