January 11, 2018- The Catholic Watchmen- St. John the Baptist Catholic Church

Bishop Andrew Cozzens- Fully Engage in every Sunday Mass

-Quote from St. Justin Martyr from 155ad about the Mass showing the Mass has not changed

-If we understand what’s happening then we can engage and appreciate the Mass as God desires us to

-The Mass *contains* Jesus and his life giving death on the cross

-Jesus’ last command was to celebrate the Mass- “Do this in memory of me.”

-The last supper, the death of Christ and resurrected presence of Christ becomes present at the Mass

-Need to celebrate with reverence this special moment

-CCC 1085-When Jesus says the words of the institution, it really happens because Jesus is God and his word is true

-Transubstantiation- the bread and wine really change in their substance even though their appearances don’t change

-There is no more bread and wine, rather the body, blood, soul and divinity of Jesus is there

-John 6 speaks about the real presence of Jesus in the Eucharist

-Jesus’ saving death becomes present at every Mass

-We become present to that moment in time when Jesus surrendered everything on our behalf

-We come to Mass to join in Jesus’ sacrifice and receive forgiveness and strength

-God gives Jesus back to us even though we offer him to God

-There is true power that happens at Mass

-People have risked their lives to receive the Eucharist because they knew the power of the Eucharist

-We need grace in order live charity in the world

* 1. How has the last month been?
	2. What was one thing you learned from the video?
	3. How do you get the most out of Mass every Sunday? How do you prepare for Mass?