



On Wednesday Pope Francis said that when we attend Mass, it is as if we are approaching Jesus on the Cross at Calvary, and that at every Eucharist we not only experience Christ's redemption, but we participate in it.

**“When we go to Mass, it is as if we go to Calvary, the same,”** Pope Francis said Nov. 22. “This is the Mass: to enter into this Passion, death, Resurrection and Ascension of Jesus.”

When we enter the church for Mass, we should think to ourselves: “I enter Calvary, where Jesus gives his life for me,” the Pope continued, saying he is sure we would respond to this “in silence, in weeping,” and also with joy, because we have been saved from death and sin.

At the general audience, Pope Francis continued his new catechesis on the Mass and the Eucharist by reflecting on what he said is the essential element of every Mass – that it is a “memorial of the Paschal Mystery of Christ.”

Imagine that you are actually at Calvary, he continued. In that moment, you would look up and know that the man upon the cross is Jesus. Would you allow yourself to make chit-chat or take pictures? “No, because Jesus (is there)!”

Quoting from *Lumen gentium*, the Second Vatican Council's dogmatic constitution of the Church, Francis said that “As often as the sacrifice of the cross in which Christ our Passover was sacrificed, is celebrated on the altar, the work of our redemption is carried on.”

This means, he explained, that Christ's Passion and death are taking place every time we celebrate Mass, and our participation in the Eucharist, “brings us into the Paschal Mystery of Christ.”

And if we receive the Body and Blood of Jesus in the Eucharist, “in faith,” he noted, then “we too can truly love God and neighbor, we can love how He loved us, giving life.”

In the Eucharist, the Lord Jesus, “pours upon us all his mercy and love, as he did on the cross, so as to renew our heart, our existence, and our way of communicating with Him and with our brothers.”

Christ’s Passion and death is the ultimate victory over death, Francis emphasized, because he transformed his death “into the supreme act of love.”