

THE HOLY MASS



INTRODUCTION

- **The Holy Mass is a marvelous heritage that Jesus left to His disciples on the night of the Last Supper when He said to them: “Do this in memory of Me”
- **The Mass includes many words and many rites. Each of these rites, each of these words reveals something about the mystery of the Eucharist.
 - ** The rites and Words of the Mass are organized around four parts:
- **The Holy Mass is the main act of worship, the sacrifice of praise that gives infinite glory to God.

Names of the Mass

- **Breaking of the bread:** refers to what Jesus did, not only at the Last Supper, but also when He revealed Himself to the disciples on the road to Emmaus and when He multiplied the loaves and the fishes to feed the multitudes.
- **The Lord's Supper:** refers to the meal that He shared with His apostles on the night before He died, when the Mass was instituted.
- **The Offering:** refers to what Jesus did upon the cross when He offered Himself to the Father for our salvation, and when He offered His Body and Blood to His apostles under the species of bread and wine.
- **The Holy Sacrifice:** refers to the sacrifice of our Lord at Calvary, which the Mass makes present.
- **The Eucharist:** Greek word that means "Thanksgiving" refers to another central act that Jesus did before He broke the bread- He gave thanks.

How is the Mass a Sacrifice?

The mass makes present the one sacrifice of Jesus on the Cross at Calvary. All who participate in the Mass join their spiritual sacrifices to the one sacrifice of Christ and through Him they are offered to God the Father through the action of the Holy Spirit.

In the blessed Eucharist is contained the whole spiritual good of the church, namely Christ Himself. CCC 1324



First Part of the Mass

- The **Introductory Rites** begin with the entrance of the ministers and ends with the opening prayer.



Kiss of the Altar

- Represents Christ and is there that most important actions take place.
- The priest presents the bread and wine to God.
- The priest proclaims the Eucharistic prayer.
- The priest pays homage to Christ who gave Himself up for us and he manifests that he will represent Him throughout the whole celebration.

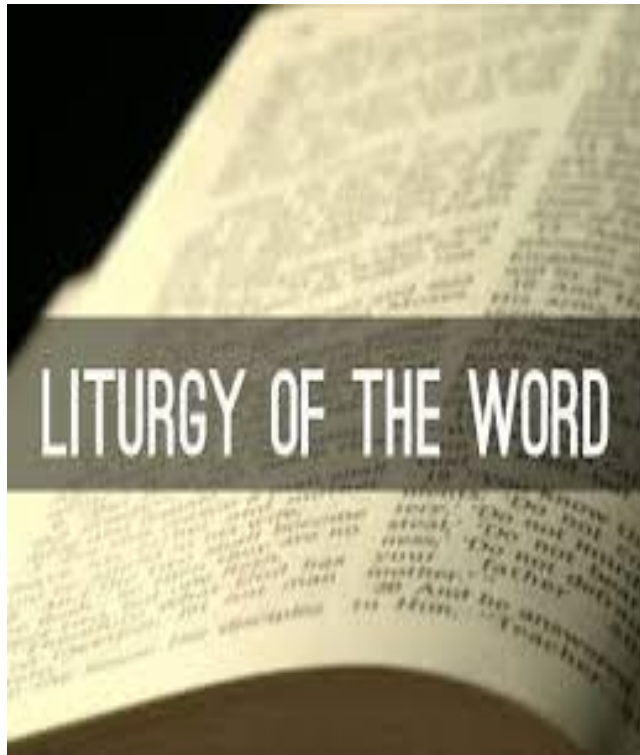


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- The Procession (singing a Hymn)
- The Sign of the Cross
- The Greeting
- The Penitential Act
- The Gloria
- The Opening Prayer/ Collect

Second Part

- The Liturgy of the Word starts with the readings and ends with the Prayer of the Faithful



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- The First Reading (Old Testament)
- The Responsorial Psalm
- The Second Reading (New Testament)
- The Gospel (Matthew, Mark, Luke or John)
- The Homily
- The Profession of Faith (Creed)
- The Prayer of the Faithful (Intercessions)

The Third Part

The Liturgy of the Eucharist has three important moments.

1. The preparation of the gifts
2. The Consecration
3. Holy Communion



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- **Epiclesis:** Greek words that means “to invoke”
- The priest asks God to send the Holy Spirit upon the bread and wine so that they be sanctified, transformed consecrated and so become for us the body and blood of the risen Jesus.



Continue.....

- Offertory
- The Eucharistic prayer
- Memorial acclamation
- The Great Amen (the doxology)
- The Lord's Prayer
- Sign of Peace
- Breaking of the Bread
- Holy Communion

The Fourth Part

The Concluding Rite: the Mass comes to a close and we prepare to leave the church refreshed to live like sisters and brothers of Christ following his example and living his teachings.

- . The final blessing
- . The Dismissal
- . The Final Procession

Meaning of Gestures

- **Genuflect or Bow**; ancient sign of reverence adopted by the church to show respect to the true King our Lord.
- **Standing**; sign of respect when an important person enters a room
- **Sitting**; posture of listening and reflecting on what we are hearing.
- **Giving**; what we drop in the collection basket is a symbol of ourselves.
- **Kneeling**: sign of humility, repentance and profound adoration during the consecration.

The Holy Mass should be the center of our lives.



- We come to mass to praise God and give thanks for all of the blessings we have received.
- We are nourished by God's word and by Eucharist.
- At Mass we are all participants: there is no place for spectators!!!