

# Sunday Q&A

Your Faith in Focus



## KEEP YOUR SABBATH HOLY

### Why do we have to go to Mass every week?

**W**hy Mass? *The Mass is very specific, and the center of the Mass is the Eucharist. What are we doing as Catholics each Sunday and why? Today's reflection adapts helpful information about the Mass from the parents guide of Chosen: Your Journey to Confirmation (Ascension Press).*

#### Source and Summit

As the *Catechism of the Catholic Church* teaches us, “The Eucharist is ‘the source and summit of the Christian life’” (CCC 1324). It is the heart of who we are as Christians, as Catholics. In the Eucharist, heaven crashes into our lives. Whenever we go to Mass or visit a Catholic church, the living Jesus, the King of heaven, is there to meet us.

The Eucharist is Christ himself, truly present, under the appearance of bread and wine. This truth is so profound that we might not fully realize its meaning. In his hymn *Tantum Ergo*, St. Thomas Aquinas reminds us that what is hidden from our senses, we grasp with the help of faith.

At Mass, Jesus offers us himself, not merely encouragement or affirmation. Everything is

transformed, and we are united to God's love in the most intimate way. In Holy Communion, we are united with the living God—Jesus himself! What could possibly be more important?

Every Sunday, we are called to “conscious, active, and fruitful participation” in Mass (CCC 1071). Ignoring Sunday Mass has serious consequences. Most importantly, missing Mass deprives us of the gift of the Eucharist. Plus, when we intentionally skip Sunday Mass, we disregard the Third Commandment, “Remember the sabbath day, to keep it holy” (Exodus 20:8), and we disregard Jesus' command to “do this in remembrance of me” (Luke 22:19).

To make Sunday Mass a pillar of your family life, make a fresh start by going to confession and Mass together, followed by a special meal. Consider how to help your family better engage in the experience. Before Mass—say, at bedtime the evening prior, at breakfast, or while driving to church—review the Sunday Mass readings together ([usccb.org](http://usccb.org)). Afterward, invite your child to share his or her thoughts about the readings or the homily.

