

A dispensation is “the relaxation of a merely ecclesial law in a particular case, can be granted by those who possess executive power within the limits of their competence...”

Code of Canon Law, Canon 85

“A diocesan bishop, whenever he judges that it contributes to their spiritual good, is able to dispense the faithful from universal and particular disciplinary laws issued for his territory or his subjects by the supreme authority of the Church.”

Code of Canon Law, Canon 87

Sunday is the primordial holy day of obligation, as it is the day in which we celebrate the paschal mystery.

Code of Canon Law, Canon 1246

“On Sundays and other holy days of obligation, the faithful are obliged to participate in the Mass.”

Code of Canon Law, Canon 1247

“The Sunday celebration of the Lord’s Day and his Eucharist is at the heart of the Church’s life (CCC 2177); the Sunday Eucharist is the foundation and confirmation of all Christian practice. For this reason the faithful are obliged to participate in the Eucharist on days of obligation, unless excused for a serious reason (for example, illness, the care of infants) or dispensed by their own pastor. Those who deliberately fail in this obligation commit a grave sin. (CCC 2181).”

Catechism of the Catholic Church 2181, 2177

“The command of Jesus to repeat his actions and words ‘until he comes’ does not only ask us to remember Jesus and what he did. It is directed at the liturgical celebration, by the apostles and their successors, of the *memorial* of Christ, of his life, of his death, of his Resurrection, and of his intercession in the presence of the Father.”

Catechism of the Catholic Church 1341

“From the beginning the Church has been faithful to the Lord's command [...] it was above all on ‘the first day of the week,’ Sunday, the day of Jesus' resurrection, that the Christians met ‘to break bread.’ From that time on down to our own day the celebration of the Eucharist has been continued so that today we encounter it everywhere in the Church with the same fundamental structure. It remains the center of the Church's life.”

Catechism of the Catholic Church 1342-1343

“Participation in the communal celebration of the Sunday Eucharist is a testimony of belonging and of being faithful to Christ and to his Church. The faithful give witness by this to their communion in faith and charity. Together they testify to God's holiness and their hope of salvation. They strengthen one another under the guidance of the Holy Spirit.”

Catechism of the Catholic Church 2182

The Catechism of the Catholic Church outlines the precepts of the Church (see below), the “positive laws decreed by the pastoral authorities is meant to guarantee to the faithful the very necessary minimum in the spirit of prayer and moral effort, in the growth in love of God and neighbor (CCC 2041).”

- I. Attend Mass on Sunday and holy days of obligation.
- II. Confess your sins at least once a year.
- III. Receive the Eucharist at least during the Easter season.
- IV. Observe days of fasting and abstinence.
- V. Provide for the needs of the Church, according to one's ability.

Catechism of the Catholic Church 2041-2043

“Taking part in the Eucharistic sacrifice, which is the fount and apex of the whole Christian life, [the faithful] offer the Divine Victim to God, and offer themselves along with it. Thus both by reason of the offering and through Holy Communion all take part in this liturgical service, not indeed, all in the same way but each in that way which is proper to himself. Strengthened in Holy Communion by the Body of Christ, [the faithful] then manifest in a concrete way that unity of the people of God which is suitably signified and wondrously brought about by this most august sacrament.”

Dogmatic Constitution on the Church, *Lumen Gentium*, Pope Paul VI, November 21, 1964

“At the Last Supper, on the night when He was betrayed, our Savior instituted the Eucharistic sacrifice of His Body and Blood. He did this in order to perpetuate the sacrifice of the Cross throughout the centuries until He should come again, and so to entrust to His beloved spouse, the Church, a memorial of His death and resurrection: a sacrament of love, a sign of unity, a bond of charity, a paschal banquet in which Christ is eaten, the mind is filled with grace, and a pledge of future glory is given to us (SC 47).”

The Constitution on the Sacred Liturgy, *Sacrosanctum Concilium*, Pope Paul VI, December 4, 1963

“While they were eating, Jesus took bread, said the blessing, broke it, and giving it to his disciples said, ‘Take and eat; this is my body.’ Then he took a cup, gave thanks, and gave it to them, saying, ‘Drink from it, all of you, for this is my blood of the covenant, which will be shed on behalf of many for the forgiveness of sins. I tell you, from now on I shall not drink this fruit of the vine until the day when I drink it with you new in the kingdom of my Father.’”

Matthew 26: 26-29

See also: Mark 14:22-25

See also: Luke 22:15-20

“I am the bread of life. Your ancestors ate the manna in the desert, but they died, this is the bread that comes down from heaven so that one may eat it and not die. I am the living bread that came down from heaven; whoever eats this bread will live forever; and the bread that I will give is my flesh for the life of the world.’ The Jews quarreled among themselves, saying, ‘How can this man give us [his] flesh to eat?’ Jesus said to them, ‘Amen, amen, I say to you, unless you eat the flesh of the Son of Man and drink his blood, you do not have life within you. Whoever eats my flesh and drinks my blood has eternal life, and I will raise him on the last day. For my flesh is true food, and my blood is true drink. Whoever eats my flesh and drinks my blood remains in me and I in him. Just as the living Father sent me and I have life because of the Father, so also the one who feeds on me will have life because of me. This is the bread that came down from heaven. Unlike your ancestors who ate and still died, whoever eats this bread will live forever.’”

John 6:48-58

“We should not stay away from our assembly*, as is the custom of some, but encourage one another, and this all the more as you see the day drawing near.”

*“Our assembly: the liturgical assembly of the Christian community, probably for the celebration of the Eucharist.”

Hebrews 10:25

“For I received from the Lord what I also handed on to you, that the Lord Jesus, on the night he was handed over, took bread, and, after he had given thanks, broke it and said, ‘This is my body that is for you. Do this in remembrance of me.’ In the same way also the cup, after supper, saying, ‘This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me.’ For as often as you eat this bread and drink the cup, you proclaim the death of the Lord until he comes.”

1 Corinthians 11: 23-26

“Behold, I stand at the door and knock. If anyone hears my voice and opens the door, [then] I will enter his house and dine with him, and he with me.”

Revelation 3:20

“Let us rejoice and be glad and give him glory .For the wedding day of the Lamb has come, his bride has made herself ready. She was allowed to wear a bright, clean linen garment.”(The linen represents the righteous deeds of the holy ones.) Then the angel said to me, ‘Write this: Blessed are those who have been called to the wedding feast of the Lamb.’ And he said to me, ‘These words are true; they come from God.’”

Revelation 19:7-9