



## “Remember to keep holy the Lord’s Day” (Exodus 20:8)

The Third Commandment given by God to us in the Book of Exodus is longer and more detailed-

“Remember to keep holy the Sabbath day. Six days you may labor and do all your work, but the seventh day is the Sabbath of the Lord, your God. No work may be done then either by you, or your son or daughter, or your male or female slave, or your beast, or by the alien who lives with you. In six days the Lord made the heavens and earth, the sea and all that is in them, but on the seventh day He rested. That is why the Lord has blessed the Sabbath day and made it holy.” (Exodus 20:8-11)

At the Last Supper, Jesus took bread, gave thanks to God, broke it, and gave it to the Apostles saying, “This is my body, which is given up for you. Do this in memory of me.” We fulfill this command of Jesus to repeat his actions and words every week at Mass. The early Christians met “the first day of the week,” Sunday, the day of Jesus’ resurrection to “break bread.” From that time until now, the celebration of the Eucharist has been continued.

The Third Commandment is a difficult commandment for a catechist to teach. We clearly tell our students that in order to fulfill the requirements of this Commandment, they must attend Sunday Mass. And yet we hear repeatedly from students that they do not attend Sunday Mass because of conflicting priorities with sports, don’t have a ride to church, work schedules, etc. Collectively, we are putting a squeeze on our sons and daughters since they are told to get to church by their catechist or teacher but they are dependent on their parents for transportation to get to church.

The Eucharist is “the source and summit of the Christian life.” We bring who we are to Mass and receive Jesus in his word proclaimed and in his very body and blood in Holy Communion into There are many opportunities for attending Mass at St. Vincent’s and there are many opportunities at other surrounding parishes. If you are gone over the weekend, the following nearby parishes and downtown Minneapolis have Sunday evening Masses:

- St. Stephen’s in Anoka 6:00 pm
- St. Alphonsus in Brooklyn Center 5:30 pm
- Epiphany in Coon Rapids 5:30 pm
- St. Olaf in Minneapolis 4:00 pm
- Basilica of St. Mary in Minneapolis 4:30 pm and 6:30 pm

You can find Mass times within the Archdiocese at [www.archspm.org/locations/](http://www.archspm.org/locations/) and within the U.S. at <http://www.discovermass.com/>.

The Catholic Church makes weekly attendance at Sunday Mass a requirement of being a Catholic. The Catholic Church clearly understands the importance of the Mass and the gift of the Eucharist and thus the requirement.

See you at Mass every weekend.

Sincerely,

Faith Formation

