



Boston Catholic Journal

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The Mystery of the Most Holy Sacrifice of the Mass and the Sacred Rule

THE SACRED RULE



**for Celebrating the Most Holy Sacrifice of
the Mass**

Do not do at Mass what you would not do were you standing at the foot of
Christ hanging on the Cross before you.

Do at the Most Holy Sacrifice of the Mass what you would do were you
standing at the foot of Christ hanging on the Cross — for at Holy Mass you
are at the crucifixion of Christ on the Cross, **really and truly**. Had you closed
your eyes for a moment while standing before Christ on the Cross, you would
be where you are this day at the Most Holy Sacrifice of the Mass.

Do what you would have done. **Do not do** what you would never have done.

This is the proper disposition of the soul at every single Mass.

