

## *Ask Fr. James*

### **Why do we Catholics have to go to Daily Mass.**

#### **Why can't we be like other churches that go once or twice a week?**

There are two main reasons why Catholics who can, are encouraged to go to daily Mass: The first reason is that the Mass we celebrate on earth is a participation in the liturgy of heaven that never stops (Revelation 4:2-8). The liturgy of the Church is designed that as every second of the clock ticks, we are connected with this heavenly Mass and as there are Masses going on somewhere in churches and chapels all over the world, even while we go to sleep, prayers at these Masses keeps the connection with heaven and keeps the world going. The second reason is that the daily Mass affords us the opportunity to join the heavenly Hosts as we bring our intentions to the heavenly throne and pleads God's sanctification for our lives and plans and also offer our thanksgiving to God.

There are hidden treasures in the daily Mass experience. At Mass, we gather around holy people (Angels and all the hosts of heaven) and holy things and all of us together are in a Holy Communion - a "special" fellowship between God and us and each other. At the Institution of the Holy Eucharist at the Last Supper; Jesus took Bread and took the Cup (Chalice) filled with wine, gave blessing and gave it to his disciples and said, "Take eat/drink, this is the new Covenant... Do this always and in memory of me" (Luke 22:19-20). The Sacrifice of the Mass is the source and summit of the Roman Catholic faith and as Catholics, we are blessed to have Mass offered, every day at our parishes. While the weekend or Sunday Mass is an obligation for all Catholics, it is encouraged that all who can should also go to daily Mass to benefit from these treasures.

Every Mass we attend, affords us to be in the real presence of Christ. There we gather around Jesus surrounded by the holy angels and the communion of saints and together we feast by the Word and the Holy Eucharist and then have all our petitions and prayerful intentions taken up to heaven as we sing Holy! Holy! Holy! The Greek word for holy is *hagios*. Literally it is an adjective meaning: "holy things" or "holy people."

Jesus after feeding us sends us into the world to do the work of bringing his peace to people and leading them back to Jesus. The Final blessing after Holy Communion is a "special" breath or wind from God that is imparted upon us and upon the whole world through the Holy Spirit sending us out into the world at the end of the Mass as we hear the words "*ite missa est*" – "go the Mass is ended."

*You may email/send your faith questions to Fr. James and he would answer them in our Sunday Bulletins.*