

THE LORD'S DAY

HOLY MASS

Amongst all the pious works a good Christian should accomplish on Sunday one is prescribed under pain of mortal sin and that is being present at the holy sacrifice of the mass. Blessed be the Church that has given us this commandment. Never has she shown herself more vigilant, more tender, more motherly on our behalf. In fact the mass is the most excellent act of religion and also the best means of honoring, of thanking God and of calling down His blessings on us by sanctifying ourselves.

What can we say of this august sacrifice? Even if one could speak the language of the angels, it would be impossible to express the excellence of the sublime act that is accomplished on our altars. Mass in the continuation of the sacrifice of the cross with the same priest and the same victim. This contains all. Mass is thus the holiest, the most divine work and that which is dearest to God, the work that can most effectively turn away His wrath; the work, says a Father of the Church, to which is attached the salvation of the world.

A simple mass is as effective for the glory of God and the salvation of mankind as the sacrifice of the cross. So teaches St. Thomas Aquinas, the prince of theologians.

The better to hear it and to satisfy the precepts of the Church, several conditions are necessary: respect, attention, devotion, integrity. *Respect.* The angels who surround the altar during the dread sacrifice remain prostrate, their faces veiled with their wings. The least we can do is to maintain, during the holy mysteries, a modest demeanor and entire recollectedness. We are lacking in the respect due to holy mass when we assume attitudes that would not be tolerated in polite society; when we wear things that are hardly decent; when we gaze around on all sides; when we indulge in smiles and conversations; when we do not kneel at the proper moment; in a word when we enter

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