

Closing Prayer

"During the meal Jesus took some bread in his hands. He blessed the bread and broke it. Then he gave it to his disciples and said, 'Take this and eat it. This is my body.'"

*Pass around the bread. Ask each person to break off a chunk of bread and say:
"Thank you God, Bread of Life."*



"Jesus picked up a cup of wine and gave thanks to God. He then gave it to his disciples and said, 'Take this and drink it. This is my blood, and with it God makes his agreement with you. It will be poured out, so that many people will have their sins forgiven. From now on I am not going to drink any wine, until I drink new wine with you in my Father's kingdom.' Then they sang a hymn and went out to the Mount of Olives." (Matthew 26:26-30).

*Pass around the cup of wine. Take a sip and say:
"Thank you God, for our spiritual drink."*

Close in prayer together:

*As bread that was scattered on the hillside
was gathered together and made into one,
so too we, your people,
scattered through the world,
are gathered together around your table and become one.*

*As grapes grown in the field
are gathered together and pressed into wine
so too we are drawn together
and pressed by our times to share a common lot
and are transformed into your life-blood for all.*

*So let us prepare to eat and drink as Jesus taught us:
inviting the stranger to our table
and welcoming the poor.
May their absence serve to remind us
of the divisions the Eucharist seeks to heal.
And may their presence help transform us
into the Body of Christ.*

(Adapted from the *Didache*, as it appears in *More than Words*, Janet Schaffran and Pat Kozak, Oak Park: IL: Meyer Stone Books, 1986, p. 51)

Conclude by praying the Our Father together.

A Walk through the Mass

Part One: Gathering

The Entrance Procession

The Greeting: We begin in the name of the Father, Son, and Holy Spirit.

The Penitential Rite: We recall our sins, and pray for God's mercy and forgiveness.

Glory to God: We sing or pray an ancient hymn in honor of God's goodness.

The Opening Prayer



Part Two: Storytelling (Liturgy of the Word)

The First Reading: We read from the Old Testament.

Psalm Response: We sing or pray a psalm together.

The Second Reading: We read from the letters of Saint Paul or another part of the New Testament.

Alleluia: We sing or pray a verse in honor of Jesus.

The Gospel: We read a story of Jesus' life or teachings from Matthew, Mark, Luke or John.

The Homily: The priest or deacon helps us understand God's Word.

The Creed: We proclaim our beliefs.

The Prayer of the Faithful: We pray to God for the needs of God's family everywhere.



Part Three: Meal Sharing (Liturgy of the Eucharist)

The Preparation of the Gifts: The gifts of bread and wine are brought to the altar.

The Offering of Gifts: The priest prepares the bread and wine, and prays a blessing.

The Preface: The priest prays a prayer of introduction to the Eucharistic Prayer. We respond by praising God, saying or singing, "Holy, Holy, Holy Lord..."

The Eucharistic Prayer: The priest prays a special prayer of thanksgiving to God. Using the words of Jesus, he consecrates the bread and wine, which become the Body and Blood of Jesus. We proclaim our faith in Jesus. The priest remembers all the members of God's Family, living and dead. He closes this prayer by honoring the Blessed Trinity.

The Great Amen: We say yes to the Eucharistic Prayer.

The Lord's Prayer

The Sign of Peace

The Breaking of the Bread: The priest breaks the Host and mixes part of it with the consecrated Wine. We pray "Lamb of God..."

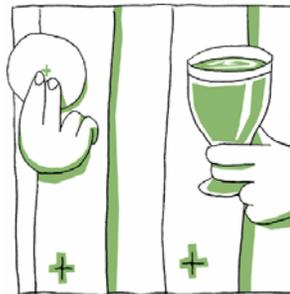
The Communion: We receive the Body and Blood of Christ.

Part Four: Sending Forth

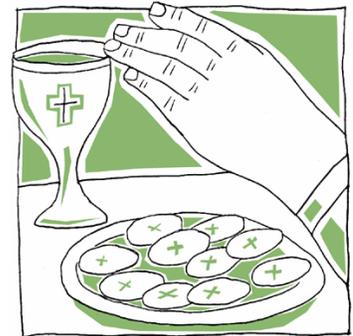
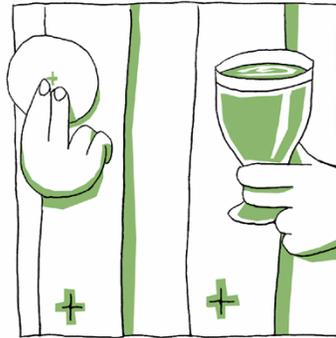
The Closing Prayer

The Blessing: The priest blesses us in the name of the Father, Son, and Holy Spirit.

The Dismissal: We are sent forth to love and serve the Lord.



The Parts of the Mass



Celebrating the Eucharist in Our Lives



1. Storytelling

- Recall the story of a meal – Thanksgiving, Christmas, Easter, a family celebration or event – that was significant for you. What did you celebrate? How did you celebrate? What happened? Why was it important?

2. Reflection

- What common patterns did you notice in the stories you heard? Name the movements and patterns in the meal stories and discuss why they are important.

3. The Four Movements of the Mass

“On the day we call the day of the sun, all who dwell in the city or country gather in the same place. The memoirs of the apostles and the writings of the prophets are read, as much as time permits. When the reader has finished, he who presides over those gathered admonishes and challenges them to imitate these beautiful things.

Then we all rise together and offer prayers for ourselves . . . and for all others, wherever they may be, so that we may be found righteous by our life and actions, and faithful to the commandments, so as to obtain eternal salvation. When the prayers are concluded we exchange the kiss.

Then someone brings bread and a cup of water and wine mixed together to him who presides over the brethren. He takes them and offers praise and glory to the Father of the universe, through the name of the Son and of the Holy Spirit and for a considerable time he gives thanks (in Greek: eucharistian) that we have been judged worthy of these gifts.

When he has concluded the prayers and thanksgivings, all present give voice to an acclamation by saying: ‘Amen.’

When he who presides has given thanks and the people have responded, those whom we call deacons give to those present the “eucharisted” bread, wine and water and take them to those who are absent. [Antoninus Pius (155 AD)] (CCC #1345)

Part One: Gathering

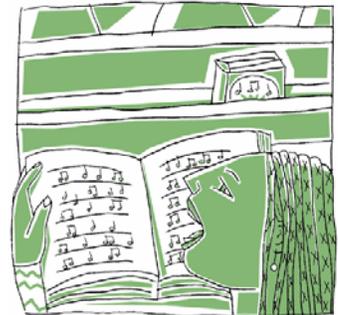
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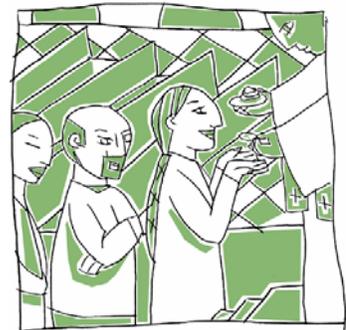
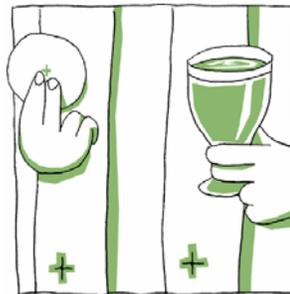
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4. Integration and Application

Referring to the Eucharist, St. Augustine said: *"If then you are the body of Christ and his members, it is your sacrament that reposes on the altar of the Lord... Be what you see and receive what you are. ...There you are on the table, and there you are in the chalice."*

- What does this mean to you? What implications does it have for your daily life?
- When we celebrate the Eucharist attentively, we unite ourselves with Christ present in his act of total self-giving. What implications does this have for your daily life?

5. Application

- How can you use what you learned to better prepare for the celebration of Eucharist each week?
- How can you develop good liturgical habits?
- How can you live the Eucharist all week long?

Developing Good Liturgical "Habits" Cardinal Roger Mahoney

- ✓ **Understand:** Know which Gospel and New Testament letters we are currently reading on Sundays, and use these for daily reading.
- ✓ **Pray:** Bring to the prayer of intercession on Sunday all that you pray for; take from it persons to be remembered daily by you; when you hear the news of the world, hear it as a Christian who must in prayer lift up the world's needs.
- ✓ **Participate:** Know the awesome responsibility you share for making the liturgy! Welcome one another, be at peace with one another. Sit together. Sing songs from your heart. Do not be afraid to show that you are hungry for God's word when the readers read, hungry for Christ's Body and Blood when you come forward in holy Communion. Give thanks and praise to God by your great attention in the Eucharistic prayer.
- ✓ **Live it All Week:** Remember we are always the Body of Christ. Know that you can ask for help from one another. Let others know that. In the simplest deeds of daily life at work or at home, be conscious of this life we share in Christ, of its joy and its hope. In us, God is calling and blessing and sanctifying the world God loves. Look at the liturgy as a preparation for the week. Listening to God's word on Sunday morning is preparation for the listening we do for God's word in our lives all week. The thanks we proclaim at the Eucharistic prayer is preparation for thanks over all tables and all meals.
- ✓ **Give Thanks Always:** Pray grace at meals even when you are alone. If your morning and night prayer is not permeated with praise and thanks to God, enrich it with verses of psalms and prayers from our tradition. Cultivate moments of contemplation to give thanks to God.

Living the Mass All Week



Reflect on these questions each week after Mass.

❖ What did I see this week at Mass?

- Think of the colors, decorations, and artwork used at Mass this week. How do the colors and decorations help you to experience the season of the Church year?
- Think of all the actions at Mass this week. What did you see and do this week to worship God?

❖ What did I hear this week at Mass?

- Think of the songs you sang this week. What was the mood of the music this week? What message in the music stood out?
- Think of the Scripture readings this week – First Reading, Psalm, Second Reading, and Gospel. What message in the Scriptures stood out for you this week? What do you want to keep in mind and/or share with others this week?
- Think of the homily this week. What do you want to keep in mind and/or share with others this week?
- What is God telling you this week at Mass?

❖ How did I pray this week?

- Think of the prayer petitions this week. For whom did we pray and how can you keep these intentions in prayer all week?
- Think of the Eucharistic Prayer and receiving Holy Communion. How did you experience Jesus today? How did receiving Jesus' body and blood nourish you? How did you give thanks and praise to God?

❖ How will I live this week?

- What is this week's Mass calling you to do? How can you live the Mass all week – at home, at work or school, in the community?
- What is one thing you are going to do this week? Be specific!