

*The liturgy has [...] been, for centuries, a driving force for evangelization. Today, this energy must be renewed in continuity with the authentic and living Catholic tradition, that is, in accordance with a dynamic aimed at introducing believers to the fullness of the truth.*

- Leo XIV, General Audience, 27 May 2026

It was in late high school when our goalie and I used to rush after soccer practice to make it in time for daily Mass. We both sat in the very back pew, hoping that our smell would not be offensive. There, in the silence and peace, I fell in love with the Mass. There, I fell in love with Jesus Christ.

At the time he was betrayed and entered willingly into his Passion, he took bread and, giving thanks, broke it, and gave it to his disciples, saying: TAKE THIS, ALL OF YOU, AND EAT OF IT: FOR THIS IS MY BODY WHICH WILL BE GIVEN UP FOR YOU (Eucharistic Prayer II).

“Ever since the God-Man walked this earth of ours and closed His career with the redemptive sacrifice of the Cross, there has been in the midst of men that mystery-filled renewal of His world-saving offering which has continued from age to age and from land to land, and which will so continue till He comes again. Sometimes with pomp and splendor in the midst of thousands, sometimes in the quiet of a lonely chapel, [...] everywhere the same mystery is daily consummated in endless repetition. [...] From the very beginning Jesus designed this institution precisely for this purpose, to rise in the midst of the people. Here is the wood of the cross standing firm and erect; here our Lord’s words find their fulfillment: ‘And I, if I be lifted up from the earth, will draw all things to myself’ (John 12:32)” (Joseph A. Jungmann, S.J., *The Mass of the Roman Rite*, 1).

The Mass is the highest form of worship. Far more than a mere ritual or communal gathering, it is the *locus* where heaven and earth meet – acting simultaneously as a sacred meal of thanksgiving and the representation – the “making present again” – of Jesus Christ’s sacrifice on the cross. The Mass, the source and summit of the Christian life, is both a divine gift from Jesus Christ and safeguarded, preserved, and administered by the Church.

Hence, the words of our Holy Father: “I therefore urge all those called to prepare the celebration of the divine mysteries, in particular priests who exercise the ministry of liturgical presidency, to always uphold that respect for the texts and regulations of the liturgy which springs from an inner attitude of openness and trust in God, manifesting humility before His greatness and sincere fidelity to ecclesial communion” (Leo XIV, General Audience, 27 May 2026).

You may recall my first letter on the liturgy, where I shared some principles that I consider to be important regarding the Mass: that it is objective, sacred, and part of the Church’s tradition, and that, as an individual, I must “disappear” so that my office as *priest of Jesus Christ* is clearly seen.

I have been very pleased with our liturgy at Corpus Christ, including the openness of the faithful as I have tried my best to implement the above principles. Now, with the Holy Father’s encouragement, I wish to continue applying these principles by developing one parish plan to our liturgies, “that sound tradition may be retained, and yet the way remain open for legitimate progress,” because “tradition is a living reality, [...] as if to say that the river of tradition also carries its source in itself and flows towards the outlet” (Ibid.).

Father Frei