



Attending Daily Mass Offers You:



In structuring words, sentences and meaningful communication, vowels in the English language are essential. Daily Mass provides the essential elements to our growing and deepening relationship with the LORD.

A

Attentiveness to His Love—

Daily Mass attendees hear the LORD say to them every day “I love you with an ever-lasting love” through his words **“This is my body which will be given up for you.”** Like a bride and groom who express their total self-gift to each other in their vows, so Jesus proclaims his infinite love for each of us in his complete self-gift on the cross.



E

Encounter with the Risen Lord—

The disciples of Emmaus encountered the Risen Lord in the breaking of the bread: “With that their eyes were opened and they recognized him, but he vanished from their sight. Then they said to each other, **‘Were not our hearts burning [within us] while he spoke to us on the way and opened the scriptures to us?’**” The Eucharist, our breaking of the bread, provides us this real, daily encounter with the LORD in our midst. By attending daily Mass, we, like these disciples, are inviting the Lord **“Stay with us . . . So he went in to stay with them.”**



I

Inspiration by His Word—

The young Samuel sleeping in the Temple heard the LORD speak to him and eventually responded, **“Speak, for your servant is listening.”** God’s Word at Mass speaks to us to inspire us as his Intentional Disciples, illumining, correcting, encouraging, and most of all revealing His love.



O

Obedience to His Command—

“On the night he was betrayed,” Jesus commanded his disciples, **“Do this in memory of me.”** Since then, the Church has been faithfully keeping the LORD’s command of celebrating the Paschal Mystery in the Eucharist as Christ commanded. By receiving the Eucharist on a daily basis, individual Catholics are obeying this command daily.



U

Unleashed into the World—

“Go in peace, glorifying the LORD by your life” dismisses the gathered faithful to go into the world each new day inspired by the Word made Flesh and strengthened by His Body and His Blood. Thus, we fulfill Christ’s great commandment, **“Go, therefore, make disciples of all nations, baptizing them in the name of the Father, and of the Son, and of the holy Spirit, teaching them to observe all that I have commanded you. Behold, I am with you always, until the end of the age.”**

