

the church, remain there and come out of it as if God were not there. How blameworthy are those Christians whose outward demeanor and deportment during the august sacrifice lead one to doubt whether they have faith and whether they have come to adore or to insult God! If Our Lord indignantly drove away the profaners of the temple of Jerusalem, how must He not look upon those who profane a shrine a thousand times more august.

*Attention.* It is not sufficient to be present at mass in the body; one must also be present with the intention of hearing it and of hearing it attentively. The precept is not accomplished by him who assists at mass solely with the view of seeing the church, of meeting a friend or some other person there or because one is compelled by violence to do so. We say *by violence* because a child who would hear mass through the sole fear of his father, mother or his superior, if he heard it with attention, would satisfy the precept even if he sinned by wishing to evade such precept if he could. It is not necessary to have the intention in order to accomplish the precept.

In addition to the intention of hearing holy mass, it is necessary to pay at least virtual attention to what is being done during the holy sacrifice. To allow one's mind to dwell on other things, on business, pleasure, frivolities; to fall asleep, to speak, to turn one's head so as not to see what is going on at the altar, to notice this without making an effort to return to prayer is a voluntary distraction that prevents attention. If it last during a considerable portion of the holy sacrifice, it is impossible that the precept be fulfilled. He who is guilty of this is obliged to hear another mass if he can.

Involuntary distractions are those that assail us in spite of ourselves and which we repel as soon as we think of it. As the latter are not culpable they do not prevent virtual attention nor do they prevent one from hearing holy mass. One way to avoid distractions is to follow the priest's prayers in one's book or to unite to him in intention or to say the rosary if one cannot read. Another way to avoid distractions during the holy