

April 7, 2019 - Every Mass is a Healing Mass!

Every Mass is a healing Mass. Every Mass is a spiritual healing, a spiritual awakening, and a spiritual transformation. Jesus invites us to come to Mass so as to **heal our souls**, in the same way 2,000 years ago he came on earth to heal sinners. At every Mass, Jesus dies to take away our sins and rises to give us access to eternal life. At every Mass, before receiving the Body and Blood of Christ, we all pray together: *"Lord, I am not worthy that you should enter under my roof, but only say the word, and my soul shall be healed."* We come to Mass to heal spiritually, to be renewed, and to recharge our spiritual batteries. We come to Mass to have an encounter with Jesus. We come to Mass to have an intimate Union with Jesus: **The Holy Communion.**

In his book "Biblical Walk through The Mass: Understanding what we say and do in the Liturgy", Dr. Edward Sri describes **The Holy Communion** - *the culmination of the Liturgy - as an intimate union with our divine Bridegroom, Jesus, in the Eucharist:* "We can understand how the Mass is a wedding feast by considering the words of the priest shortly before we receive communion: *Behold the Lamb of God, behold him who takes away the sins of the world. Blessed are those called to the supper of the Lamb.*" We know from the Book of Revelation (19:1-9) that the Supper of the Lamb is a wedding feast. The Bridegroom-Lamb is Jesus, and the Bride represents us, the Church. It is in this heavenly marriage between Jesus and the Church that we participate through the Eucharistic Liturgy." In order to enter into this intimate union with God, we need to be **healed**. At the beginning of the Mass, we have already confessed our sins and obtained the forgiveness of our venial sins; however, **we need to confess individually to a priest for the forgiveness of mortal sins.** Now, as we prepare to receive the **Eucharist**, we recall the words of the Roman Centurion who asked Jesus to heal his servant who was at his house (Matthew 8:8). "Like the centurion, we recognize our unworthiness to have Jesus come under the 'roof' of our souls in Holy Communion. Yet, just as the centurion believed Jesus was able to heal his servant, so do we trust that Jesus can **heal** us as he becomes the most intimate guest of our soul in the Eucharist."

In recent years, I have used the word "Healing Mass" when inviting Fr. Martin Scott to celebrate a Mass at our parish. Many of you have attended such Mass. After the final blessing, Fr. Scott exposes the Blessed Sacrament and everyone has the opportunity to come forward and be

prayed over. Fr. Scott has received from God the special **gift of healing**. I know of people whose illnesses have been cured by him. We will continue to call such liturgy "Healing Mass" being aware that it includes spiritual healing as every regular Mass, but also physical healing.

We know that the healing of the soul has an impact on the healing of both the mind and the body. Soul/mind/body are **one** in the same way we are **one** person. If my soul is healed and is reconciled with God, my soul is at peace. If my soul is at peace, my mind is at peace. If both my soul and mind are at peace, my body will be stronger to resist stress and related physical illnesses. It does not mean that all physical illnesses will disappear. No, far from it. However, it will help me accept and reduce my physical sufferings. When we come to Mass, we offer to Jesus all our pains and joys at the time of the offering of the bread and wine. When we come to Mass, we come to be healed of worries and anxieties. We come to find peace with God.

The Eucharist nourishes our souls. It strengthens us. It is an essential food for our spiritual journey on earth. The Catechism of the Catholic Church lists all the effects of the Eucharist including:

- (i) cleanses and separates us from sin (1393-1395, 1436, 1846),
- (ii) as the source of conversion and penance (1436),
- (iii) as spiritual food (1212, 1275, 1436, 2837).

"Daily conversion and penance find their source and nourishment in the Eucharist, for in it is made present the sacrifice of Christ which has reconciled us with God. Through the Eucharist those who live from the life of Christ are fed and strengthened. It is a remedy to free us from our daily faults and to preserve us from mortal sins" (1436). "The more we share the life of Christ and progress in his friendship, the more difficult it is to break away from him by mortal sin. The Eucharist is not ordered to the forgiveness of mortal sins - that is proper to the sacrament of Reconciliation. The Eucharist is properly the sacrament of those who are in full communion with the Church" (1395).

Come Holy Spirit! Guide the healing of our souls through the Sacrament of Reconciliation and the Eucharist! Come Holy Spirit! Inspire us with what we must say! Come Holy Spirit! Let us only know your will, and do your will. **Amen!**

One in Christ,
Father Alain