



CHRIS MCGRATH/GETTY IMAGES

# How (and Why) to Return to Sunday Mass

The Register's clip out, photocopy and pass-on guides for Advent



## Invite Someone

Catholics are very aware of the problems in the world — the financial crisis, terrorism, the attacks on life and the family. We are also very aware of the one source of peace: Christ.

This Advent, the Register challenges each reader to do one thing: Invite someone back to Mass. Sunday Mass commitment transforms.

Souls can begin to be transformed when someone shows the courage to reach out and extend an invitation to the sacraments.



- 1 It's your way to relive the Last Supper.
- 2 When was the last time you prayed too much?
- 3 If you want to spend eternity with Christ, you need to get to know him now.



**Quick Tip 1** Be early. Would you come late to your wedding?

- 4 It's the central, necessary activity of Christian worship (Luke 22:14-23; John 6:53; 1 Corinthians 11:23-26).
- 5 It's your best way to identify yourself with Christ's sacrifice on the cross.
- 6 Some of the greatest people in history were Mass-goers (St. Francis, Blessed Mother Teresa and Pope John Paul II ...).
- 7 Wise people invest money for the future. How much



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**Quick Tip 2** Communion is open to all who are not conscious of committing a serious sin (anything from missing Sunday Mass to infidelity) since their last confession. Fast for one hour before Communion.

more should we invest in eternal life?

**8** It has to be better for you than TV.

**9** If you've been to confession, you get to receive Jesus Christ.

**10** If you knew Jesus would be somewhere, wouldn't you go see him?

**11** Guaranteed Bible readings. Countless lives have been changed by Scripture. Might yours?

**12** Statistics say that people who go to church are less stressed.

**13** It's the best way to pray for your family and friends — and to cope with troubled times.

**14** One out of Ten Com-

**Quick Tip 3** Forgotten what to do at Mass? You'll remember. It's like riding a bicycle! Follow the Mass closely with a helper: missalette, missal or *Magnificat*.



**Quick Tip 4** Bow your head as a sign of reverence before receiving Communion.

mandments asks us to go to Mass every Sunday.

**15** You'll become a better person at Mass. The more you are a part of God's life, the better you'll be.

**16** Life is complicated. Get directions that work — from the One who created life.

**Quick Tip 5** In prayer after Communion, make one resolution about how you'll live your life differently. (Think back on the homily for ideas.)

**17** It's your way to go most directly through Jesus Christ to God the Father by the power of the Holy Spirit in prayer.

**18** Is one hour too much to give to God? How many hours do you spend on other priorities?

**Quick Tip 6** Be well dressed. Would you come dressed for jogging if you were invited to the White House?

## Common 'Good Excuses'

**What's in it for me? Everything!** God desires only and always your good. He became a man in large part to give us himself in the Mass. Why should you deny yourself such a gift?

**I don't need to go to Mass to get close to God.** At Mass, you receive God himself — Jesus Christ truly present in the sacrament. Even a beautiful mountain vista can't compare to that.

**I had a bad experience with the Church.** This is always sad. But many of us also had bad teachers — and we know the whole education system isn't bad. Jesus wants to bring you healing at Mass.

**I don't get anything out of Mass.** Don't expect it to be entertainment. Learn about what it does: joins us to Christ, separates us from sin, wipes away venial sins, commits us to the poor and prepares us for heaven.

**I don't have the time.** There are 24 hours a day, 168 hours a week. Mass takes one hour. That's less than 1% of your week. You have the time; find it.

**I'm a sinner. I don't deserve to be at Mass.** Welcome to the club! We are a Church of saved sinners. None of us deserves to be here. See you at the confessional ...



**Quick Tip 7** Feel alone or unsure at church? Bring a friend!