The Holy Sacrifice of the Mass is the highest form of worship, for it is Jesus Christ, in the person of the priest, offering Himself to the Father on behalf of His people. Jesus is not being sacrificed again, but it is as if time were stopped and we were carried back to Calvary to stand with Mary and John at the foot of the cross. As Catholics, we believe that the Holy Sacrifice of the Mass is the same sacrifice that Christ offered on Calvary once for all.

Try to arrive some time before, so as to enter into a spirit of quiet prayer and recollection.

Ask the Holy Spirit to open your heart, mind, soul and whole being to the many graces and gifts that God has for you.

Listen attentively to all of the prayers and readings. Reflect on them and let them teach you about God’s love and plan for your life.

Observe the movements of the priest. The priest acts In Persona Christi (in the person of Christ). The priest is more than Christ’s representative during the Mass and the other Sacraments. Jesus Christ actually uses the priest as His instrument to teach and nourish God’s people.

In order to receive Holy Communion properly, one must be in a state of grace. St. Paul relates “He who eats and drinks without recognizing the body eats and drinks a judgment on himself.” (1 Cor. 11.29). Make frequent use of the Sacrament of Penance to prepare your soul to receive the gift of Jesus in Holy Communion.

Spend some time in quiet prayer and thanksgiving. Present your needs to the Lord who is now within your body and soul and let Him fill you with His gifts and graces.

“This is my body, which will be given up for you!”

How often should I assist at Mass

We have the obligation to attend Mass on all Sundays and Holy Days of Obligation. However, if we are in love, we don’t attend out of obligation, but desire. As Catholics, we are blest to be able to attend Mass every day of our lives. “Taste and see how good the Lord is!”

In the Eucharist, the Son of God comes to meet us and desires to become one with us; eucharistic adoration is simply the natural consequence of the eucharistic celebration, which is itself the Church’s supreme act of adoration.”

Pope Benedict XVI

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"If we knew the value of the Mass, we would die for joy."

St. John Vianney

The Value of the Mass

• At the hour of death the Holy Masses you have heard devoutly will be your greatest consolation.
• Every Mass will go with you to Judgment and will plead pardon for you.
• By every Mass you can diminish the temporal punishment due to your sins, more or less, according to your fervor.
• By devoutly assisting at Holy Mass you render the greatest homage possible to the Sacred Humanity of Our Lord.
• Through the Holy Sacrifice, Our Lord Jesus Christ supplies for many of your negligences and omissions.
• He forgives you all the venial sins which you are determined to avoid.
• He forgives you all your unknown sins which you never confessed.
• The Power of Satan over you is diminished.
• By piously hearing Holy Mass you afford the Souls in Purgatory the greatest possible relief.
• One Holy Mass heard during your life will be of more benefit to you than many heard for you after your death.
• Through the Holy Mass you are preserved from many dangers and misfortunes which would otherwise have befallen you.
• You shorten your Purgatory by every Mass.
• During Holy Mass you kneel amid a multitude of holy Angels, who are present at the Adorable Sacrifice with reverential awe.
• Through Holy Mass you are blessed in your temporal goods and affairs.
• You bring down God’s blessings upon yourself and your family.
• You appease God’s just anger for the sins of the world.
• You stand with Mary, John and the pious women at the foot of the cross.
• You are the closest you can be to heaven on earth.

The Church Teaches About the Mass

"At the Last Supper, on the night he was betrayed, Our Savior instituted the Eucharistic sacrifice of his Body and Blood. This he did in order to perpetuate the sacrifice of the cross throughout the ages until he should come again, and so to entrust to his beloved Spouse, the Church, a memorial of his death and resurrection: a sacrament of love, a sign of unity, a bond of charity, a Paschal banquet 'in which Christ is consumed, the mind is filled with grace, and a pledge of future glory is given to us.'" (Catechism of the Catholic Church 1323)

"The Eucharist is "the source and summit of the Christian life." "The other sacraments, and indeed all ecclesiastical ministries and works of the apostolate, are bound up with the Eucharist and are oriented toward it. For in the blessed Eucharist is contained the whole spiritual good of the Church, namely Christ himself, our Pasch." (Catechism 1324)

"The Eucharist is the efficacious sign and sublime cause of that communion in the divine life and that unity of the People of God by which the Church is kept in being. It is the culmination both of God’s action sanctifying the world in Christ and of the worship men offer to Christ and through him to the Father in the Holy Spirit." (Catechism 1325)

"By the Eucharistic celebration we already unite ourselves with the heavenly liturgy and anticipate eternal life, when God will be all in all." (Catechism 1326)

How to Assist At Mass

• Attend the Mass with great hope and love for Jesus Christ, who gave His life for you.