

THE MASS



**Introduction to the Mass and
“Liturgy of the Word”**
(1st 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.”

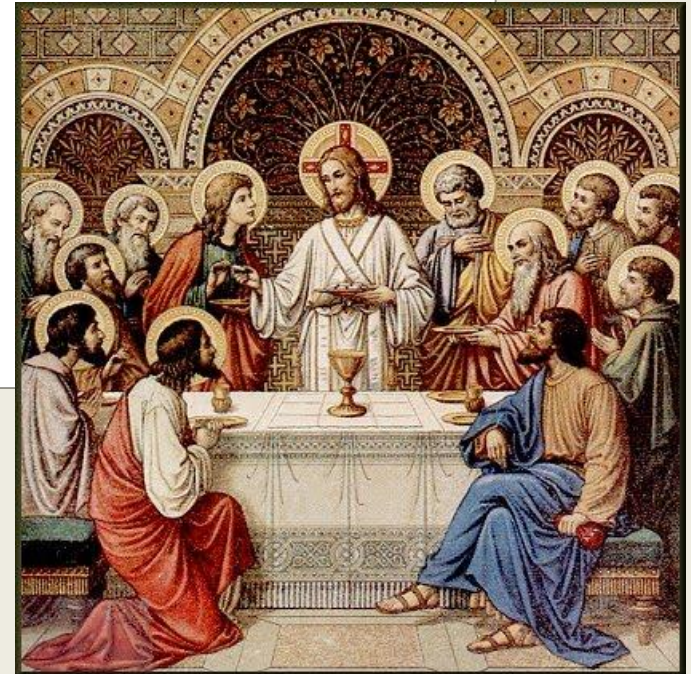
St. John Vianney

“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 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
for 2000 years by the Church in response to
Jesus' command.*

WHAT IS THE MASS ?

- 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



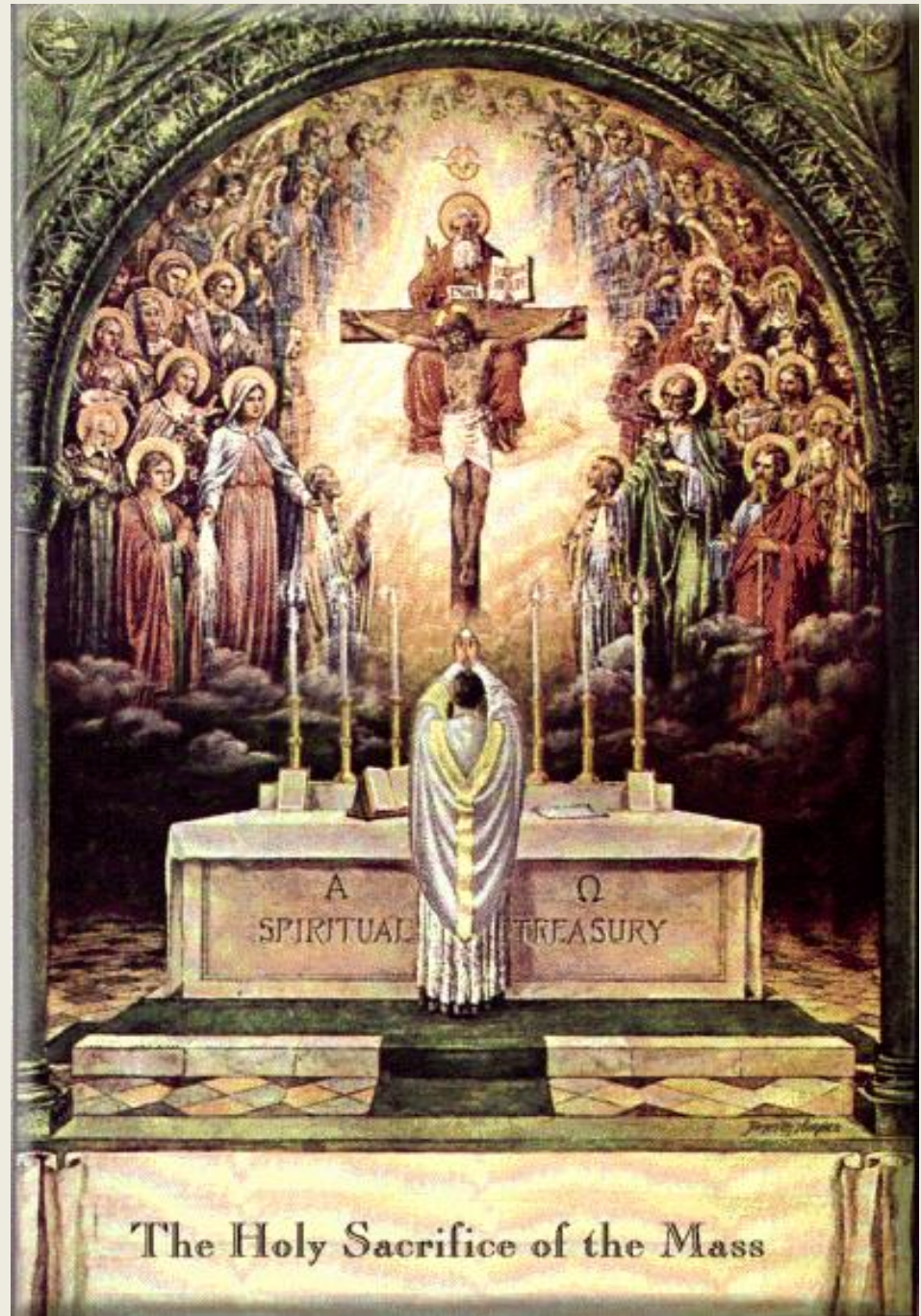
- By the sacrament of Holy Orders, a priest is conformed to Christ in a special way, and so he can act in Christ's name.
- It is Christ who offers the Mass, though he does so through the ministry of the priest.
- **WITHOUT** an ordained priest, the Mass is impossible.



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...

- What is the sacrifice I offer at Mass?
- 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 Eucharist is the foundation and confirmation of all Christian practice. For this reason the faithful are obliged to participate in the Eucharist on days of obligation, unless excused for a serious reason (for example, illness, care of infancies or dispensed by their own pastor. Those who deliberately fail in this obligation commit a grave sin. (CCC 2181)

It is a serious responsibility before God to gather every week before God on the Lord’s Day at Mass.

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

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.

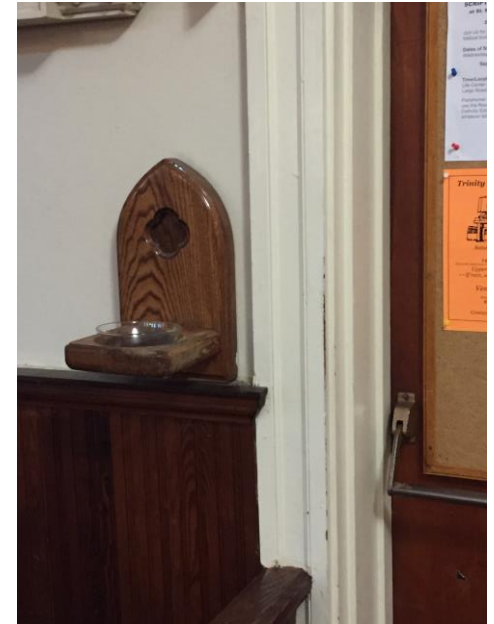
- **The First Reading** is either from the Old Testament or the Acts of the Apostles (during the Easter Season)
- **The Responsorial Psalm** is from the Book of Psalms
- **The Second Reading** is from one of the New Testament Letters or the Book of Revelation
- **The Gospel Reading** is always from one 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

