

## Why You MUST go to Mass!

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Today, many more Catholics do not attend Sunday Mass than ever before.

Some, though sick or exposed to a serious, contagious illness, view a Mass at home, feeling that's as good as attending a Sunday Mass.

Recently, a priest — pastor of an Oahu church — told the parishioners to encourage those who are healthy, staying at home, watching a Mass, to come back to church on Sundays, because "that is better."

It not only is better! It is required, under pain of mortal sin, to attend Mass on Saturday night (the vigil Mass) or Sunday at your Catholic church.

What is mortal sin? It is a serious matter, with sufficient reflection, that you choose to do with your free will.

What is the effect of mortal, or serious sin? You cannot receive the Lord in Holy Communion,

without going to confession first. If, however, a person is very ill, he or she can receive the Sacrament of the Sick. If physically able, they then can receive Holy Communion, because the Sacrament of the Sick forgives sin.

Too many people are forgiving themselves without the benefit of going to a priest for confession, when it is required to again be able to receive the Eucharist — the body, blood, soul and divinity of Jesus Christ — at a Mass.

What is wrong today is people — not all, but very many — are not having their consciences formed in accordance with the truths of Jesus Christ, as embodied in the Catholic Church, founded on Peter by Jesus as His church.

Are there other mortal sins? Yes, of course. Even a thought, deliberately entertained, of sexual activity with another person, is mortal. Who said that? Jesus Himself when He said that if a man lusts after a woman he will be held accountable for committing adultery.

Who is responsible for this widespread loss of consciousness of sin? The person, obviously, who doesn't take time, or have the desire to find out. But, moreover, priests do very little during homilies to discuss sin and form right consciences of their flock, the parishioners at their church.



For today, start praying yourself, dear reader, for help from the Holy Trinity — God the Father, God the Son, Jesus Christ, and God the Holy Spirit — for a conscience that is from God! Then He will lead you to form a right conscience.

In this evil age, live in accordance with God's will. Make a good confession to a priest, and practice your faith daily. Then God will be pleased with you.

Going to confession once a month is a good practice, especially after receiving a good examination of conscience such as "A Practical Guide for the Sacrament of Confession" by Human Life International, at 800-549-5433, [www.hli.org](http://www.hli.org) or [hli@hli.org](mailto:hli@hli.org).

"Blessed are all who hear the word of God and put it into practice." - Luke 11:28