

# THE MASS



## Introduction to the Mass and “Liturgy of the Word” *(1<sup>st</sup> Part of the Mass)*

# QUOTES ON THE MASS



**“The mass is the most perfect form of prayer!”** *Pope Paul VI*

**“If we really understood the Mass, we would die of joy.”**

*St. John Vianney*

**“Put all good works in the world against one Holy Mass; they will be as a grain of sand beside a mountain.”**

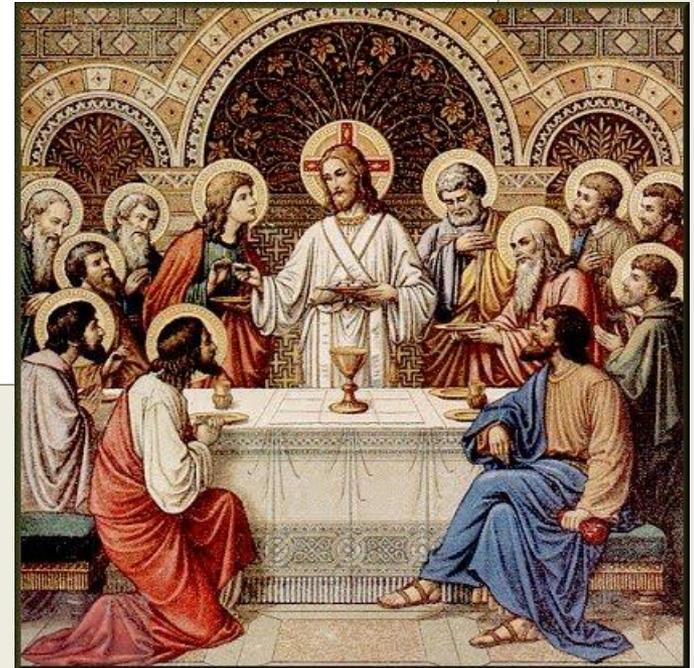
*St. John Vianney*

**“One single Mass gives more honor to God than all the penance of the Saints, the labors of the Apostles, the sufferings of the Martyrs and even the burning love of the Blessed Mother of God.”** *St. Alphonsus Liguori*

# COMMON NAMES FOR MASS

## SOMETIMES REFERRED TO AS:

- The Liturgy (means “public work)
- The Wedding Banquet of the Lord
- Holy Sacrifice of the Mass
- Memorial of the Lord’s Passion and Resurrection
- The Lord’s Supper



# WHY DO WE CALL IT MASS?

- The word “mass” is English for Latin term “missa” (dismissal or “missal”)
- The mass ends with the Latin words:  
*“Ite, missa est.”*:  
“Go Forth, you are sent”\*
- So even as we gather for celebration of the mass, we focus on being sent on a mission by our Lord.

# WHERE DOES THE MASS COME FROM?

➤ Last Supper was the first mass where the Eucharist was instituted at the Last Supper by Jesus (Matthew, Mark, Luke) (Luke 22:14-20)

➤ Early Church  
(Acts 2:42-47)

➤ St. Justin Martyr  
(155 AD)



*Repeated over and over again by the Church in response to Jesus' command.*

# WHAT IS THE MASS ?

- The Mass is a celebration of the Paschal mystery of Christ - Christ's saving work accomplished by his Passion, Death and Resurrection.
- **The Mass makes present the one sacrifice of Jesus on the cross of Calvary.**
- Jesus performs a miracle Himself during the Liturgy of the Eucharist using the consecrated hands of our priests.
- **The bread and wine are transformed by the power of the Holy Spirit into the Body and Blood of Jesus.**
- At Communion we receive our spiritual nourishment - Jesus Christ himself – **OUR SOURCE & SUMMIT**

## How can we believe Jesus' sacrifice is re-presented at the mass?



“By the power of the Holy Spirit, the Word was made flesh and made his dwelling among us. More than a millennium ago, St. John of Damascus explained the Mass by comparing it with the conception of Jesus in the womb of the Virgin”:

*‘You ask how the bread becomes the Body of Christ, and the wine...the Blood of Christ. I shall tell you. The Holy Spirit comes upon them and accomplishes what surpasses every word and thought...Let it be enough for you to understand that it is by the Holy Spirit, just as it was of the Holy Virgin and by the Holy Spirit that the Lord, through and in himself, took flesh’*

*“The Mass”*

# THE PRIEST AND THE MASS



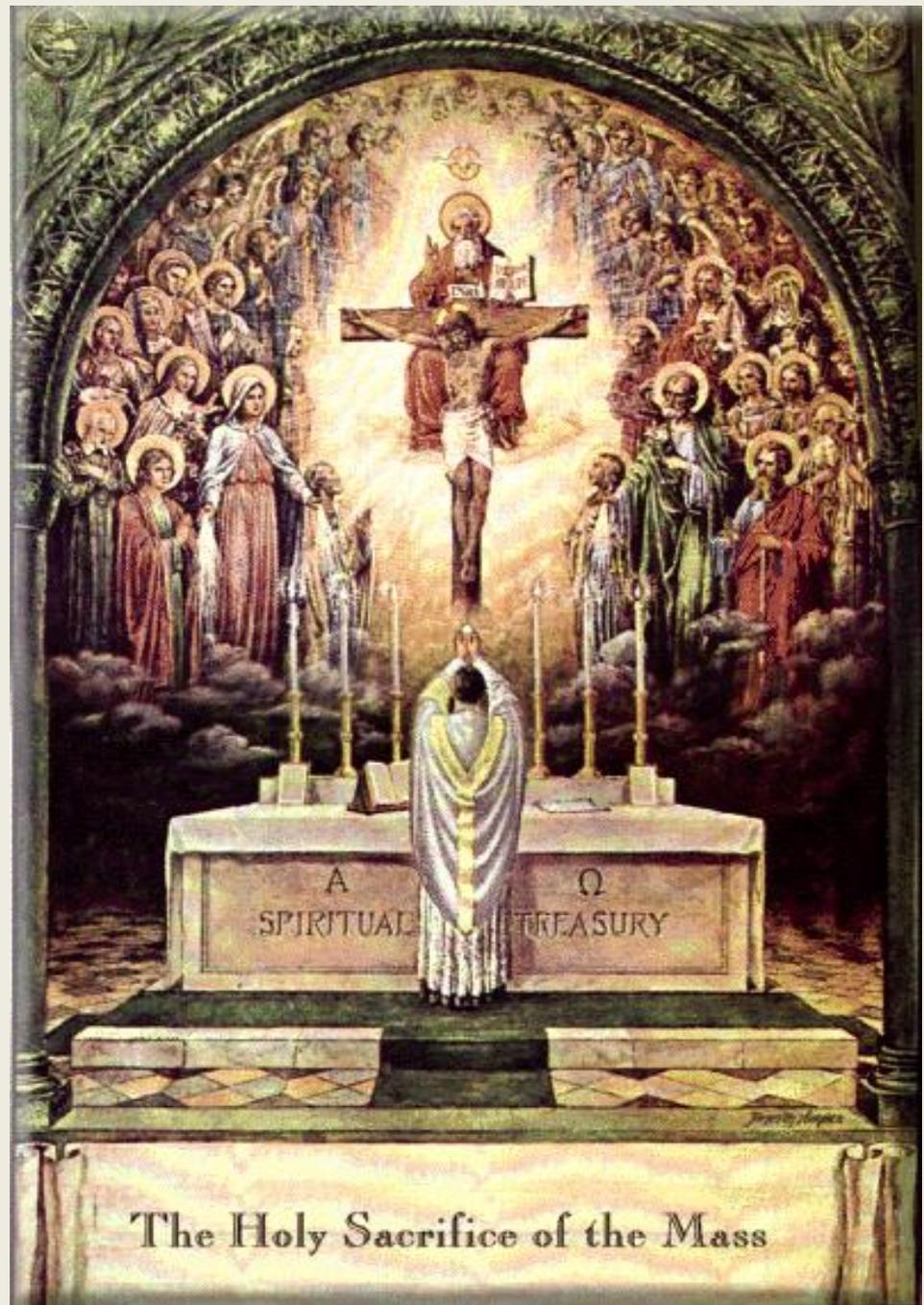
- By the sacrament of Holy Orders, a priest is conformed to Christ in a special way, and so he can act in Christ's name.
- It is Christ who offers the Mass, though he does so through the ministry of the priest.
- **WITHOUT** an ordained priest, the Mass is impossible.



## EPICLESIS (to invoke)

**Priest:** Therefore, O Lord, we humbly implore you: by the same Spirit graciously make holy these gifts we have brought to you for consecration, that they may become the Body and Blood of your Son our Lord Jesus Christ, at whose command we celebrate these mysteries.

*Followed by the "Institution Narrative"...Take all of you and eat of it....*



# Our participation in the Mass...

*We offer the sacrifice of our weaknesses to receive instruction from the Word of the Lord and nourishment from the Body and Blood of Christ so that we can be transformed into Christ.*

- **Our movements at Mass** are governed by the Church (standing, sitting, kneeling, and so on)
- **Our speech** is not of our own choosing, but rather we speak the Word of God.
- **Singing:** St. Paul to the Colossian (Col 3:16)

*“Let the Word of Christ dwell in you richly, as in all wisdom you teach and admonishing one another singing psalms, hymns and spiritual songs with gratitude in your hearts to God. “*



# Mass is a “Sweet” Obligation

- We go to Mass because the Lord commanded us to
- The Church “imposes a sweet obligation,” one that will benefit us.  
(we don’t say *“have to go”* we say *“get to go”*)\*
- “The Sunday celebration of the Lord's Day and his Eucharist is at the heart of the Church's life. Sunday is the day on which the paschal mystery is celebrated in light of the apostolic Tradition and is to be observed as the foremost holy day of obligation in the universal Church.” (CCC 2177)\*

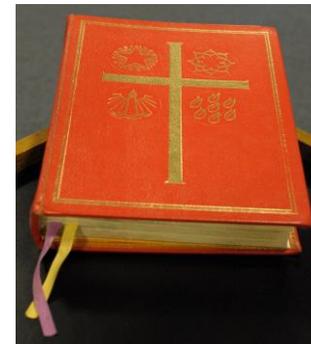
# PRAYERS AT THE MASS



- Have been developed by the Church over many years;
- Many are taken from Scripture;
- Some are literally quoting Scripture;
- The Creed comes from the very early Church to help the Faithful to understand and proclaim the Truth

# SACRED RITUAL BOOKS

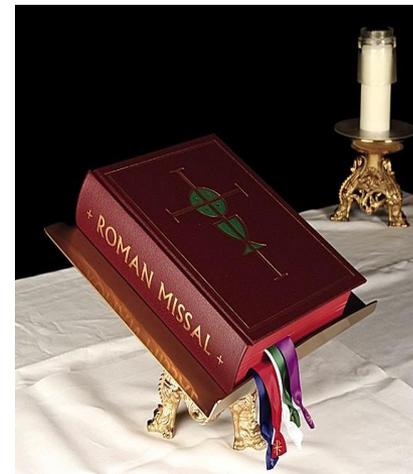
***Lectionary:*** contains scripture readings for each day



***Book of the Gospels:***  
Gospels only



***Roman Missal:*** Volume of prayers used by the priest who presides at Mass. (provides rubrics/instructions for priest.)





**BEGINNING OF LITURGICAL YEAR**  
*1<sup>st</sup> Sun of Advent*  
*(this year Sun Dec 3)*

**END OF THE LITURGICAL YEAR**  
*Christ the King*  
*(this year Sun Nov 26)*

**SUNDAYS**

**YEAR A - Matthew**

**YEAR B - Mark**

**YEAR C - Luke**

John- fills out  
Year B & special  
church seasons

**DAILY**

**Year 1    Year 2**



# READINGS AT THE MASS



*“Man shall not live by bread alone, but by every word that proceeds from the mouth of God” (Mt 4:4)*

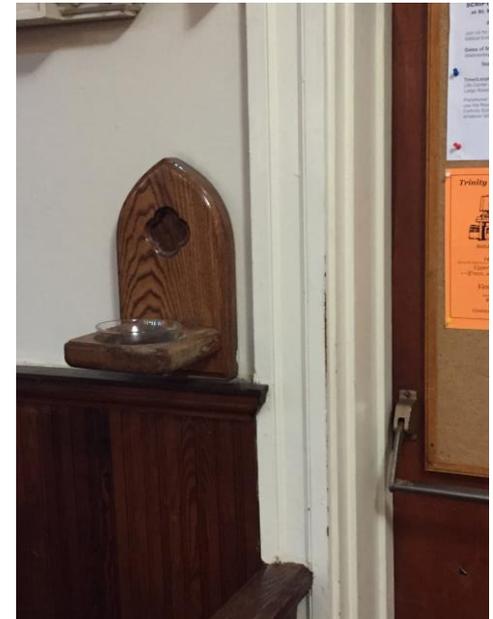
The readings proclaimed at the Mass are all from the Bible.

- **The First Reading** is either from the Old Testament or the Acts of the Apostles (during the Easter Season)
- **The Responsorial Psalm** is from the Book of Psalms
- **The Second Reading** is from one of the New Testament Letters or the Book of Revelation
- **The Gospel Reading** is always from one of the four Gospels: Matthew, Mark, Luke or John

# THINGS CATHOLICS DO AT MASS

## Entering Church: While passing Holy Water Font

- Dip fingers into holy water font which is a reminder of our Baptism and our entry into new life.



- Then make Sign of the Cross (Matt 28:19-20)

# THINGS CATHOLICS DO AT MASS

Stand – to praise

Sit – to Listen →

Kneel – to adore



# We Genuflect or Bow



- The Blessed Sacrament (Eucharist) is present in the Tabernacle even when mass is not being celebrated.
- Before entering pew as a sign of reverence and acknowledgement of the Lord's presence.  
Reverence to the true King.
- When passing in front of the Blessed Sacrament in the Tabernacle.

***How do we know the Blessed Sacrament is present?***

*Sanctuary  
Lamp is  
present*



***Being  
aware of  
the  
presence  
of God.***

# PREPARING FOR MASS

- Read the Sunday Scripture readings prior to attending Mass.
- Examination of Conscience
- No food or drink (except water or medicine one hour before receiving the Eucharist)
- Appropriate dress (modestly)
- Arrive about 10 minutes before Mass to free ourselves from distractions



# Outline of The *Liturgy of the Word* (Typical Sunday in Ordinary Time)

## Introductory Rite

Antiphon (Procession/Hymn)

Sign of the Cross

Greeting

Penitential Rite

Gloria

Opening Prayer (Collect)

First Reading

(usually Old Test./Acts)

Responsorial Psalm

Second Reading

(usually New Test. Ltr)

Alleluia

Gospel Reading

Homily

Creed (Profession of Faith)

General Intercession

(also called Prayer of the Faithful)

# LET'S BEGIN THE MASS

## Entrance Procession: (stand)



- Processional Hymn
- Priest and Deacon first reverence the altar by kissing it – Altar is a symbol of Christ.
- Sometimes incense is used.
- Procession: Not merely a mechanical event.

# LITURGICAL GREETING (stand)

## Liturgical Greeting (not worldly)

*[All together make the sign of the cross.]*

**Priest:** In the name of the Father, and of the Son, and of the Holy Spirit.

**All:** Amen

**Option A:** (2 Cor 13:14)

**Priest:** The grace of our Lord Jesus Christ,  
and the love of God,  
and the communion of the Holy Spirit be with you all.

**All:** And with your spirit. \*

(Gal 6:18)

**Option B:**

**Priest:** Grace to you and peace  
from God our Father  
and the Lord Jesus Christ.

**All:** And with your spirit.

**Option C:**

**Priest:** The Lord be with you.  
[or Bishop: Peace be with you.]

**All:** And with your spirit.



# PENITENTIAL ACT (stand)



- The congregation, make a General Confession of our sins.  
*Priest: Brethren (brothers and sisters), let us acknowledge our sins, and so prepare ourselves to celebrate the sacred mysteries.* (1)
- **James 5:16:** *“Therefore, confess your sins to one another and pray for one another, that you may be healed. The fervent prayer of a righteous person is very powerful.”* (2)
- Throughout all of mass we are asking for God’s forgiveness and offering up our weaknesses in turn for his grace.

# PENITENTIAL RITE (stand)

*There are options for Penitential Act. Most common Penitential Rite is Option A*

**Option A** - Confiteor – Latin word meaning “I Confess”

**All:** I confess to almighty God  
and to you, my brothers and sisters,  
that I have greatly sinned,  
in my thoughts and in my words,  
in what I have done  
and in what I have failed to do,

**through my fault, through my fault,  
through my most grievous fault; (Strike Breast 3 x's)**



**(Luke 18:13)**

therefore I ask blessed Mary ever-Virgin,  
all the Angels and Saints,  
and you, my brothers and sisters,  
to pray for me to the Lord our God.

**Priest:** May almighty God have mercy on us,  
forgive us our sins, and bring us to everlasting life. **All: Amen.**

# KYRIE (LORD, HAVE MERCY)

## (Stand)

**Priest:** Lord, have mercy. **All:** Lord, have mercy.

**Priest:** Christ, have mercy. **All:** Christ, have mercy.

**Priest:** Lord, have mercy. **All:** Lord, have mercy.

**GREEK** (*language of the early Church*)

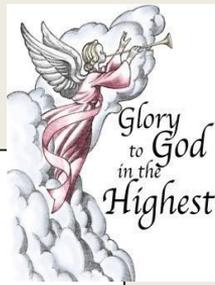
**Priest:** Kyrie, eleison. **All:** Kyrie, eleison.

**Priest:** Christe, eleison. **All:** Christe, eleison.

**Priest:** Kyrie, eleison. **All:** Kyrie, eleison.

*(Matt 17:15 and Matt 20:31)*

## GLORIA (stand)



**All:** Glory to God in the highest, **(Luke 2:11-14)**  
and on earth peace to people of good will.

We praise you, we bless you, we adore you, we glorify you,  
we give you thanks for your great glory,  
Lord God, heavenly King, O God, almighty Father.

Lord Jesus Christ, Only Begotten Son,  
Lord God, Lamb of God, Son of the Father, **(John 1:29)**

you take away the sins of the world, have mercy on us;  
you take away the sins of the world, receive our prayer;  
you are seated at the right hand of the Father,  
have mercy on us. **(Col 3:1)**

For you alone are the Holy One,  
you alone are the Lord, **(Rev 15:4)**

you alone are the Most High, Jesus Christ, with the Holy Spirit,  
**(Psalms 83:18)**

in the glory of God the Father. Amen.

## COLLECT /Opening Prayer (stand)

***Priest: Let us pray . . .***

The Collect is a prayer that takes all prayers we previously offered and formally presents the prayers before God.

## FIRST READING (sit)

***Lector: “A reading from the Book of . . .”***

***Lector after reading***

*“The Word of the Lord.”* (Acts 15:36)

***All Respond: “Thanks be to God!”*** (2 Cor 9:15)

# RESPONSORIAL PSALM (sit)

- Book of Psalms -- usually chanted or sung
- “Respond” to the first reading.
- Psalms contain “all things human” – joy, gratitude, repentance, cries for help, pleas for justice and appeals for mercy. *St. Athanasius*

***Cantor sings response:***

*“The Lord is near to all who call upon him.”*

***All repeat response***

*(Psalm 145)*

***Cantor reads verse***

***All repeat response***

## SECOND READING (sit)

- Taken from the New Testament letters or Book of Revelation (Easter to Pentecost = read from Acts)
- A second reading is prescribed for all Sundays and major feasts, but not for most weekdays or minor feasts.
- In second readings, we often catch glimpses of the problems and progress of the early Church.

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***Lector begins:*** “A reading from the Letter of ...”

***Lector proclaims at end:*** “The Word of the Lord.”

***All Respond:*** “Thanks be to God!”

## GOSPEL (stand)



- **Gospel:** word used by Apostles to describe proclamation of Jesus' saving work (*Rom 1:1-4, 1:15*)
- Gospel means: "Good News"
- We RISE to greet the Lord in the Gospel
- Only the Priest or Deacon can read Gospel

## GOSPEL ACCLAMATION (stand)

- Before Gospel is read, we sing **Gospel Acclamation** or Alleluia
- Alleluia = Greek for "Praise the Lord"

***Choir or Cantor:*** Alleluia!      ***All repeat:*** Alleluia!

***Choir or Cantor:*** [verse]      ***All repeat:*** Alleluia!

# Proclamation of Gospel (stand)

**Deacon /Priest:** “The Lord be with you.”

**All:** “And with your spirit.”

**Deacon/Priest:** “A reading from the Holy Gospel according to...

**All:** “Glory to you, O Lord!” (*Isaiah 42:12*)

## WE RESPOND BY GIVING GLORY AND SIGNING OURSELVES:

- Usually this takes the form of placing the thumb of the right hand together and
- **Tracing** the entire [Sign of the Cross](#) first on the forehead, then on the lips, and finally over the heart.
- **Saying:** *“May the Word of the Lord be on my mind, on my lips, and in my heart.”* **OR**

*“May the Lord purify my understanding, my speech, and my heart so that I may receive the Words of the Gospel.”*

## After Gospel is Proclaimed:

**Deacon (or Priest):** “The Gospel of the Lord.”

**All:** Praise to you, Lord Jesus Christ! (*Leviticus 19:24*)

# HOMILY (sit)

- Proclaimed by the Priest or Deacon
- Comes from Greek “Homilia” meaning DISCOURSE.
- Reflection on scripture readings -- showing their common thread.
- Provide context of scripture for today (us)



**Liturgical homily holds a high place among all forms of Christian instruction (CCC 132)**

## CREED (PROFESSION OF FAITH) (stand)

- Creed: Latin Word “Credo” meaning “I Believe”
- We are nourished by the Word of God (Scripture) **then we arise to affirm our faith and trust in God and what he has revealed to us.**
- Creeds are the early Church’s response to heresies that threatened to confuse believers and divide God’s family. (Example: denial of divinity of Christ)
- Apostles Creed (earliest Creed)
- Nicene Creed (usually recited) Nicea 325 and more fully developed at Council of Constantinople 381
- We declare our unity with Christ and the Church.
- **“...and by the Holy Spirit was incarnate of the Virgin Mary, and became man.”** We bow at the waist showing respect for God becoming one of us (Incarnation) .



***STILL AFFIRMING OUR FAITH 2000 YEARS LATER!***

# **GENERAL INTERCESSIONS (stand)**

## **(PRAYER OF THE FAITHFUL)**

- Since the most power prayer is the Holy Mass, we use the occasion to raise our prayer on behalf of ourselves and others.
- 1 Timothy 2:1-3
- St. Justin Martyr
- Since the most power prayer is the Holy Mass, we use the occasion to raise our prayer on behalf of ourselves and others.

### **General Instructions of Roman Missal:**

- a. For the needs of the Church
- b. For public authorities and the salvation of the whole world
- c. For those oppressed by any need
- d. For the local community

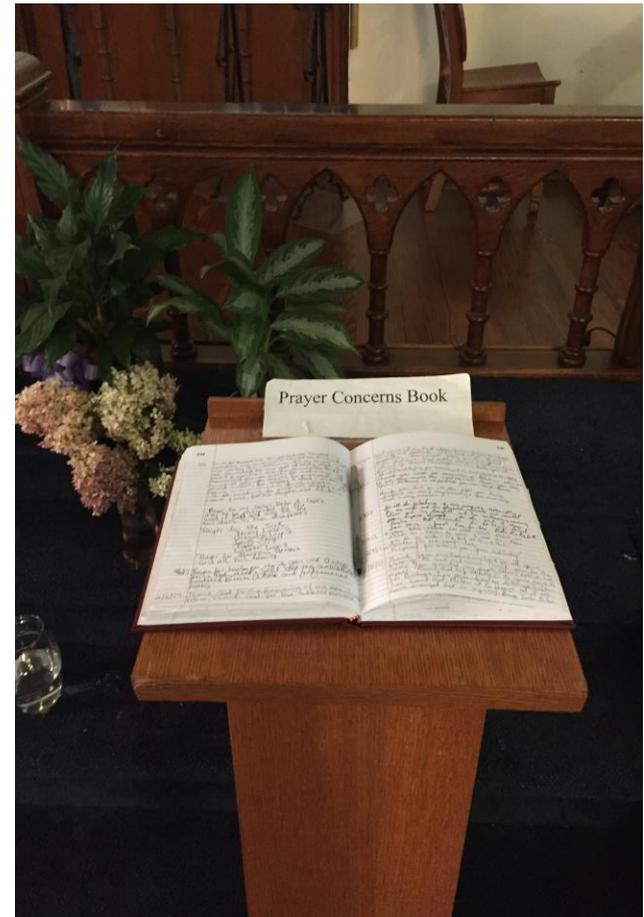


**St. Mary**  
of the  
**Assumption**  
Parish

## **SPECIFIC TO ST. MARY OF THE ASSUMPTION**

➤ **Book of Prayer Concerns** –  
in front of church to write  
in your prayer requests.

➤ **St. Michael Prayer**  
(after Prayer of the Faithful)  
Not a required prayer of the  
Mass



# Prayer to Saint Michael

Saint Michael, Archangel, defend us in battle.  
Be our protection against the wickedness and  
snares of the devil. May God  
rebuke him, we humbly pray.  
And you, Prince of the  
heavenly host, by the power  
of God, thrust into Hell Satan  
and the other evil spirits who  
roam about the world seeking  
the ruin of souls. Amen

