



## Particular Practice

For the month of December: Frequent Assistance at Holy Mass.

**C**HRISTIANS should be eager to assist as often as possible at the Holy Sacrifice of the Mass, even daily were it in their power. Many act through routine or profound ignorance concerning the Holy Sacrifice. In fact, we see them practically treating this August mystery as an ordinary ceremony which the priests perform every day, and at best, suited to them and to the old people.

Never abandon yourself to such unchristian appreciations of the Holy Sacrifice of the Mass. Be always convinced of its sovereign efficaciousness. It is, in truth, the best of prayers, and the most abundant source of grace, because it is the sacrifice of Jesus: and assistance at Mass is better than all other prayers, or any other practice of devotion.

It is essentially the most perfect of prayers. Who prays at the altar? Is it the celebrant? Undoubtedly he unites his offering to that of the Holy Victim, but he who prays at Holy Mass, is Jesus Christ Himself, our Mediator, that is to say, the Christian's delegate before the merciful throne of His Father. Impossible for us to express how perfect that prayer is or with what benevolence God the Father receives the requests of His Well-Beloved Son.