



DANIEL IBÁÑEZ/CNA IMAGE

Why (and How) to Return to Sunday Mass

The Register's clip-out, photocopy and pass-on guides for Advent



Invite Someone

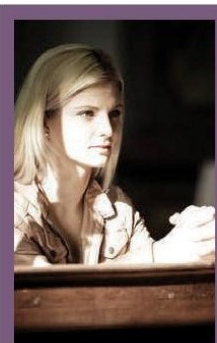
Catholics know there are problems in the world. We also know the source of peace: Christ.

This Advent, the Register encourages readers to invite people back to Mass.

Reaching out and extending an invitation to the sacraments, starting with Mass, can make a blessed difference in someone's life.



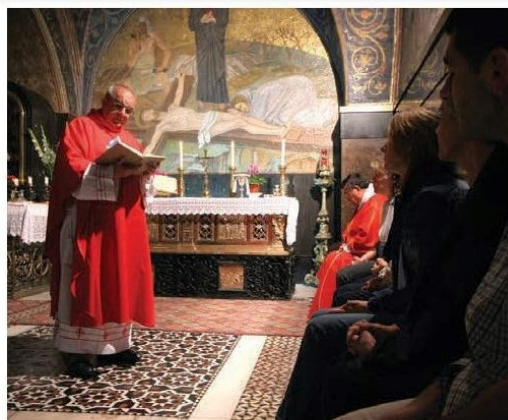
- 1 God tells us to keep holy the Sabbath (Third Commandment) and holy days.
- 2 Jesus instituted the Mass at the Last Supper.
- 3 Mass honors God and changes our hearts.



Quick Tip 1 Arrive on time or be early. Then you will have time to prepare your heart to receive God's word and his body.

4 The saints were Massgoers. You can go every day. Daily Mass is a blessing!

5 "If we really understood the Mass, we would die of joy," said St. John Vianney, patron of parish priests.



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Quick Tip 2 Prepare for Communion. Being in a state of grace means that one is not conscious of having committed a serious sin (missing Sunday Mass, infidelity, etc.) since one's last confession. Fast one hour before Communion.

6 At Mass, you receive Jesus in the Eucharist — the "source and summit of the Christian life," according to the Catechism (1324) — when you are in a state of grace.

7 "It would be easier for the world to survive without the sun than to do without holy Mass." So said St. Pio of Pietrelcina (Padre Pio).

8 You can hear Scripture at Mass. What is God saying to you through his holy word?

Quick Tip 3 Know what's happening. Follow along with the missalette, missal or another Mass aid, such as the *Magnificat*.



EWTN RELIGIOUS CATALOGUE



Quick Tip 4 Bow your head as a sign of reverence before receiving Communion.

9 Mass offers the faithful the Living Bread (John 6:51, 54, 56).

Quick Tip 5 Pray the *Anima Christi* prayer after receiving Communion: *Soul of Christ, sanctify me. Body of Christ, save me. Blood of Christ, inebriate me. Water from Christ's side, wash me. Passion of Christ, strengthen me. O good Jesus, hear me. Within thy wounds, hide me. Suffer me not to be separated from thee. From the malicious enemy, defend me. In the hour of my death, call me. And bid me come unto thee, that I may praise thee with thy saints and with thy angels, forever and ever. Amen.* — EWTN.com

10 The Catechism tells us that Mass unites us with Jesus, Mary and the saints (1419).

Quick Tip 6 Dress up for God and wear modest clothing.

Common 'Good Excuses'

Why go? God wants you to! See No. 1 at left.

I don't have to go to church to pray. Yes, you can pray anywhere. But the Mass is the Church's greatest prayer.

I am mad at the Church. Unfortunately, many people feel this way, especially due to the scandals. The Church is made up of flawed people, but the Church is Christ's, first and foremost. And Jesus wants you to be a part of his body.

I don't feel different after Mass. Strive to focus on each part of the Mass: the songs, the prayers, the readings — and, most importantly, the Eucharist. Even if the homily isn't enlightening or the music is not to your liking, Jesus offers you his Body and Blood.

I'm too busy. Sunday Mass is one hour of your week. It should be the best hour of your week.

I don't feel worthy. No one is. That's why we need Mass and confession, where Christ offers himself and his healing to us.



Quick Tip 7 Go to Mass with family or friends. Mass is a community prayer.

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