



# Una Fides

An Apostolate  
for Today's Catholic

- ◆ PRAYER
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*Newsletter*

*Since 2003*

Pope Francis Prayer Intention for April:  
That mission churches may be signs and instruments of  
hope and resurrection.

## **Mass Appeal**



The Mass is a miracle that is truly beyond our earthly comprehension. St. Thomas Aquinas tells us simply that before the Holy Eucharist our senses fail. We know that the Mass, the Divine Liturgy, is the "source and summit" of our Catholic faith. Here are some concrete helps that will aid us in deepening our celebration and appreciation of the Holy Sacrifice of the Mass.

## **10 Quotes That Will Change the Way You Attend Holy Mass**

1. "When the Eucharist is being celebrated, the sanctuary is filled with countless angels who adore the divine victim immolated on the altar." St. John Chrysostom.
2. "The angels surround and help the priest when he is celebrating Mass." St. Augustine.
3. "It would be easier for the world to survive without the sun than to do without Holy Mass." St. Pio of Pietrelcina.
4. "If we really understood the Mass, we would die of joy." St. John Vianney.
5. "The celebration of Holy Mass is as valuable as the death of Jesus on the cross." St. Thomas Aquinas.
6. Once St. Teresa of Avila was overwhelmed with God's Goodness and asked Our Lord, "How can I thank you?" Our Lord replied, "ATTEND ONE MASS."
7. "My Son so loves those who assist at the Holy Sacrifice of the Mass that, if it were necessary, He would die for them as many times as they've heard Masses." Our Lady to Blessed Alan de la Roche.
8. "When we receive Holy Communion, we experience something extraordinary, a joy, a fragrance, a well-being that thrills the whole body

and causes it to exalt." St. John Vianney.

9. "There is nothing so great as the Eucharist. If God had something more precious, He would have given it to us." St. John Vianney.

10. "When we have been to Holy Communion, the balm of love envelops the soul as the flower envelops the bee." St. John Vianney.

This revelation of Christ was made to St. Gertrude the Great: ***For each Mass we hear with devotion during our lives, Our Lord sends a saint to comfort us at the time of our death.***

Our thanks to Dr. Taylor Marshall for assembling these quotes at his Catholic culture blog, *Canterbury Tales*

<http://www.taylormarshall.com/2013/02/10-quotes-that-will-change-way-you-20.html>

## "Getting More Out of Mass"

We have been encouraged in the Year of Faith "to intensify the celebration of the faith in the liturgy, especially in the Eucharist." The Gregorian Institute of Benedictine College has put together a practical guide to help us deepen our understanding and appreciation of the Mass, entitled *Getting More Out of Mass*. We urge you to read the entire guide as it will offer advice and tips to assist in participating more fully at Mass.

Here is just a sampling:

Understand that the Mass re-presents, makes present, the sacrifice of the cross. (CCC, 1366). Imitate those holy souls who were present at the foot of the Cross on Calvary.

- A ADORE Jesus as did St. John.
- C Express CONTRITION as did St. Mary Magdalen.
- T Give THANKS like Our Blessed Mother.
- S Offer SUPPLICATION like the Good Thief.

Recognize three obstacles we encounter at Mass: routines, sentimentality and focusing on the ministers. The guide offers helpful tips on how to overcome these obstacles. The guide also examines each part of the Mass, providing insight and advice on

how to get more out of every Mass we attend. Be sure to take advantage of this excellent resource!

<http://www.thegregorian.org/blog/getting-more-out-of-mass>

Don't forget that you can learn more about awe-inspiring Eucharistic miracles that have taken place throughout Christian history at [unafides.com](http://unafides.com). Go to the the Eucharistic Miracles tab at the top and be amazed!

And we close with a question that is frequently asked, "Should there be applause during Mass?" The answers we found came from two former popes.

"It is not fitting to applaud the servant in the house of His Master."  
Pope Pius X

"Whenever applause breaks out in the liturgy because of some human achievement, it is a sign that the essence of liturgy, has totally disappeared and been replaced by a kind of religious entertainment." Joseph Cardinal Ratzinger, *The Spirit of the Liturgy*, 198.



The Mission of Una Fides is to build the Body of Christ by encouraging Catholic men and women to enrich, fortify, and embrace their faith through prayer, study, and fellowship

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