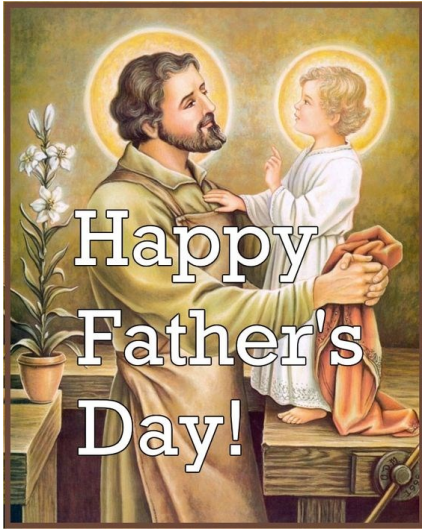


## FROM FR. JASON



Dear Brothers and Sisters,

To all our fathers, Happy Father's Day! To our fathers who have gone before us, eternal rest grant unto them, O Lord. Let us not forget that it is first and foremost God's Father's Day; all fatherhood comes from God.

Speaking of fathers, the Holy Father, Pope Francis, gave a fantastic reminder in a 'Wednesday Audience' about why the Sunday celebration of the Mass is so important for us. "The Sunday celebration of the Eucharist is at the heart of the Church's life. We Christians go to Sunday Mass to encounter the Risen Lord, or **better still to allow ourselves to be encountered by him**, to hear his Word, to nourish ourselves at his table, and **thus to become the Church**, that is, his mystical living Body in the world.... **Without Christ we are condemned to be dominated by everyday weariness, with its worries, and by fear of the future.** The Sunday encounter with the Lord gives us the strength to experience the present with confidence and courage, and to go forth with hope. **For this reason, we Christians go to encounter the Lord on Sunday, in the Eucharistic celebration.**"

If we think about what the Mass is, and what Holy Communion is, it is hard to imagine why anyone who truly believes in what is happening would even want to miss Mass. Why would we willingly deprive ourselves of this grace? This is why it is important for all of us to understand the purpose of the Mass and Jesus' gift of himself in Holy Communion. **We all need to be continuously evangelized!**

This being the case, the Church, knowing not only the importance of the Mass in the Christian life, but also the weakness of our human nature, knows we do not always have happy feelings for doing the right thing, and if we will not do something out of love sometimes, perhaps we can be encouraged to do so out of a sense of duty. If everything is in the right place, we do not need the Sunday obligation to attend Mass, because we would be there anyway. But when maybe not everything is right, we need a 'nudge' to do the thing which will help get everything right. This is where it is necessary for our fathers to play a big role. **May God bless them abundantly so that they always have the grace to provide that 'nudge' to do the thing which will help get everything right: getting themselves and their loved ones to the weekly encounter with God at Sunday Mass!**

The Sunday Obligation is what is called ecclesiastical law. This is law which is made by the church, and which it can be possible to change, which is why it was able to be dispensed during the pandemic. However, the Sunday obligation is not only ecclesiastical law, but is based on a divine law obligation to render worship to God on the Lord's Day, following the 3<sup>rd</sup> Commandment. The Church believes that the Sunday Eucharist is the best way to keep holy the Lord's Day. **This is why from early days in the Church, the faithful have been expected to take part in divine worship on Sunday as a community.** Courage! God loves you unfathomably and wants to give you many good gifts through His church, including Eternal Life!

Finally, congratulations to our young adults who will receive the Holy Spirit in the Sacrament of Confirmation this Sunday, June 16th. Let us pray for them that the seven gifts of the Holy Spirit they receive may bring abundant fruits in their lives and the lives of their families.

Peace,