

"Do this as a remembrance of Me."

52 Reasons to Show Up Every Sunday

1. To worship with our brothers and sisters in Christ in our own parish and around the world.
2. To show our kids how much our faith means to us.
3. To be united with all the billions of Catholics down through the ages who have shared in this same sacrifice and celebration.
4. To worship the Son of God made flesh.
5. To adore the Father as "the source and the end of all the blessings of creation and salvation."
6. To thank the Son for His redeeming sacrifice.
7. To glorify the Spirit, our advocate in heaven.
8. To recite the Gloria, one of the greatest hymns of praise ever composed.
9. To meditate upon all the saving events of Holy Week and the Resurrection of Easter Sunday.
10. To take time out from all the hustle and bustle of the week to experience a glimmer of the sacred.
11. To admit our sinfulness.
12. To seek God's forgiveness.
13. To hear the Word of God in Scripture.
14. To hear the priest speak on our concerns and needs.
15. To give alms in support of the Church and of the poor and suffering.
16. To remember both the living and the dead in our eucharistic prayers.
17. To pray for the Holy Father and for our bishop.
18. To pray for our priests and Religious.
19. To partake in the Church's liturgical year.
20. To publicly proclaim our faith.
21. To be reminded of our obligations to serve the Lord in the world.
22. To receive the priest's blessing, a final affirmation of God's love for us.
23. To adore Jesus in the Eucharist and the tabernacle.
24. To get the chance to sing a song with all the choirs of angels in heaven: "Holy, holy, holy."
25. To say: "Lord, I am not worthy to receive you, but only say the word and I shall be healed."
26. Because it says in the first surviving Christian catechism, the *Didache*: "And on the Lord's Day, after you have come together, break bread and offer the Eucharist, having first confessed your sins, so that your sacrifice may be pure."
27. Because each Mass is "a foretaste of that heavenly liturgy which is celebrated in the Holy City of Jerusalem toward which we journey as pilgrims" (Catechism of the Catholic Church, no. 1090).
28. Because Jesus was "made known to [the apostles] in the breaking of the bread" (Lk 24:35).
29. Because the first Christians "devoted themselves . . . to the breaking of the bread and to the prayers" (Acts 2:42).
30. Because as Blessed Matt Talbot said: "How can anyone be lonely with Our Lord in the Blessed Sacrament?"
31. Because, as St. Hilary of Poitiers said, in the fourth century: "We believe that the Word became flesh and that we receive His flesh in the Lord's Supper."
32. Because, "By the mystery of this water and wine, may we come to share in the divinity of Christ, who humbled himself to share in our humanity."
33. Because, in the prayer of the faithful, we can bring our own intentions, out loud or silently, to the altar.
34. Because singing hymns of praise to God is said to be praying twice. Only in the Mass do most of us ever have this chance to "pray twice."
35. Because we need to thank God for all He has given us.
36. Because "the more we share the life of Christ and progress in His friendship, the more difficult it is to break away from Him by mortal sin" (CCC, no. 1395).
37. Because, as St. Gaudentius of Brescia said in 413, "This sacrifice is our sustenance on the journey of life."
38. Because we need to be an example to our children.
39. Because God tells us to "Keep Holy the Sabbath."
40. Because Jesus Christ said: "I am the bread of life: whoever comes to me will never hunger" (Jn 6:35).
41. Because we meet the Living God.
42. Because Jesus said: "Whoever eats my flesh and drinks my blood has eternal life, and I will raise him up on the last day" (Jn 6:54).
43. Because it's an opportunity for everyone, even kids, to dress up once a week to give honor to God.
44. Because St. Peter Julian Eymard was right when he said that we must "return to the fountain of life. . . . Jesus in the Eucharist."
45. Because, as St. Peter Julian said, "The Eucharist is the life of the people."
46. Because Christ has died. Because Christ has risen. And because Christ will come again.
47. Because we are called to love the One who loves us.
48. Because we have to take Our Lord out into the world every day. And how can we take Him to the world if we have not first received Him?
49. Because the Eucharist is the pledge of our love.
50. Because, as Pope St. Gregory the Great said, the Mass "has the power of saving the soul from eternal death."
51. Because we gain strength for the journey of life.
52. Because Christ said, at His Last Supper, "Do this in memory of me" (Lk 22:19, 1 Cor 11:23-26). ■