

## WHY DO WE ATTEND MASS

My Dear Parish Family,

In recent years, many sincere and faith-filled people have gradually drifted away from the regular celebration of Sunday Mass. Some feel they can pray just as meaningfully at home; others experience fatigue, distraction, or a quiet sense of distance. Still others simply lose the habit. I write to you as your pastor not in judgment, but in hope—trusting in God’s grace and in your desire for deeper communion with Him.

The Mass matters because it is the privileged place where we encounter Jesus Christ in a way found nowhere else. In the Holy Eucharist, the Lord gives us not a symbol, but Himself—His Body and Blood, offered for our salvation. Through this sacred gift, Christ draws near to us, nourishes our souls, and strengthens us for the journey of faith. Personal prayer is essential, but only at Mass do we receive the Lord sacramentally, fully present and freely given.

The Mass also reveals who we are. We are not isolated believers, but members of one Body. When we gather—young and old, joyful and weary—we become the living, Church. Each person’s presence has meaning. Your faith strengthens others, just as their faith sustains you. Together, we are formed into a community of hope, love, and mercy.

Sunday Mass gives rhythm and direction to our lives. In a world marked by haste, noise, and endless demands, liturgy becomes a sacred pause, a moment when heaven touches earth. We bring to the altar our joys and sorrows, our failures and longings, and Christ receives them with compassion, offering us renewal and peace.

The Eucharist is also our highest act of thanksgiving. Everything we possess—life, forgiveness, family, and hope—flows from God’s generous hand. At Mass, we learn to say “thank you” not only with our lips, but with our lives, as we place ourselves anew before the Lord in trust and humility.

To attend Mass is not merely to fulfill an obligation or to seek an emotional experience. It is an act of faithful love. Some Sundays may stir our hearts; others may feel quiet or even difficult. Yet Christ is always present, always offering Himself. Even when we come weary or distracted, His grace is at work, gently shaping us from within.

To those who have been away for some time, know this: you are remembered, you are cherished, and you are always welcome. You need not have every question answered or every burden resolved. Come as you are. Rest in God’s presence. Allow Christ to meet you where you stand.

As your pastor, I invite you to renew your love for the Sunday Eucharist. Make it a priority for your soul and for those entrusted to your care. Choose Christ each week and allow Him to form your heart through His Word, His Sacrament, and His abiding love.

In the Mass, we entrust ourselves to the Lord, asking Him to guide, protect, forgive, and bless His people. With hearts open in humility, we worship, giving praise and thanks to the Father, Son, and Holy Spirit—celebrating Christ’s incarnation, His triumph over death, and His reign in glory, while we await with hope His promised return.

I look forward to gathering with you at the table of the Lord, where we are fed, healed, and united family in Christ.

With every blessing,

Fr. Vilaire Philius

Pastor

