

# FAMILY CATECHESIS



THE MASS

As Catholics, we know that the Holy Mass is the center of our faith and the source of divine life.



One of the basic, distinctive marks of our way of praying is **ritual**: We do things over and over.

# What is the Mass or Liturgy?

A good way to describe the Mass is to say that it is Holy Thursday, Good Friday and Easter Sunday made present today in ritual. It is not merely a meal which reminds us of the Last Supper, or a Passion play which helps recall Good Friday, or a Sunrise Service which celebrates the Lord's Resurrection.

The basic “shape” of the ritual of the Mass can be described as a meal.

- **1) Gathering**
- **2) Storytelling**
- **3) Meal sharing and**
- **4) Commissioning**



# PART ONE: GATHERING RITES

- **Gathering:** Coming together, assembling, is at the heart of our Sunday worship.
  - **Greeters/Ushers**
  - **Use of water**
  - **Genuflection**
  - **Posture, song**
- **Procession**
- **Sign of the Cross**
- **Greeting:** St. Paul's words in 2 Corinthians 13:13
- **Penitential rite**
- **The Gloria:** (Lk 2:13-14, Rev 15:4).
- **Collect/Opening Prayer:** "Amen," a Hebrew word for "So be it."



# PART TWO: STORY TELLING

**Liturgy of the Word:** “Faith comes from what is heard” (Rom 10:17).

- **Three readings and a psalm:**
- **Standing for the Gospel:**
- **Homily:** The road to Emmaus (Lk 24:13-35).
- **Creed:** It is a statement of our faith in the word we have heard proclaimed in the Scripture.
- **Universal Prayer:** The intercessions help us become who God is calling us to be.



# PART THREE: MEAL SHARING/ LITURGY OF THE EUCHARIST

- **Preparation of the Gifts:**

Melchizedek in Genesis 14: 19-20.

- Blood and water that gushed forth from Christ's side on the cross (Jn 19:34).
- St. Paul's advice in 1 Timothy 2:8, "holy" or "clean" hands.
- Invitation
- Prayer Over the Gifts



# PART THREE: MEAL SHARING/ LITURGY OF THE EUCHARIST



- **The Eucharistic Prayer: Structure**
  - We call upon God to remember all the wonderful saving deeds of our history.
  - We recall the central event in our history, Jesus Christ, and in particular the memorial he left us on the night before he died. We recall his passion, death and resurrection.
  - After gratefully calling to mind all the wonderful saving acts God has done for us in the past, we petition God to continue those deeds of Christ in the present: We pray that we may become one body, one spirit in Christ.

# PART THREE: MEAL SHARING/ LITURGY OF THE EUCHARIST

- **Preface and Acclamation:**
  - “Holy, holy, holy Lord, God of hosts. / Heaven and earth are full of your glory.”
  - This is a reminder that we are praying “with the angels and saints”.
  - Isaiah 6:2-3 and Revelation 4:8.





# PART THREE: MEAL SHARING/ LITURGY OF THE EUCHARIST

- **Consecration:**
  - Giving praise and thanks
  - Calling upon the Holy Spirit, *the Epiclesis*.
  - Nothing in the Eucharistic sacrifice happens by man's effort alone.



# PART THREE: MEAL SHARING/ LITURGY OF THE EUCHARIST



- **Institution Narrative:**
- Recalls the events of the Last Supper—the institution of the Eucharist
- Matthew, Mark, and Luke, as well as 1 Corinthians 11:23-26.
- This also includes the elevation
- First the sacred Host, then the sacred Chalice
- **Mystery of faith**

# PART THREE: MEAL SHARING/ LITURGY OF THE EUCHARIST

- **Prayer for unity and intercessions:**
  - We pray for unity.
  - Add prayers for the Bishop of Rome and for the bishop of the local Church
  - We pray for the living and the dead
  - Especially for ourselves
  - Through the intercession of the saints
- Doxology, a prayer of glory to God in the name of Christ.



# PART THREE: MEAL SHARING/ LITURGY OF THE EUCHARIST

- **THE COMMUNION RITE**

- **The Lord's Prayer:**

- “Deliver us, O Lord...”: Titus 2:13

- “For the kingdom...”: The embolism prayer ends with a doxology.

- **The Rite of Peace:** (see John 20:19-23).

- **The Exchange of Peace:** (Matthew 5:23-24)

- From the very beginning, this practice was a very important element of the Mass.
- The exchange of peace is a serious moment of reconciliation and preparation to receive Holy Communion.



# PART THREE: MEAL SHARING/ LITURGY OF THE EUCHARIST

## ● THE COMMUNION RITE

- **The Fraction Rite:** “This mingling will bring eternal life to those who receive it”.
- **“Lamb of God”:** First Christians gathered for Mass; they called this action “the breaking of bread” (see Acts 2:42).
- **The Preparation Prayer of the Priest:** 1 Corinthians 11:29, Saint Paul warned the faithful not to receive Holy Communion unworthily.
- **“Behold the Lamb...”:** First, the priest quotes John the Baptist, who points out the Lamb of God to his disciples (see John 1:29), then he quotes Revelation (19:9), that those invited to the supper of the Lamb are blessed.
- **“Lord I am not worthy...”:** (see Matthew 8:8 and Luke 7:6).

# **PART THREE: MEAL SHARING/ LITURGY OF THE EUCHARIST**

- **THE COMMUNION RITE**

- **The Communion Prayer of the Priest:**
- **The Communion Chant:**
- **Holy Communion:**
- **The Purification of the Vessels:** “What has passed our lips as food, O Lord, may we possess in purity of heart, that what has been given to us in time may be our healing for eternity.”
- **The Silent Prayer of Thanksgiving:**
- **The Prayer after Communion:**

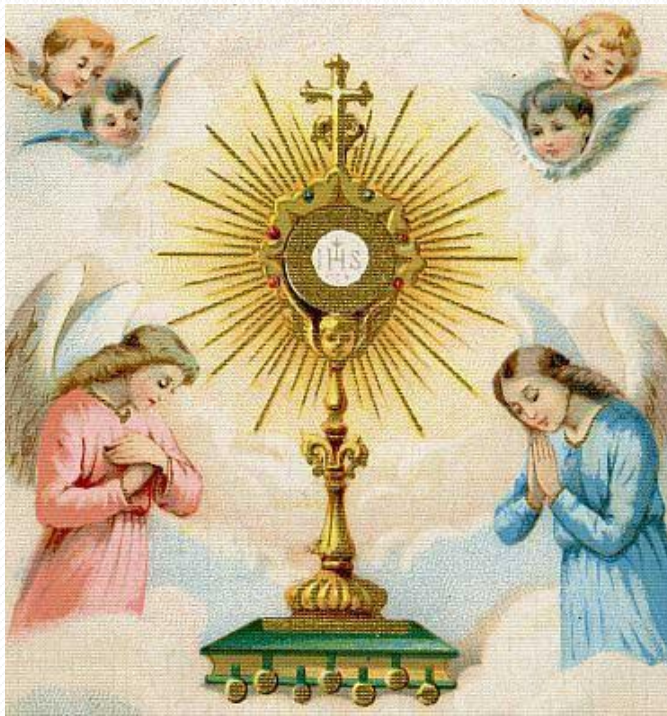
# PART FOUR: THE CONCLUDING RITES - COMMISSIONING

- **The Announcements**
- **The Final or Solemn Blessing**
- **The Dismissal**
- **The Procession**
- **The Recessional Chant/Hymn**
- **Personal Prayer**



# EUCHARISTIC ADORATION

## What is Adoration?

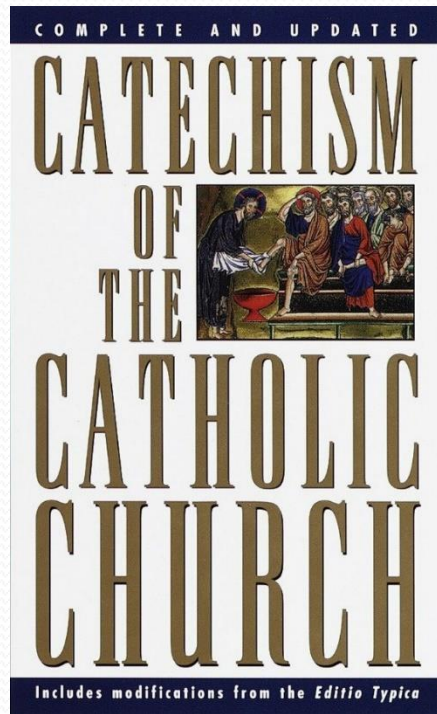


The worship of the Eucharist outside of the Mass.

The Eucharistic Host is displayed in a monstrance on the altar so that all can see and pray in the presence of Christ.



# EUCCHARISTIC ADORATION



- “Adoration is the first attitude of man acknowledging that he is a creature before his Creator. It exalts the greatness of the Lord who made us and the almighty power of the Savior who sets us free from evil. Adoration is homage of the spirit to the “King of Glory,” respectful silence in the presence of the “ever greater” God. Adoration of the thrice-holy and sovereign God of love blends with humility and gives assurance to our supplications.” (CCC 2628)

# EUCCHARISTIC ADORATION

- When Can I Go to Adoration?
  - Daily Adoration is from 9 am to 3 pm, Monday to Friday, except on holidays.
  - 40 hour Adoration on the 2nd week of every month. We start at 11:00pm Wednesday until 3:00pm Friday.



# EUCHARISTIC ADORATION

## What Do I Do During Eucharistic Adoration?



- Genuflect when you see the Lord in the Host
- Maintain an attitude of respect, and if others are present, silence.
- On retreats or other special occasions, there may be music playing to help foster a spirit of prayer, worship, and Adoration.
- Always keep in mind that you are in the presence of God!
- Kneeling, sitting, standing before the Blessed Sacrament are all appropriate forms of prayer.
- Let your posture reflect your worship of the King and do what is comfortable for you.

# EUCHARISTIC ADORATION

## What Do I Do During Eucharistic Adoration?



- You really don't have to "do" anything during Adoration.
- You can just sit there and look at Jesus.
- Take the time to be with Him.
- If you are the only person in the chapel, don't be afraid to pray or sing aloud.
- This is your personal time with Christ.

# THE HOLY EUCHARIST

During Jesus' walk to Emmaus with two disciples, they invited him to come and stay with them. He did. During their meal together, "their eyes were opened" and they recognized who he really was—the risen Messiah. Later when he disappeared from their midst, they said to each other: "Were not our hearts burning within us while he spoke to us on the way and opened for us the scriptures?" (Lk 24:13-32).

May our hearts burn within us as we listen to God's Word, and the eyes of our souls be opened so that we recognize the awesome gift we receive at Mass.

# Holy Spirit Catholic Church

*GLAD THAT  
YOU ARE  
PART OF  
HOLY SPIRIT!*

