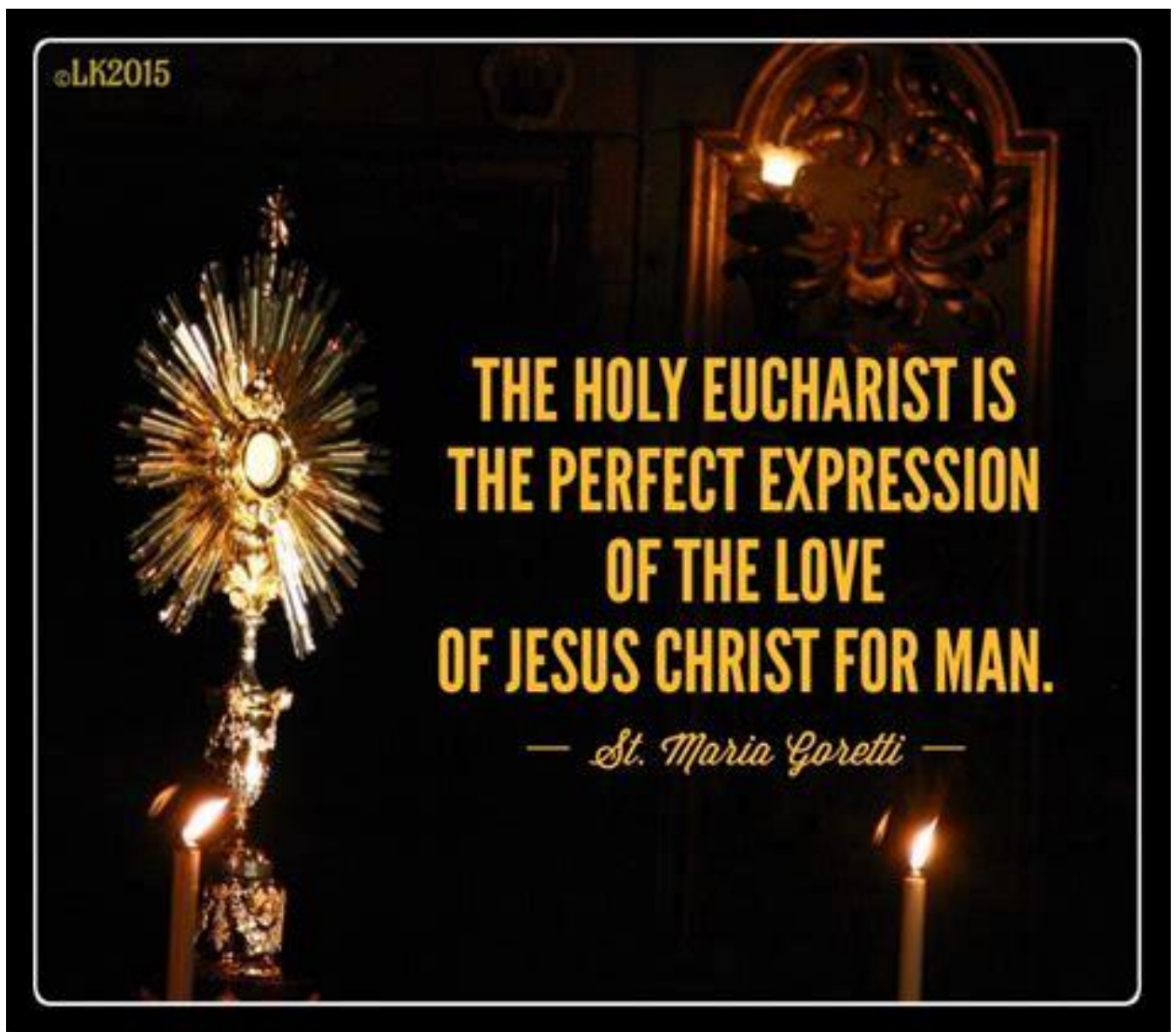


**FROM FATHER JOHN:** *“I love you, O LORD, my strength, O LORD, my rock, my fortress, my deliverer. My God, my rock of refuge, my shield, the horn of my salvation, my stronghold! Praised be the LORD, I exclaim, and I am safe from my enemies. The breakers of death surged round about me, the destroying floods overwhelmed me; The cords of the nether world enmeshed me, the snares of death overtook me. In my distress I called upon the LORD and cried out to my God; From his temple he heard my voice, and my cry to him reached his ears.” ~ Psalm 18*

***In my distress I called upon the Lord, and he heard my voice!!!***



As I mentioned two weeks ago in my Sunday email, Bishop Hicks has announced that he is lifting the *Dispensation from the Obligation to Attend Sunday Mass*. This goes into effect today. This means that, beginning today, it will once again be a mortal sin to miss mass.

But, this begs a question. Why do we go to mass?

St. Theresa of Calcutta once wrote, "*Jesus is my God. Jesus is my Spouse. Jesus is my Life. Jesus is my Everything. Because of this, I am never afraid.*" Mother Teresa went to Mass every day and, if we go to mass (maybe not every day as she did but at least every Sunday), we will find that our Lord Jesus lives within us and that we, too, will never be afraid.

James Stenson wrote about our ancestors attending mass, "Our ancestors risked persecution, even death, to be able to take part in Mass. When you have children someday, they will need the graces and strength that come from the Mass. If you fail to pass it on because of your own indifference, you will do the gravest injustice to them and to God. ... Be patient. Bring an attitude of prayer and thanksgiving to Mass, and you will reap great spiritual riches: consolation, confidence, peace, deep happiness, and spiritual strength for the challenges of life."

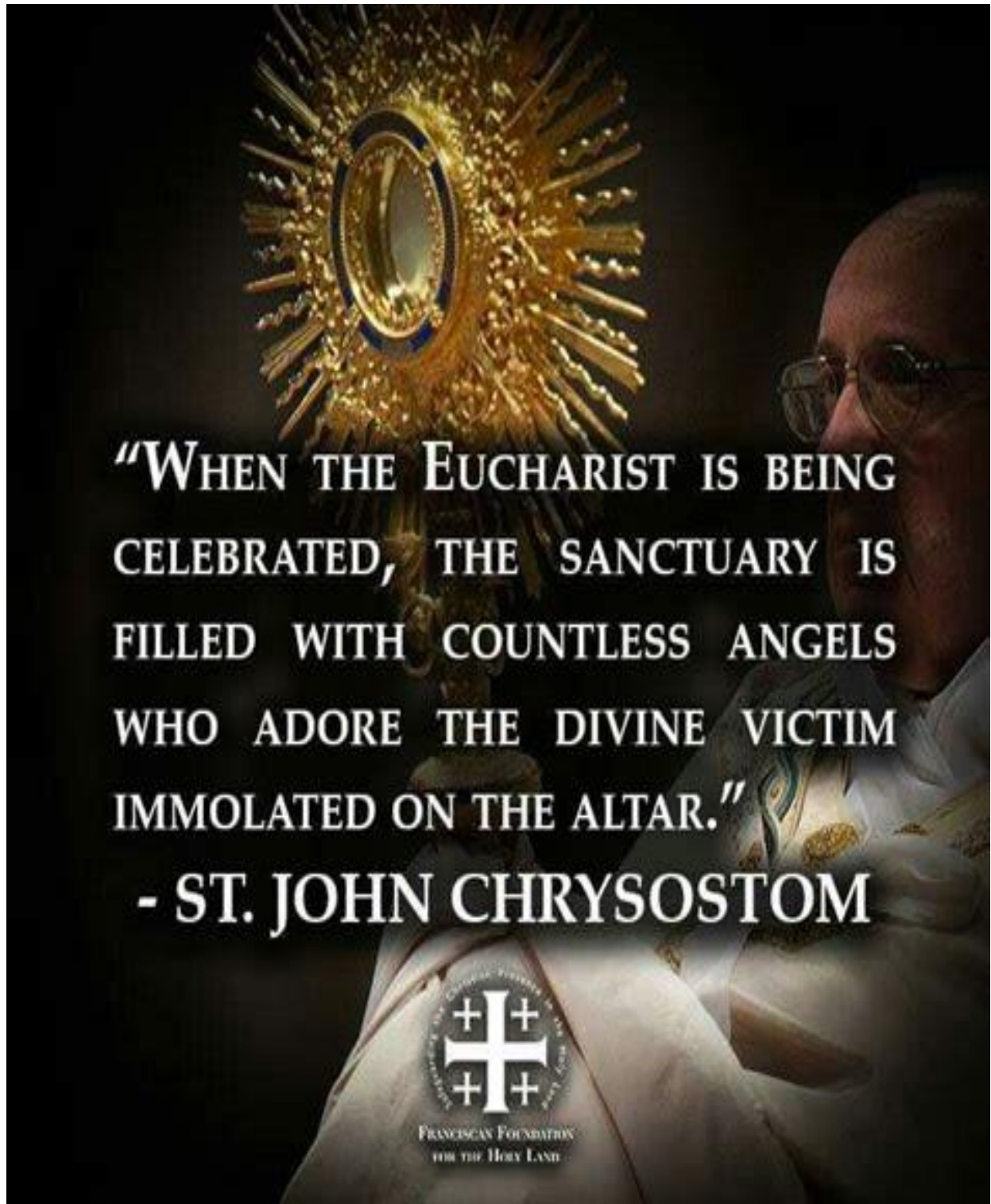
St. John Vianney wrote "*All the good works in the world are not equal to the Holy Sacrifice of the Mass because they are the works of men; but the Mass is the work of God. Martyrdom is nothing in comparison for it is but the sacrifice of man to God; but the Mass is the sacrifice of God for man.*"

St. Padre Pio wrote "*Every Holy Mass, heard with devotion, produces in our souls marvelous effects, abundant spiritual and material graces which we ourselves, do not know.*" And, "*If we only knew how God regards this Sacrifice, we would risk our lives to be present at a single Mass.*" And, "*The earth could exist more easily without the sun than without the Holy Sacrifice of the Mass.*"

I could go on and on with quotes from the saints about the mass. I could spend days writing and talking about all the graces and gifts we receive from God every time we attend mass. In an effort to keep this email from getting way too long, I thought I would, instead, give you a link to an article at *Catholic Answers* entitled, *Here's Why You Should Go to Mass*.

<https://www.catholic.com/magazine/print-edition/why-go-to-mass>

May God Bless you and all those who love the Lord.



**"WHEN THE EUCHARIST IS BEING  
CELEBRATED, THE SANCTUARY IS  
FILLED WITH COUNTLESS ANGELS  
WHO ADORE THE DIVINE VICTIM  
IMMOLATED ON THE ALTAR."**

**- ST. JOHN CHRYSOSTOM**

