



Dear Friends,

Sometimes teenagers, and even adults, struggle with the question, “Why do I have to go to Mass?” There are days that you may not feel like going. You may say that you don’t like the music, or the priest and his homilies. You may say that Mass is boring, or the parish is not welcoming to you. You may also say that you pray at home, or watch Mass on TV so you do not need to go in person.

Even though you know there is a commandment to “Keep the Sabbath Holy”, and you know that at Mass you meet Jesus, and going to Mass is good for you, you still can talk yourself out of it. At first you may feel guilty, but when you look at the negatives and start thinking negatively you finally can justify your decision of not going to Mass.

When talking about Mass, we need to think positive. There are good things at happening at our parish. Dwell on those things and not what you don’t like. At Mass we connect with God and with other people in a

very special way. The effects of a positive attitude will surprise you. Studies show that people who go to Mass every week are less likely to suffer from depression. They are less likely to abuse drugs or alcohol. They are more likely to have a solid sense of right and wrong, and are more likely to live a longer and a happier life.

Some other reasons why we should go to Mass:

- God asks us to make one day holy. We are surrounded by a secular world. Going to Mass helps us to see everything from a different perspective.
- At Mass Jesus gives us the gift of Himself. We are His disciples. He offers Himself to us in the Word we hear and in the Sacrament we receive.
- We are part of the community, of the family. Coming together at Mass we fulfill a desire to be with others. We support the family of believers and they support us. Together we are the Body of Christ, the Church.

Make celebration of Mass a priority each Sunday. We have been given the great gift of the Eucharist. God comes to us at each Mass.

Peace,

Fr. Krzysztof Kardzis