



THIS IS THE DAY THAT THE LORD HAS MADE

Parents/guardians, there is no greater gift that you could offer your children than bringing them to Mass on Sunday.

For a Catholic, Sunday Mass is the most important event of each week. We make Sunday holy by participating in the Eucharist and refraining from unnecessary work.

Keeping Sunday holy has its origin in Easter Sunday, the day of Christ's Resurrection. During Mass we offer praise and thanks to God as we celebrate the death and resurrection of Jesus. By these sacred events, Jesus frees us from sin, guides our journey on earth and opens the way to heaven.

While Sunday is the time for worship, it is also an occasion for rest and relaxation. Too many people's lives are marked by constant activity. They are just as busy and exhausted on Sundays as they are on weekdays. For them, Sunday is neither a day of rest nor a time for worship. For six days, we work and use our talents and abilities to supply for our needs and the needs of others. By resting on the Sabbath, we make a public statement that, ultimately, we

depend on God for everything. We can be tempted to believe that our accomplishments are done independently of God. We are misled to think that through our own efforts, we achieve success. In reality, any measure of achievement or success is the fruit of God's grace. Our participation at Mass is the supreme act of thanks and praise we offer to God for his goodness to us throughout the week.

Sunday is a day for worship of God and setting time aside for leisure. Join with others in meals, conversation and activities that deepen family life. The Eucharistic celebration does not stop at the church door. Those who participate at Mass carry their joy, faith, and concern for others from the Mass into the rest of the day, and indeed into the week that follows.

For Discussion

What pressures make it a challenge for you to keep Sunday holy?

November 6, 2011 Thirty-Second Sunday in Ordinary Time	Matthew 25:1-13	What can you do to make yourself ready to meet God?
November 13, 2011 Thirty-Third Sunday in Ordinary Time	Matthew 25:14-30	What is the special talent that God has given you and how do you use it for good?
November 20, 2011 Christ the King	Matthew 25:31-46	What acts of charity have you done as a family to help those in need?
November 27, 2011 First Sunday of Advent	Mark 13:33-37	What are the ways in which Jesus comes to you?