

WHY GO TO MASS?

The Mass is the shared worship of the Catholic family. We believe it is essential for God's people to come together regularly on the day of the week for rest and renewal (sabbath) to worship God together at a common meal, just as Jesus asked us to do. We are fed by the food of God's word and by Jesus' body and blood. There are a million things that can keep us from getting to Mass, and once we get there - there is a lot of other things that can make it difficult to get into it. When this happens, if we can remember what the Mass really is: the greatest miracle of all - bread and wine becomes Jesus' body and blood - so that we may receive Him into our bodies and become His. The Mass is a holy sacrifice. Jesus gives His life for us. His presence in the Holy Eucharist is a special way, is the most beautiful and special gift in the world. It's a challenge, but it's really important that we celebrate this sacred meal and miracle with our brothers and sisters in Jesus each week and on Holy Days. It is also really important that we live out that unity and that presence of Jesus within us every day of the week.