



# WE CANNOT LIVE WITHOUT SUNDAY

In Abitene, Tunisia in A.D. 49, the early Christians were taken by surprise one Sunday while they were celebrating the Eucharist. They were arrested and taken to Carthage to be interrogated by the Proconsul Anulinus.

Significant is the answer a certain Emeritus gave to the Proconsul who asked him why they had disobeyed the Emperor's severe orders. He replied: *Sine dominico non possumus*, that is, we cannot live without joining together on Sunday to celebrate the Eucharist. The early Christians realized they would lack the strength to face their daily problems and not to succumb. And, 2000 years later, this truth still remains for all Catholics.

## Why can't we live without Sunday?

- Because if we do not participate in Sunday Mass, life becomes dull and loses its taste and we lose the meaning of our work.
- Because if we do not eat his Body and drink his Blood, we cannot dwell in Christ and He in us.
- Because without the Bread that God gives us, we do not have life forever and we do not anticipate eternal life already here.
- Because without listening together to his Word, we lack the decisive light to guide our way.
- Because without nourishing ourselves with the Body and Blood of Christ our hope loses its impetus, our charity weakens and our fraternity will be watered down.
- Because if we do not partake of his Body that he gives us and his Blood that he pours out for us, our love becomes empty and incapable of filling the lives of others.
- Because without the closeness of God that the Eucharist provides, the world becomes more inhospitable to us and loneliness grows in our lives.

## The Eucharist is a Joy

*The Sunday precept is not, therefore, an externally imposed duty, a burden on our shoulders. On the contrary, taking part in the Celebration, being nourished by the Eucharistic Bread and experiencing the communion of their brothers and sisters in Christ is a need for Christians, it is a joy; Christians can thus replenish the energy they need to continue on the journey we must make every week.*

(Pope Emeritus Benedict XVI)

