THE POWER OF THE MASS

I thought it might be good to start off this New Year with a deeper spiritual understanding of the Holy Sacrifice of the Mass with some quotations from the Saints of the Church.

**Pope Benedict XV:** *“The Holy Mass would be of greater profit if people had it offered in their lifetime, rather than having it celebrated for the relief of their souls after death.”*

**St. Thomas Aquinas:** *“The celebration of Holy Mass is as valuable as the death of Jesus on the Cross.”*

**St. Augustine:** *“The angels surround and help the priest when he is celebrating Mass.”*

**St. Teresa of Avila:** *“Once, St. Teresa was overwhelmed with God’s Goodness and asked Our Lord ‘How can I thank You?’ Our Lord replied, ‘Attend one Mass.’”*

**St. John Vianney, Patron of all Priests:**

*“When we receive Holy Communion, we experience something extraordinary – a joy, a fragrance, a well being that thrills the whole body and causes it to exult.”*

*“If we really understood the Mass, we would die, not from fright, but from joy.”*

*“There is nothing so great as the Eucharist. If God had something more precious, He would have given it to us.”*

**St. Pio of Pietrelcina:** *“It would be easier for the world to survive without the sun than without the Holy Sacrifice of the Mass.”*

**Revelation of Christ to St. Gertrude the Great:** *“For each Mass we hear with devotion, Our Lord sends a Saint to comfort us at death.”*

**St. Leonard of Port Maurice:** *“What graces, gifts and virtues the Holy Mass calls down…repentance for sin…victory over temptation…the grace of final perseverance..and temporal blessings. It relieves the souls in Purgatory.”*

Phillip Bellini, DRE.