Why we are here? Do we truly understand the Mass? Do we grasp the richness, depth and beauty of our celebration?   Fr Larry Richard's in his cd "The Mass Explained", says most of us attend Mass as a kind of "fire insurance" – we go because of some vague memory that reminds us that if fail to do so we may burn in Hell! There is much more to our Liturgy!

Fr Samuel has initiated this ongoing, brief instruction on the Mass each Sunday for our benefit. He is answering the call of the Second Vatican Council that states: "With zeal and patience, pastors of souls must promote the liturgical *instruction* of the faithful, and also their active participation in the liturgy …By so doing, pastors will be fulfilling one of the chief duties of a faithful dispenser of the mysteries of God; …" Thank you, Fr Samuel for caring for us and giving us this opportunity to learn!

To begin with, what we call "The Mass" or even just "going to church" actually has many names – the Eucharist, Divine Liturgy, Breaking of the Bread, the Holy Sacrifice – to name a few and it has been around for a long time – since Jesus Christ instituted it at the Last Supper. In the year **155** (only 100 years after Jesus' life on earth)_ St Justin Martyr wrote a description of the Mass as they celebrated it then – if time permitted to read it, you would quickly recognize the Mass as we still celebrate it today – amazing – we belong to a Church with traditions and celebrations rooted deep in time – faithfully adhering to the teachings of Christ Himself.

From the moment we enter the church, beginning by blessing ourselves with Holy Water – our journey into the Eucharistic celebration has begun. During this brief time of catechesis at the end of Mass, we will explore things like the significance of the Holy Water, why the does priest process in, why all the standing, sitting kneeling, bowing, why do we make the sign of the cross, why is there incense sometimes – and many other topics that will help us appreciate the magnitude of what we're doing here.