

Why go to Sunday Mass?

Reflection I

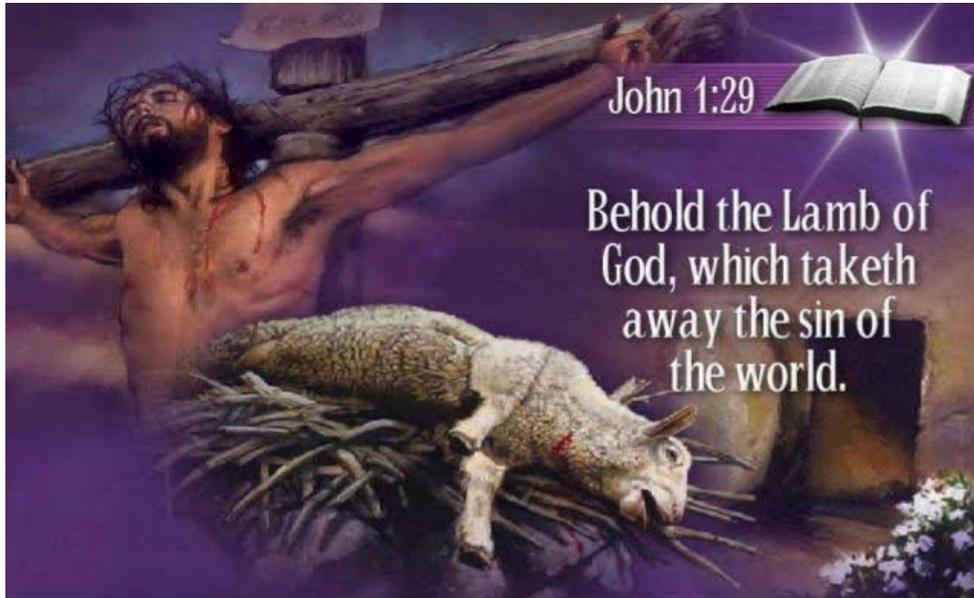
Because it is in the Eucharist - the 'Sacrament of Sacraments' of the Catholic/Orthodox Church - that the Most High GOD now tabernacles with His people. This sacrament makes every church His temple, every sanctuary His Holy of Holies, every altar His Mercy Seat... and every soul who receives It a living 'host' of the Three Divine Persons of the Most Holy Trinity. (See: The Chaplet of the Indwelling Holy Trinity)

Because it is here that the greatest Work of GOD is "Accomplished!" (John 19:30) until the end of time... as the resurrected, ascended, glorified Son of GOD - in the person of the priest - offers His passion and death upon the Cross, as a living sacrifice to GOD the Father, for the forgiveness of our sins.

It is here, upon the altar of sacrifice at every Sunday Mass/Divine Liturgy, that the sacrifice of the Lamb of GOD upon Calvary is **represented** * by GOD the Son, to GOD the Father, and GOD's great Work of our redemption is "Accomplished!" in us through the precious Blood of the Lamb....

...our sins are forgiven, we are reconciled to the Father, to ourselves, and to one another... we die in JESUS and rise in JESUS as the New Man and New Woman... to live the divinized life of the sons and daughters of GOD.

So the very first reason to go to Sunday Mass is to stand at the foot of the Cross with the Blessed Virgin Mary and RECEIVE the Work of your redemption through the Sacrifice of the Lamb of GOD.



* NOTE: JESUS died one time, in time, 2017 years ago. The sacrifice of the Mass **represents** that "one time, in time, 2017 years ago" sacrifice, to the Father who is outside of Time, and to Whom all things are present in the eternal 'now.'

The JESUS we receive in the Holy Eucharist is the JESUS of the entire Paschal Mystery. We receive the Body, Blood, Soul and Divinity of the resurrected, ascended, glorified JESUS who **perpetually** (sacramentally upon the altar, and spiritually within our souls) represents (makes present) to the Father and to all mankind, the Sacrifice of the Lamb of GOD (His Passion and Death) upon His Cross of Glory... His Cross which is the Living Wellspring of all GOD's Being and Doing in each one of us, in every present moment, until the end of time.

(See: What is the Eucharist? & The Gaze)

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Reflection II

Why go to Sunday Mass? Because **JESUS** is there... in the flesh... in the Head and Members of His Mystical Body... the Church.

At the **School of Prayer of the Holy Childhood of the Blessed Virgin Mary**, you live a life of spiritual communion with the Head **and** the Members of the Mystical Body of Christ...and at Mass, **JESUS and His Body** are present there **in the flesh**.

GOD is Spirit and must be worshipped in spirit, but He is also **incarnate**. Spirit in flesh. **GOD** in Man. Christ in the Eucharist. **JESUS** is **incarnate**, through the Eucharist, in the flesh and blood members of His Body, the Church.

You go to Mass to **become one** with the Head **and** Members of the Body of Christ - the living, breathing, walking, talking, **GOD** Incarnate, Body of Christ.

You don't have to 'feel' the presence of **JESUS** in the Eucharist. You just have to believe it. You don't have to like the other Members of His Body. You **do** have to love them.

For **JESUS and His Members** belong to you and you to them, and you are One in Him. You may as well get to know, love and serve each other now, for you'll be spending eternity together whether you like it or not.

Even if the Body seems dead to you, remember it was purchased by the

Blood of JESUS Christ (Acts 20:28) - that's how precious and sacred it (in ALL its members) is to GOD.

Ultimately, you go to Sunday Mass because there's nowhere else to go. For, "to whom shall we go?" (cf" John 6:68) if not to JESUS at the one and only place on earth where His **True Presence** can be found incarnate in His Head and Members - at Sunday Mass.

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Reflection III

Why go to Sunday Mass? Because when you go to Mass - you go to **JESUS**. The very same JESUS you read about in the gospel stories is present now in His Body, Blood, Soul and Divinity, in the Holy Eucharist.

You go to Mass to **see** JESUS and be seen by Him.

For, as you look upon the Face of JESUS at the elevation of the Holy Eucharist, He is looking back at **you**. He sees **your** face among a thousand faces. He looks into **your** eyes. He sees into **your** heart. And when you look away with shame, He gently turns your face back to His, eye to eye, face to face, heart to heart, asking only that you surrender to his love.

You go to Mass to **hear** JESUS and be heard by Him.

Take a pocket notebook with you to journal what JESUS says **to you** at Mass. If you go with expectancy and listen with your heart...His words are Life... and He **will** speak to you.

JESUS hears the cry of **your** heart. He knows **your** voice among a thousand voices. The same JESUS who told the disciples of John the Baptist...

" Go and tell John what you hear and see: the blind regain their sight, the lame walk, lepers are cleansed, the deaf hear, the dead are raised, and the poor have the good news proclaimed to them..." Matthew 11:4-5 ...is waiting for **you** now in the Holy Eucharist, where you can hear Him ask **you**, "N ___, what do you want Me to do for you?" cf: Matthew 20:32.

You go to Mass to **touch** JESUS and be touched by Him.

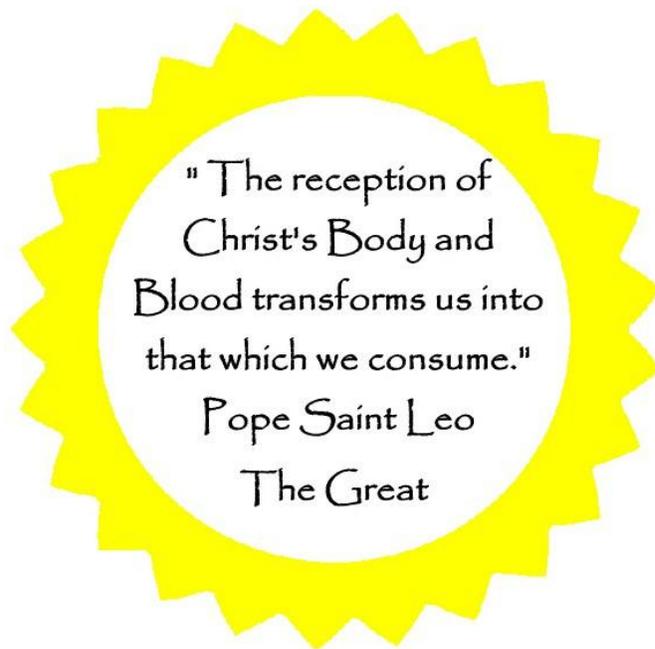
" If when He lived in this world, He healed the sick by the mere touch of His garments, what doubt is there but that He will perform miracles, since He is so intimately within us, if we have a lively faith; and that He will grant us what we ask of Him, while He is in our house." Saint Teresa of Avila

For in the few minutes after you receive JESUS in the Holy Eucharist, **you** - together with all those with whom you are now in sacramental communion - **are touched by GOD**. His precious Blood, which contains the very life of GOD, is flowing through your body and through His Mystical Body, cleansing, healing, restoring, making all things new.

JESUS can even use **your** faith in His healing touch to touch **other** members of His Mystical Body during those few minutes after Holy Communion when we are all sacramentally one.

We can receive and mediate His superabundant graces, **for and to one another**, during this sacramental communion of the saints, in the Eucharist at Sunday Mass.

And then, if only we would believe, if only we would receive...through the mystery of the water and wine, we come to share in the Divinity of Christ, Who humbled Himself to share in our humanity.



The ultimate end of the Christian life is that you may become so "One" with JESUS that it may be no longer **you** who live, but **JESUS** who lives in you.

Then, as you live a life of sacramental and spiritual communion with the Crucified and Risen Lamb of GOD in the Holy Eucharist and in your heart, your life in union with Him will be...

1. A perpetual and living sacrifice ...as, through Him, with Him and in Him, you, as a member of the Mystical Body of Christ, are perpetually one with JESUS in His work of Adoration, Thanksgiving, Reparation and Petition in **every** sacrifice of the Mass, **everywhere** in the world...

...as, in **His adoration**, He gives glory, honor and praise to GOD...

...as, in **His thanksgiving**, He offers thanks to the Father for His favor, gifts and blessings - most especially for the love of the Father Who gave His only Son, "...so that everyone who believes in Him might not perish but might have eternal life." John 3:16

...as, in **His reparation**, He makes amends for, and removes the guilt and penalty of sin...

...and as, in **His petition**, He obtains grace and mercy for souls, and the provision of their spiritual, corporeal and temporal necessities.

This will now be the prayer of **YOUR** heart and the labor of **YOUR** soul, as you live and move and have your being in **JESUS** and He in you.

2. Your life will be a manifestation of the glory of **GOD** in man fully alive in Christ.

Your life must now manifest the fullness of life of **GOD Himself** within you, as it is no longer you who live, but **JESUS** who lives **His** resurrected, Spirit-filled life in you - as you!

At every Mass, (symbolized by the drop of water added to the chalice of wine that will become the Precious Blood of **JESUS**), we relive the paschal mystery of the death and resurrection of Our Lord **JESUS**, made present on the altar, in the Holy Eucharist.

At every Holy Mass we die in Christ, and rise in Christ.

Our sin, suffering, sickness and death, are borne by **JESUS** in the re-presentation of His sacrifice at Calvary. The old man or woman is crucified in Him and the new man or woman rises in Him to new life, **HIS** resurrected life within us.

The more deeply we live this paschal mystery...offering ourselves, through **JESUS**, with **JESUS**, and in **JESUS** wholly to **GOD** the Father, even unto death, most especially the death of self-will... the more

deeply we live this paschal mystery, surrendering our lives every moment of every day in complete obedience to the Father... the more deeply we live the mystery of dying in Christ... the more fully we will live the mystery of rising in Him.

The more recollected we are to the presence of the risen Christ within us, through faith, through listening, through obedience, the more fully JESUS can manifest His risen presence in us and through us.

To live in the freedom and fullness of the Crucified and Risen Christ, He in you and you in Him, freely using the gifts that GOD has given you for your joy and His glory, is to resist every societal, political and religious system and every man-made philosophy that makes captives of men, women and children, created by GOD to be free.

To live in the freedom of the Risen Christ is to vanquish the devil and to renounce the life that Satan offers us of grey mediocrity - more than with any words, arms or armies.

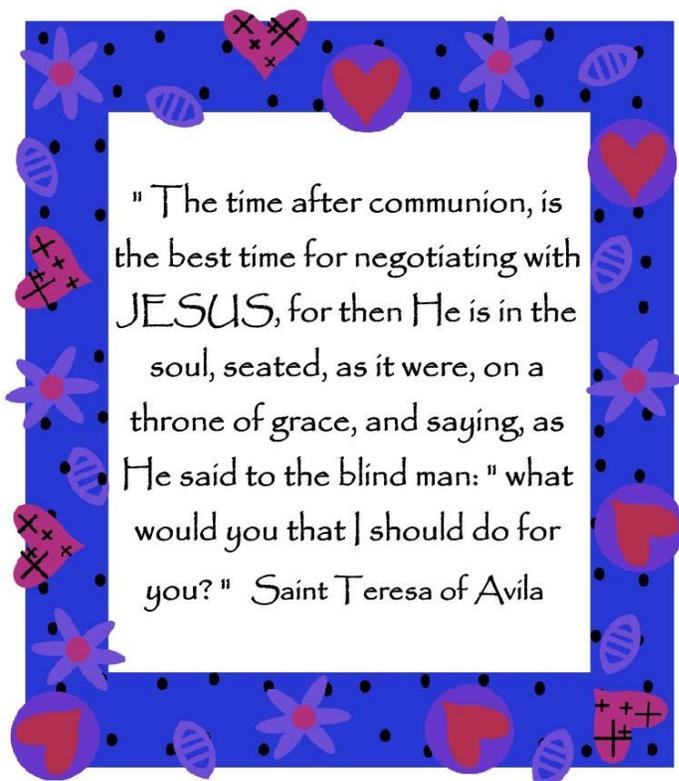
So begin now! Live the life **GOD** created you to live! The life of a glorious son or daughter of **GOD**. A life that has its source, center and summit in the Holy Eucharist at Sunday Mass.

Finally, the Holy Mass is the ultimate sacrifice of praise. For those of us at the **School of Prayer of the Holy Childhood of the Blessed Virgin Mary**, which is a school of praise, the question to ask is not, "Why Go To Sunday Mass?" But rather, "How can I make my **whole life** a living Mass - an unending song of praise?"

And as the spirit of praise arises spontaneously from thanksgiving... our life of praise **begins** with our first and greatest act of **Thanksgiving after Holy Communion...**

Thanksgiving after Holy Communion

A Reflection



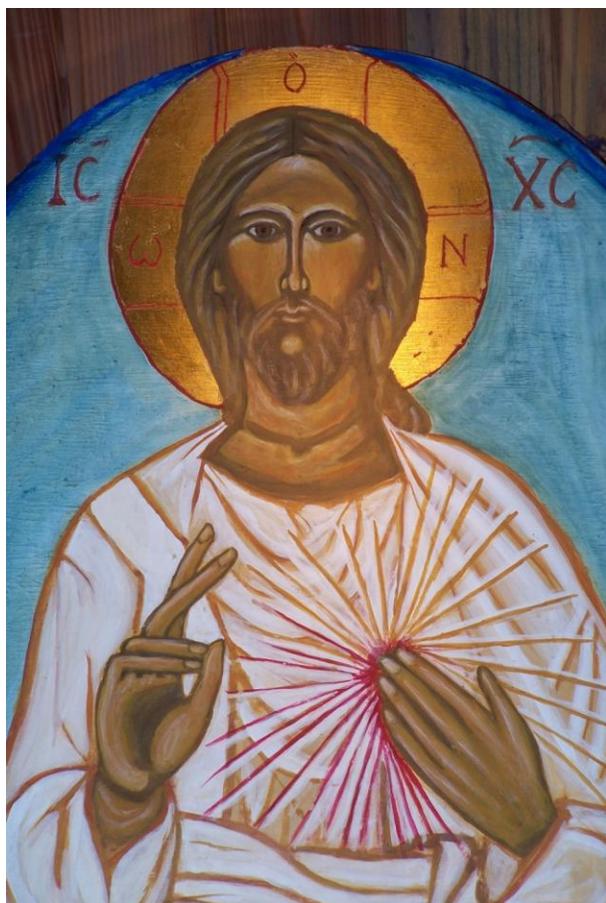
The coming of the Son of GOD into our body and soul in the Holy Eucharist, making us One with GOD, and one with all His Church, is a mystery that demands the wonder, contemplation and absorption of our entire being.

After you receive the Holy Eucharist at Sunday Mass, you can quietly and humbly maintain your interior recollection and presence with JESUS through the silent recitation of His Holy Name.

When you receive JESUS in the Holy Eucharist, close your eyes to all that is around you, and open them to the celestial world that is now within you. Then cleave to JESUS, your Divine Bridegroom, truly present now in the temple of your body, through the silent recitation of His Holy Name.

The Church teaches that, " The presence of JESUS continues in the Eucharist as long as the Eucharistic species subsists. " Compendium #285 Saint Thomas Aquinas says that this is for about 10-15 minutes.

Like a priceless hidden pearl, the Life of the Divine Indwelling, is concealed within these precious moments following Holy Communion, where you rest your gaze upon the Presence of JESUS within you. Your spiritual communion now with His sacramental presence - THIS - is the **unceasing** Life of the Divine Indwelling.... where your **whole life** is a perpetual Holy Communion.



To remain recollected to the Eucharistic presence of JESUS within us for just 10 minutes of sacred and sacramental silence at the end of Mass, is a drop of water we can offer our thirsting LORD, in exchange for His wellspring of eternal life. John 4:7,14.