

# HOLY MASS

"In order to hear Mass with devotion, it is necessary to know that the sacrifice of the altar is the same as that which was once offered on Calvary, with this difference, that on Calvary the blood of Jesus Christ was really shed, but on the altar it is shed only in a mystical manner. Had you been present on Calvary, with what devotion and tenderness would you have attended that great sacrifice! ...

The sacrifice of the Mass has been instituted for four ends: 1. To honor God. 2. To satisfy for our sins. 3. To thank God for his benefits. 4. To obtain the divine graces. You will do well, then, to divide the Mass into four parts, as follows:



**1. From the Beginning to the Gospel:** Offer the sacrifice of the Mass to honor God, saying: My God, I adore Thy majesty. I would wish to honor Thee as much as Thou deserves; but what honor can I, a miserable sinner, give Thee? I offer Thee the honor which Jesus renders to Thee on this altar.

**2. From the Gospel to the Elevation:** Offer the sacrifice in satisfaction for your sins, saying: Lord, I detest above every evil all the offenses that I have given Thee: I am sorry for them above all things, and in satisfaction for them I offer Thy Son, who sacrifices himself again for us on this altar, and through his merits I pray Thee to pardon me, and to give me holy perseverance.

**3. From the Elevation to the Communion:** Offer Jesus to the Eternal Father in thanksgiving for all the graces that he has bestowed upon you, saying: Lord, I am unable to thank Thee; I offer Thee the blood of Jesus Christ in this Mass, and in all the Masses that are at this moment celebrated throughout the world.

**4. From the Communion to the End:** You will ask with confidence the graces that you need, and particularly sorrow for your sins, the gift of perseverance, and of the divine love; and you will recommend to God, in a special manner, the persons with whom you live, your relatives, poor sinners, and the souls in purgatory."

St. Alphonsus Liguori, "Hearing Mass"

## GO DEEPER BY READING:

[The Four Ends of Mass \(The Catholic Gentleman\)](#)

or [The Mass and the Four Most Important Lessons of Childhood \(Michael P. Foley\)](#)

## A NOTE ON PLANNING FOR PHASE 2

Thanksgiving is the deadline for parishes to submit written plans of how they intend to work toward the main goals of phase 2 in the coming year. Those goals are: A. Promoting parish-wide growth in holiness for a more effective witness to the truth of the Gospel, especially in the areas of daily prayer, regular mortification (every Friday), reclaiming Sundays, and regular (monthly) confession; B. Identifying and equipping the active and engaged members of your parish as missionary disciples and sending them to reach out with the message of Jesus Christ to those who are disengaged in your parish. You may submit your plans by using the online form at [www.madisondiocese.org/phase-2](http://www.madisondiocese.org/phase-2) or email a PDF or Word document to your diocesan mentor. Please remember that your plans do not have to be set in stone or perfectly polished. It will probably be necessary to add, subtract, and adjust as you go over the course of the coming year, and there's nothing wrong with that.

## EQUIPPING FOR MISSION

"People who come to Mass infrequently tend to "PACE" themselves by going to church on Palm Sunday, Ash Wednesday, Christmas, and Easter (P-A-C-E). So how can we reach out to our friends, family members, and those we work with who are not practicing their faith? The answer is surprisingly simple." Julianne Stanz

[READ MORE ABOUT THE SIX "BE-ATTITUDES" FOR INVITING SOMEONE TO COME TO MASS](#)

**ACTION ITEM:** Spend a few minutes thinking about one or two specific people in your life whom you could invite to Mass between now and Christmas. Start praying for those people now and ask God to create an opportunity for you to make that invitation.

## SEEKING HOLINESS

### THE EUCHARIST IS THE SACRAMENT OF CHARITY

"The Holy Eucharist is the gift that Jesus Christ makes of himself, thus revealing to us God's infinite love for every man and woman. This wondrous sacrament makes manifest that "greater" love which led him to "lay down his life for his friends" (Jn 15:13). Jesus did indeed love them "to the end" (Jn 13:1). In those words the Evangelist introduces Christ's act of immense humility: before dying for us on the Cross, he tied a towel around himself and washed the feet of his disciples. In the same way, Jesus continues, in the sacrament of the Eucharist, to love us "to the end," even to offering us his body and his blood. What amazement must the Apostles have felt in witnessing what the Lord did and said during that Supper! What wonder must the eucharistic mystery also awaken in our own hearts!" (Pope Benedict XVI, *Sacramentum caritatis*, 1).

**What does it mean to love the Lord your God with your whole heart?**

**With your whole soul? With your whole strength? With your whole mind?**

**What does it mean to love your neighbor as yourself? How does the Eucharist help you grow in the virtue of charity?**

## YEARLY FORMATION NEWSLETTER TOPICS

### MAY 2021

The Mission

### JUNE 2021

Missionary Discipleship

### JULY 2021

Evangelization

### AUGUST 2021

How to Evangelize

### SEPTEMBER 2021

Jesus + The Story | Faith

### OCTOBER 2021

Our Baptismal Call | Courage

### NOVEMBER 2021

Holy Mass | Charity

### DECEMBER 2021

Reclaiming Sunday | Piety

### JANUARY 2022

Daily Prayer | Hope

### FEBRUARY 2022

Praying with Scripture | Wisdom

### MARCH 2022

Self-Denial | Moderation

### APRIL 2022

Monthly Confession | Humility

## NOT A COMMITTEE MEETING

A note for parish staff and evangelization teams: Think outside the box. Meet in homes. Share meals or drinks together. Discuss your faith, your parish, and what God is saying to you in prayer.