

Entering More Deeply into the Mass: Three Simple (but **important**) Ideas

1. The Mass is the Supreme Encounter with Love.

“God is love and he who abides in love abides in God and
God abides in him.”

(1 Jn 4:16)



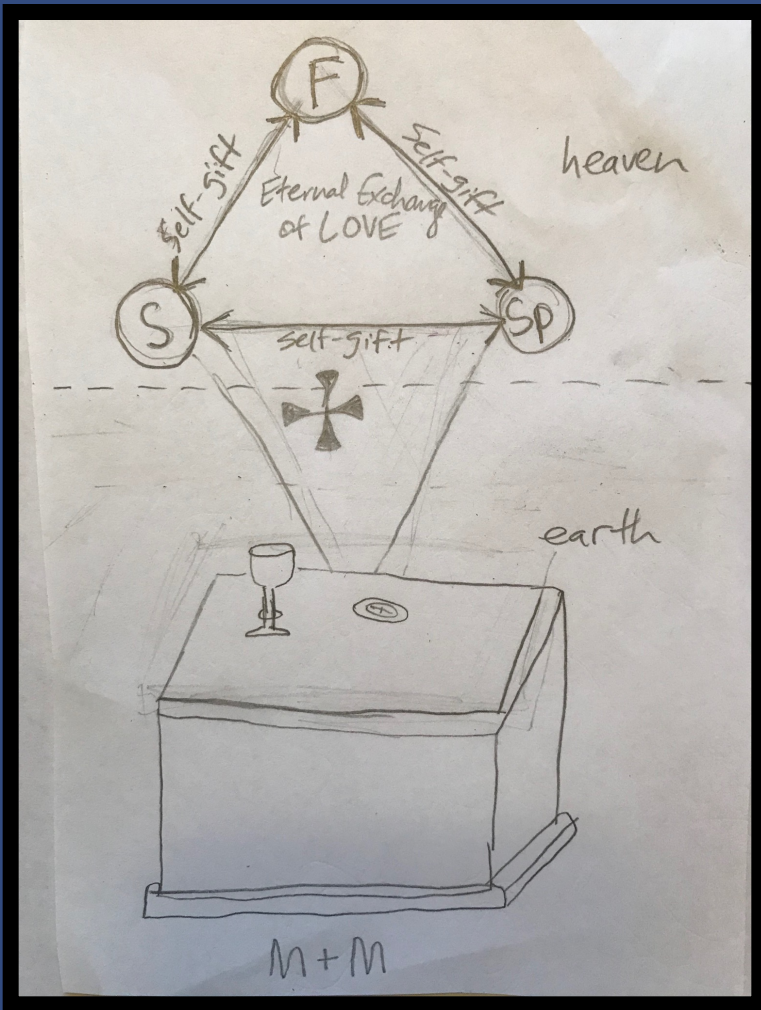
“God himself is an eternal exchange of love, Father, Son and Holy Spirit,
and He has destined us to share in that exchange.”

(Catechism of the Catholic Church, no. 221)



“The Trinity’s circulation of love turns itself outward, and in humility the Son and Spirit work the Father’s good pleasure for all creation, which is to invite our ascent to participate in the very life of God; however, this cannot be forced, it must be done with our cooperation.”

(David Fagerberg, *Liturgy and Asceticism*)



Entering More Deeply into the Mass: Three Simple (but **important**) Ideas

1. The Mass is the Supreme Encounter with Love.
2. The Mass is permeated with two movements.

Three Helpful Habits:

1. Read the Scriptures BEFORE coming to Mass.
2. Cultivate silence and arrive early.
3. Be alert to your need for grace and conversion before the liturgy begins.

WHAT HAPPENS
AT MASS REVISED
EDITION



JEREMY DRISCOLL, OEB

Entering More Deeply into the Mass: Three Simple (but **important**) Ideas

1. The Mass is the Supreme Encounter with Love.
2. The Mass is permeated with two movements.
3. This exchange of love happens within a thoroughly human mode of expression: the language of sacramental signs.



“As a being at once body and spirit, [the human person] *expresses* and *perceives* spiritual realities through physical signs and symbols...”

“As a social being, [the person] needs signs & symbols to communicate with others, through language, gestures, and actions. The same holds true for his relationship with God.”

(Catechism of the Catholic Church, no. 1146)

