

RECLAIMING SUNDAY

"This is the day which the Lord has made; let us rejoice and be glad in it" (Ps 118:24).

The day of the Resurrection: the new creation

2174 Jesus rose from the dead "on the first day of the week" (Mt 28:1). Because it is the "first day," the day of Christ's Resurrection recalls the first creation. Because it is the "eighth day" following the sabbath (Mk 16:1), it symbolizes the new creation ushered in by Christ's Resurrection. For Christians it has become the first of all days, the first of all feasts, the Lord's Day . . . Sunday.



The Sunday Eucharist

2177 The Sunday celebration of the Lord's Day and his Eucharist is at the heart of the Church's life. "Sunday is the day on which the paschal mystery is celebrated in light of the apostolic tradition and is to be observed as the foremost holy day of obligation in the universal Church."

A day of grace and rest from work

2184 Just as God "rested on the seventh day from all his work which he had done" (Gen 2:2), human life has a rhythm of work and rest. The institution of the Lord's Day helps everyone enjoy adequate rest and leisure to cultivate their familial, cultural, social, and religious lives.

2185 On Sundays and other holy days of obligation, the faithful are to refrain from engaging in work or activities that hinder the worship owed to God, the joy proper to the Lord's Day, the performance of the works of mercy, and the appropriate relaxation of mind and body. Family needs or important social service can legitimately excuse from the obligation of Sunday rest. The faithful should see to it that legitimate excuses do not lead to habits prejudicial to religion, family life, and health.

GO DEEPER BY READING:

[The Third Commandment in the Catechism of the Catholic Church \(Paragraphs 2168 - 2195\)](#)

A NOTE ON PHASE 2

As of the beginning of Advent, phase 2 of our Go Make Disciples initiative has now begun. If your parish has not yet submitted a written plan for the implementation of phase 2 or had a meeting with Bishop Hying to discuss plans for phase 2, please get in touch with your diocesan mentor to do those things as soon as reasonably possible. If you have submitted your plan and met with the Bishop about it, please continue to pray and reflect about how you can fine-tune or supplement as you begin to implement it.

EQUIPPING FOR MISSION

Hospitality is an important part of the work of evangelization, not only in our parishes, but even more so in our homes. Watch a short video about [How to Evangelize with Food](#).

Or check out some of the resources from [The Catholic Hospitality Training Institute](#).

SEEKING HOLINESS

JUSTICE

Worshipping God in the manner that he has ordained is something that we owe to him in justice. Justice is the virtue by which we give to another what is due to him. The Eucharist is the sacrament of charity, but the holy Mass is even more fundamentally a matter of justice toward God; it's a matter of giving to God the worship and honor and thanks that are due to him in justice.

Catholics don't go to Mass on Sunday in order to get something out of it (although we do get more than something, we get Someone out of it when we receive Jesus in Holy Communion). Catholics don't go to Mass in order to get something out of it. Catholics go to Mass every Sunday in order to give God fitting worship because he is worthy of thanks and praise.

CCC 2176 The celebration of Sunday observes the moral commandment inscribed by nature in the human heart to render to God an outward, visible, public, and regular worship "as a sign of his universal beneficence to all" (St. Thomas Aquinas). Sunday worship fulfills the moral command of the Old Covenant, taking up its rhythm and spirit in the weekly celebration of the Creator and Redeemer of his people.

[What do you do to prepare for Sunday Mass?](#)

[How do you keep Sunday holy beyond just going to Mass?](#)

[What are some of the mundane tasks or chores that you have a hard time not doing on Sundays?](#)

[What's a realistic goal you could set for yourself to make this coming Sunday more holy?](#)

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 | Justice

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.