



Jesus asked the twelve apostles, "Do you want to leave me too?" John 6:67

The Mass Is Not About You

The Holy Mass is the greatest act of love on earth. Here, Heaven touches earth and **God Himself becomes present upon the altar**. The same Jesus who offered Himself on the Cross offers Himself again sacramentally for us. We are not merely spectators; we are participants in Christ's one eternal sacrifice.

When we receive Holy Communion, we receive not simply bread, but **the Body, Blood, Soul and Divinity of Jesus Christ**. Christ feeds you with Himself and invites us into deeper communion with him.

The Holy Mass is the greatest prayer on earth. It is not simply a service, beautiful music or an opportunity to hear a homily. It is the representation of Christ's sacrifice. Jesus said, **"This is my body...This is my Blood...Do this in remembrance of me."** (Luke 22:19)

At every Mass, we stand spiritually at the foot of the Cross. **The value and power of the Mass do not depend upon how we feel**. Even when we experience dryness, distraction, or little emotion, Christ is truly present, and His grace is at work.

Sometimes we can become focused on whether the music is inspiring, the homily is interesting, or the prayers make us feel spiritual. When the experience does not meet our expectations, we may be tempted to look elsewhere for something more exciting. But **the Mass was never meant to be centered on our feelings**. It is about Christ and His presence among us.

Jesus tells us in John 6:51, **"I am the living bread that came down from heaven."**

Let us rediscover the beauty, power, and spiritual depth of the Holy Sacrifice of the Mass. When we come to Mass, let us not only ask, "What will I get?" but also, **"What am I bringing to the Lord?"** The Mass calls us to offer ourselves with Christ and receive Him with faith, love and gratitude.

Father George