

Did you know that Catholics must go to Mass every Sunday and Holy Day of Obligation

When asked why Catholics go to Mass on Sunday, the third commandment is quite often given as an answer. This commandment is definitely not the only reason why we are obligated to participate in Mass, but it is a good place to start. In the earliest days of Christianity, Sunday replaced the Sabbath as the Lord's Day because it was on Sunday that Jesus rose from the dead, Sunday on which He appeared to two of His disciples and broke bread with them.

It was from that first day onwards that the faithful began to celebrate the memorial of Christ's sacrifice and rising. Still today, it is in the breaking of the bread that we recognize Jesus. The Second Vatican Council also recognizes that Sunday as the foremost day to celebrate the Eucharist and was handed down from the day of the resurrection. Therefore attending Sunday Mass is an obligation to attend each and every Sunday and all holydays of obligation. Missing these Masses without grave reason is a mortal sin. Also today many think that attending Mass is optional but it is not. According to Christ's instruction we celebrate Mass, "*Do this in memory of Me*" This leads us to the Precepts of the Catholic Church where the first precept states the following: "*You shall attend Mass on Sundays and holy days of obligation and rest from servile labor*" requires the faithful to sanctify the day commemorating the Resurrection of the Lord as well as the principal liturgical feasts honoring the Mysteries of the Lord, the Blessed Virgin Mary, and the saints; in the first place, by participating in the Eucharistic celebration, in which the Christian community is gathered, and by resting from those works and activities which could impede such a sanctification of these days. Also we as Catholics, at Mass we come together to celebrate and hear the Word of God and share in the Eucharist. However there are some Catholics who choose to skip Mass and we have to ask why wouldn't they want to be there sharing with other parishioners Christ's resurrection. Perhaps they haven't been taught by example or perhaps they find something else they want to do. Let us begin: first, by example and attending Mass each and every Sunday and all holydays of obligation; Secondly, talking with our family and friends about the importance of going to Mass. Thirdly, explaining that this is where we encounter Jesus in the form of Bread and Wine, His own Body and Blood. Of course when we go to Mass we are always reminded of God's love for us as individuals and as a whole. There is nothing better than attending and participating at Mass as we thank God for all that He has given us, receive spiritual nourishment as we live our lives in this hustling and bustling world, and thanking God for all that He has given us.