Before the coming of Christ, the Holy Ghost inspired certain chosen souls to pray fittingly and properly to God. The Missal contains their prayers: the songs of David, the wisdom of Solomon, the visions of Isaiah, the teachings of the Prophets.

The Missal contains the words of Peter and Paul, Matthew, Mark, Luke and John; the prayers of St. Thomas and the Fathers of the Church. More than that, the words of Our Lord Himself. From cover to cover it contains the authenticated prayers of the Mystical Body offering the Holy Sacrifice of the Mass.

At Mass we are not to be mere spectators watching a drama on a stage. We must be participants, take an active part; we're part of it, because this Sacrifice is the Sacrifice of the Body of Christ, which is Christ and us.

There are many good ways of participating in the Mass. The Raccolta says that the faithful who devoutly serve a priest who is offering the Sacrifice of the Mass, may gain an indulgence of 3 years. Servers also share in the special fruits of the Mass.

The time of Mass may be used for private prayers, for example, the Rosary, novena prayers, meditation. These are good ways, but there is a better way--joining our intentions of those of the celebrant and doing this by following his words and his movements. For those old enough to read and intelligent enough to understand what they read, the Missal is the thing.

It is discouraging to see college students alert enough to pass their classes, but insert at Mass, whispering, cleaning finger nails, squirming about, scratching ears; in general, not knowing what's going on.

Good Times Vs Good Religion.

Recheck your allowance. Do you spend more on movies, cokes, poker, than you do on alms, God, the good of your soul? Set enough aside to buy yourself a missal. The student chaplains have missals to fit your pocketbook, sold to you at a big discount. We're not trying to make money--the Lord only knows how much this department goes into the red--we're trying to make you more interested in the Mass.

A larger understanding of what's going on "up there" will go a long way towards solving the problem of "coming late" and "leaving early." This public profession of ignorance of the Mass and of your obligation to hear the whole Mass on Sundays is a clear-cut indication of a spiritual lethargy that some day might catch you out of grace when you are all out of breath.

And Another Thing.

It's about those shortcut thanksgivings after Holy Communion. The effectiveness of the Eucharist is not biological; it's spiritual. Receiving is not like taking an aspirin, which produces its effects whether you're conscious or unconscious. Maybe we talk too much about "receiving" Communion; instead there should be more talk about the "giving."

Is Christ to give His All and receive nothing in return? A spirit of sacrifice must be brought to the Communion rail. If He gives you His Eternity, will you give Him your time, at least time enough for Him to stir up the grace of God in you? Is 3 to 5 minutes the measure of your devotion? If you can't reflect on what's happened to you, read the prayers of those who have. Why not say your rosary? The amount of divine Life you receive depends upon your capacity to receive. That capacity is sadly limited if you can't wait 10 minutes to get a slug of coffee; to "light up", or to down your bowl of Wheaties. Watch yourself!