

Daily Mass at 5:10 p.m.
in Sacred Heart Church.

University of Notre Dame
Religious Bulletin
October 23, 1957

Daily recitation of Rosary
at 4:45 p.m. in Lady Chapel.

The Mass Rates Highest

Our Blessed Lord Himself celebrated the first Mass; it was offered at the Last Supper -- the night before He died. And Christ commanded that this sacrifice should be offered repeatedly by His priests down through the ages until the end of time. The Mass, as Christ celebrated it, was brief and without ceremony. The Church, in the course of time, has added many beautiful and impressive ceremonies with a view to enhancing the dignity and solemnity of the sublime Sacrifice. But the three essential features of offertory, consecration, and communion, as established by Christ, remain substantially unchanged.

Today, throughout the world, the Mass is celebrated in many languages, since Our Lord made no ruling about the language to be employed. We belong to the Roman rite in which the Latin language is used. This gives a sameness to the ceremony for the many millions who belong to that rite. But some liturgists fervently hope for the day when Mass will be offered in the vernacular -- seeing in it a better understanding by the people. Someday, we may hear Mass in English.

Meaning Of The Vestments

The priest first puts on the amice -- a linen cloth worn over the neck and shoulders, which symbolizes a soldier's helmet as a protection against enemies. Next he dons a long white gown called an alb -- a reminder of the purity demanded of all who serve at God's altar. The cincture which the priest then ties about his waist stands for the virtue of chastity which should be so outstanding in a priest. The maniple is a formalized version of a handkerchief worn on the priest's left arm. The stole which is worn about the neck and crossed on the breast, is a symbol of power and of immortality. Finally, the priest puts on the chasuble -- a large outer garment looked upon as the yoke of Christ.

The colors of the vestments change with the season and with the feast. On feasts of Our Lord, the Blessed Mother and many saints, white vestments are used. On feasts of Martyrs and in Masses of the Holy Ghost, the color is red. In penitential Masses, as of Lent and Advent, purple is the color. On most Sundays the color is green, a symbol of hope. Black is used in Masses for the dead. On two Sundays of the year, the priest may use rose-colored vestments (on Gaudete and Laetare Sundays).

The sacred vessels used at Mass are: the chalice -- the golden cup into which the priest pours the wine at the offertory, preliminary to changing it into the Precious Blood; the paten is the golden plate on which rests the altar bread which after consecration becomes our Lord's Body. The priest distributes Holy Communion from another cup of precious metal called a ciborium, which is kept in the tabernacle.

How best assist at Mass ? The Church does not stipulate any one method, but permits a measure of individual choice. To hear Mass without Rosary or prayerbook fulfills the obligation -- but that's about all, because it leaves one open to all sorts of distraction. The use of Beads is commendable. But a prayerbook is better. Best of all is the Missal, or Mass Book in English. Using the Missal intelligently brings us close to the priest; we say Mass with him, and with Our Lord. We participate in the Sacrifice, as becomes Catholics of university stature.

No other prayer or devotion is comparable to the Mass -- in worshipping God, or gaining grace for ourselves. It is within your reach daily in your hall chapel.