

*How well do you know the Catholic faith? Well, let's find out..."*

In one of the European countries is a discussion about closing stores and other business's on Sunday. Could you tell me please: Why is it important for the Government to preserve Sunday?

- A) It is not important what so ever. We should work seven days a week.
- B) Sunday is a genuine service to the good of society, because it is not just a time for our religious practices but also a time for families to be together and reconnect and time for rest.
- C) It is important that the Government preserves Sunday to be able to watch a hockey game.

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**One of my friends, who is not Catholic, asked me this question: How do Christians make Sunday "the Lord's Day"?**

- A) We made Sunday the Lord's Day by going to Costco.
- B) This is a very individual thing. The Church doesn't give any guidelines.
- C) **Catholic Christians attend Holy Mass on Sunday or on the vigil of Sunday. On that day he refrains from all work that would prevent him from worshipping God or disturb the festive, joyful, restful, and restorative character of the day. [CCC 2177-2186, 2192-2193] Since Sunday is an Easter celebration that occurs each week, Christians from the earliest times have gathered together on that day to celebrate and thank their Redeemer and to reunite themselves with him and with others who are redeemed. So it is a central duty of every conscientious Catholic Christian to "keep holy" Sunday and the other holy days of the Church. One is exempted from it only by urgent family duties and important responsibilities in society. Because participation in the Sunday EUCHARIST is fundamental for a Christian life, the Church explicitly declares that it is a serious sin to stay away from Sunday Mass without good reason.**

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