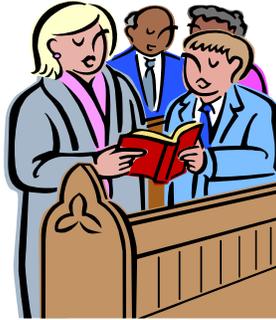


## Why should we go to Mass?



- Because the Lord commanded us to do this in memory of Him.  
*"Therefore, O Lord, we humbly implore you: by the same Spirit graciously make holy these gifts we have brought to you for consecration, that they may become the Body and Blood of your Son our Lord Jesus Christ, at whose command we celebrate these mysteries." (Eucharistic Prayer III)*
- Because we need to give thanks.  
*"It is truly right and just, our duty and our salvation, always and everywhere to give you thanks, Father most holy." (Eucharistic Prayer II)*
- Because we need to remember the mighty deeds of God lest we fall into spiritual amnesia and forget who we are in Christ.  
*"We remember Christ's Death and his descent to the realm of the dead, we proclaim his Resurrection and his Ascension to your right hand." (Eucharistic Prayer IV)*  
*"You never cease to gather a people to yourself, so that from the rising of the sun to its setting a pure sacrifice may be offered to your name." (Eucharistic Prayer III)*
- Because we want to meet Christ in our midst.  
*"Blessed indeed is your Son, present in our midst when we are gathered by his love." (Eucharistic Prayer for Various Needs I)*
- Because we want to hear the Good News, the Word of the Lord.  
*"Lord you have the words of eternal life." (John 6:68)*  
*"So now for us, he opens the scriptures and breaks the bread." (Eucharistic Prayers for Use in Masses for Various Needs)*
- Because we need to be forgiven and seek God's healing for our broken lives.  
*"Lord, I am not worthy that you should enter under my roof, but only say the word and my soul shall be healed." (Communion Rite)*
- Because we need to know that we are not alone; we make our journey to God together.  
*"Through your Son you gather men and women, whom you made for the glory of your name, into one family, redeemed by the Blood of his Cross and signed with the seal of the Spirit." (Eucharistic Prayer for Various Needs III)*

- Because we need redemption and we can't redeem ourselves.  
*"For in goodness you created man and, when he was justly condemned, in mercy you redeemed him, through Christ our Lord."* (Common Preface II)  
*"Save us, Savior of the world, for by your Cross and Resurrection you have set us free."*  
*(Eucharistic Prayer Acclamation by the congregation)*
  
- Because we need to be nourished on our journey through life.  
*"Give us this day our daily bread..."*  
*"No one who comes to me shall ever be hungry, no one who believes in me shall ever thirst again."* (John 6:35)  
*"Take this, all of you, and eat of it, for this is my Body which will be given up for you."*
  
- Because Jesus promised that those who eat this bread and drink this cup will have eternal life.  
*"He who feeds on my flesh and drinks my blood has life eternal."* (John 6: 54)
  
- Because the world is counting on our prayers.  
*"Remember, Lord, your Church, spread throughout the world, and bring her to the fullness of charity....Remember also our brothers and sisters who have fallen asleep in the hope of the resurrection...."* ( Eucharistic Prayer II)
  
- Because we want to live in communion with one another.  
*"Grant that we, who are nourished by the Body and Blood of your Son and filled with his Holy Spirit, may become one body, one spirit in Christ."* (Eucharistic Prayer III)  
*"Peace be with you. And with your spirit."*
  
- Because we want to experience a foretaste of sharing in the glory of heaven.  
*"And so, with the Angels and all the Saints we declare your glory, as with one voice we acclaim: Holy, Holy, Holy Lord...."* (Eucharistic Prayer II)  
*"And so, we approach the table of this wondrous Sacrament, so that, bathed in the sweetness of your grace, we may pass over to the heavenly realities here foreshadowed."* (Preface II of the Most Holy Eucharist)
  
- Because we want to be with the Lord at the end of our earthly pilgrimage.  
*"Help us to work together for the coming of your Kingdom, until the hour when we stand before you, Saints among the Saints in the halls of heaven."* (Eucharistic Prayer for Reconciliation I)



prepared by Fr. Ron Lewinski