



ASH WEDNESDAY - Film: *Mass* (2021), Theme: Lament, Scripture: Joel 2:1–2, 12–17

Introduction

Mass is an unflinching and deeply human exploration of grief, loss, and the long work of lament. Set almost entirely within a single room, the film brings together two sets of parents whose lives have been irrevocably altered by a shared tragedy. Rather than offering easy answers or sentimental resolutions, *Mass* sits patiently with pain, anger, and silence—honouring the slow, sacred work of naming loss.

As we enter Lent on Ash Wednesday, this film invites us to reclaim lament as an essential practice of faith. Lament does not rush toward redemption; it tells the truth about suffering and dares to speak honestly before God. In doing so, it opens a space where healing, however tentative, can begin.

Discussion Questions

1. After viewing *Mass*, what thoughts and impressions lingered with you once the credits rolled, and why?
2. From a cinematic perspective, what aspects of the film did you find effective or compelling, and where did it feel more challenging or difficult to engage?
3. The film offers an unflinching portrayal of life after horrific trauma. How does each parent respond to grief and loss, and what do you notice about the trajectory of their character arcs over the course of the story?
4. Ash Wednesday marks the beginning of Lent and serves as a sober reminder of human mortality. What is the importance of honest lament in the life of faith?
5. How do you understand the place of lament in Scripture, and what does the film suggest about God's presence and response in the midst of deep grief and sorrow?

How to Access This Film

Mass (2021) is available through the following legal streaming and rental options in Canada: Super Channel (via Super Channel Plus) Free 14-day trial available for new subscribers: <https://www.superchannelplus.ca/>. Rent / Buy: Apple TV (Rent: \$4.99, Buy: \$7.99). For those looking to confirm availability or explore additional options, www.justwatch.com/ca is a helpful tool for locating where films can be streamed, rented, or purchased legally.

About *Movies for Lent*

Movies for Lent is a Lenten film series curated by The Rev. Jason Tripp, President of Thorneloe University, in partnership with the Diocese of Algoma. Each film is paired with a central theological theme and Scripture from the lectionary, inviting viewers into reflection and conversation at the intersection of faith, culture, and lived experience.

Film Credit: *Mass* (2021), Written and directed by Fran Kranz © 2021 Sony Pictures Classics. Used for educational and discussion purposes only.