



## **High Mass - Low Mass?**

### ***What is the Tridentine Mass?***

Prior to the Second Vatican Council's changes to the Liturgy of the Mass, it was referred to as the Tridentine Mass (High Mass for weekends and Low Mass for weekdays). It is the Mass used in the Catholic Church for almost 1500 years, until the introduction of the Mass of Pope Paul VI following the Second Vatican Council (circa 1963).

### ***Why is it called the Tridentine Mass?***

Because it was codified by the Council of Trent in the 16th century. However, the Mass itself is far older than that. The Canon, or central (Eucharistic prayer) portion of the Mass dates back to the time of St Gregory in the Sixth Century.

### ***Wasn't the Tridentine Mass banned?***

No. Following the Second Vatican Council, its public use was restricted by most Catholic bishops, with the vision of the Church moving from the original language of the Church (Latin) to the vernacular language(s)—especially since many today do not speak or understand Latin. After the introduction of Pope Paul VI's new Mass, many bishops identified a select number of priests who were specially trained to preside over the age-old Latin Mass, even to this day.

### ***Where can I go to participate in a Tridentine Mass near Ave Maria?***

Because the Tridentine Mass is not offered at the Ave Maria Parish, in compliance with Bishop Sheridan's request of his priests, the following locations in both the Archdiocese of Denver and the Diocese of Colorado Springs are offered to our faithful; where the Tridentine Mass is currently celebrated, for those who are interested in participating.

#### Archdiocese of Denver:

Holy Family Church  
4380 Utica Street  
Denver, CO 80212  
(303) 455-1664

#### Diocese of Colorado Springs:

Immaculate Conception Parish  
626 Aspen Drive  
Colorado Springs (Security), CO 80911  
(719) 382-0121