

**Knights of Columbus  
Council 459  
Spiritual Training  
November: The Mass**

**Opening Prayer**

Come Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love. Send forth your Spirit and they shall be created. And You shall renew the face of the earth.

**The Mass**

- We are approaching Christmas, which, as we know, is a day when we see more faces at Mass than we usually do
  - It is easy for those of us who hold the Precepts of the Church and go to Mass every week to fall into the trap of indulging our feelings of annoyance, or worse, superiority
  - It is better to look inward and re-examine why we do go to Mass at least once every week.
  - What are the distinct values of the Mass?
- For starters, the Mass reconvenes the Faithful
  - It is the cornerstone of our community in that it obliges us to take time out of our weekly routine to be in the presence of our fellow Christians
  - Necessarily, it facilitates fellowship among the various members of the Church living throughout society
- Through the Liturgy of the Word, the Mass reminds us every week of different facets of Divine Revelation
  - Of course the Bible is always available to us to explore outside of the context of the Mass, but the Mass frames scripture very effectively:
    - Through his Homily, our Priests can enhance what we take away from the Scriptures
    - The logic of how the Readings are selected for each Mass aids in our understanding and helps us draw connections between Old Testament and New

- This presentation of scripture becomes even more comprehensive when we attend Daily Mass as well
- Finally, the height and central focus of the Mass is the Eucharist
  - The Eucharist is both the “source and summit of the Christian life.” (LG 11)
  - It is the highest action of communion with our Savior
    - As communion, it is necessarily a two-way action:
      - Jesus makes himself fully available to us, physically and spiritually
      - For us, it is an act of worship to Jesus, and through him the Father and Holy Spirit
  - It is so supremely intense and important that all of the other sacraments are “bound up by and oriented towards it”
  - We will devote more time to the Eucharist in our final discussion of the year
- The purpose of the Mass is further revealed in the original meaning of its name
  - *Missio* = “Sending forth”
    - “The Mass” is referred to as such because it is a launching point for our worldly Mission as Christians
    - The week is a fundamental unit of the rhythm of our lives, as firmly established in the very opening of Genesis
      - So, it is fitting to anchor our week with the Mass, which brings with it:
        - The re-convening of our fellow Christians
        - A reminder of our beliefs, history, and traditions
        - The supreme expression of our relationship with God in the Eucharist

### **Closing Prayer - Act of Faith**

O my God, I firmly believe that thou art one God in three Divine persons: Father, Son, and Holy Spirit. I believe that thy Divine Son became man and died for our sins, and that he will come to judge the living and the dead. I believe theses and all the truths that the Holy Catholic Church teaches, because thou hast revealed them, who can neither deceive nor be deceived. Amen.

## **Resources**

- Catechism of the Catholic Church, Pt. 2, §§ 1212-1419
- Outlines of the Catholic Faith, Pgs. 25-28