

# THE MASS



# Where did the Mass come from?

- Last Supper was the first mass where the Eucharist was instituted by Jesus. (Luke 22:14-20) (Matthew 26:26-28) (Mark 14:22-24)
- 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.*



# How is the Mass a Sacrifice?

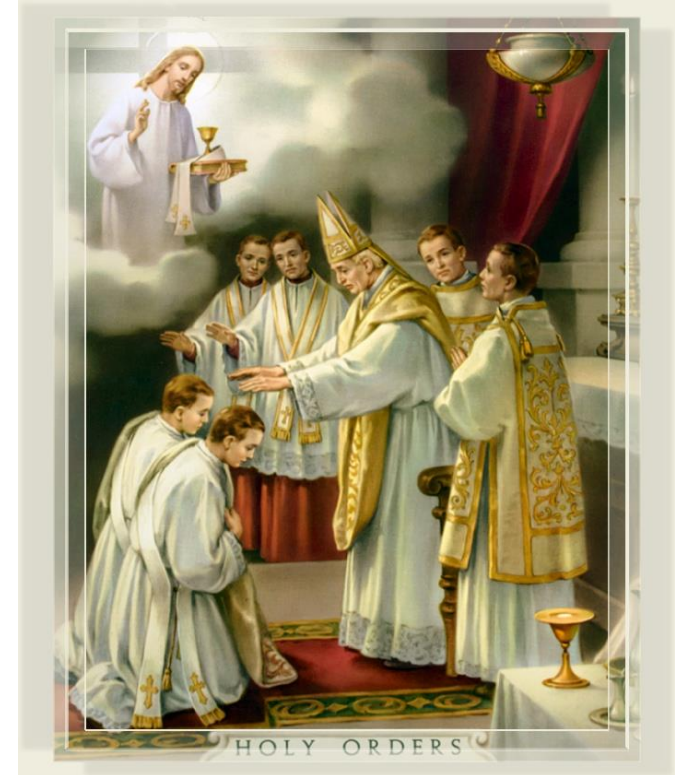
The mass makes present the one sacrifice of Jesus on the Cross at Calvary. All who participate in the Mass join their spiritual sacrifices to the one sacrifice of Christ and through Him they are offered to God the Father through the action of the Holy Spirit.

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



# 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.





# Mass is a “Sweet” Obligation

- (CCC 2181) 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.
- We are obligated to go to Mass because: **the Lord commanded us to.**
  - Third Commandment    - Last Supper
- The Church “imposes a sweet obligation,” one that will benefit us.  
(we don’t say “*have to go*” we say “*get to go*”)

# PREPARING FOR MASS

## **Suggestions:**

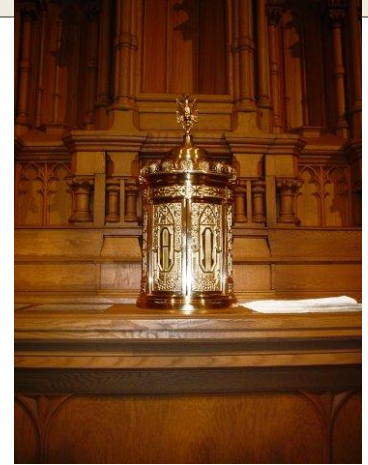
- Read the Sunday Scripture readings prior to attending Mass.
- Examination of Conscience
- Appropriate dress (modestly)
- Arrive about 10 minutes before Mass to free ourselves from distractions (turn off cell phones)

## **Required of Catholics:**

- No food or drink (except water or medicine) one hour before receiving the Eucharist
- State of Grace (no mortal sin)
  - Missing Sunday Mass is a mortal sin

# Our participation in the Mass...

- Ask for forgiveness of venial sins
- Listen to the Word of God
- Participate in Prayer (singing)
- Worship the Lord
- Receive Communion



## Other

**Holy Water:** When entering Church, dip fingers into holy water font which is a reminder of our Baptism and our entry into new life. **Make Sign of Cross**

**Genuflect or Bow:** Sign of reverence before the Blessed Sacrament (Eucharist). Jesus is present in the Tabernacle even when mass is not being celebrated.

- Before entering pew & when passing in front of the Tabernacle.

**Standing;** sign of respect when an important person enters a room (Gospel)

**Sitting;** posture of listening and reflecting on what we are hearing. (Readings)

**Kneeling:** sign of humility, repentance & profound adoration during the consecration

# Two Parts of Mass

## Liturgy of the Word/Liturgy of the Eucharist

- Antiphon (*Procession/Hymn*)
- Sign of the Cross
- Greeting (*Gal 6:18*)
- Penitential Rite (*James 5:16*)
- Gloria (*Lk 2:11-14; Jn 1:29; Col 3:1; Rev 15:4; Ps 83:18*)
- Opening Prayer (*Collect*)
- Readings





# Liturgy of the Word

Readings are taken from Scripture:

- **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 Gospls:
  - Matthew (Year A)
  - Mark (Year B)
  - Luke (Year C)
  - John (used at different times throughout year)



## *Liturgy of the Word (cont.)*

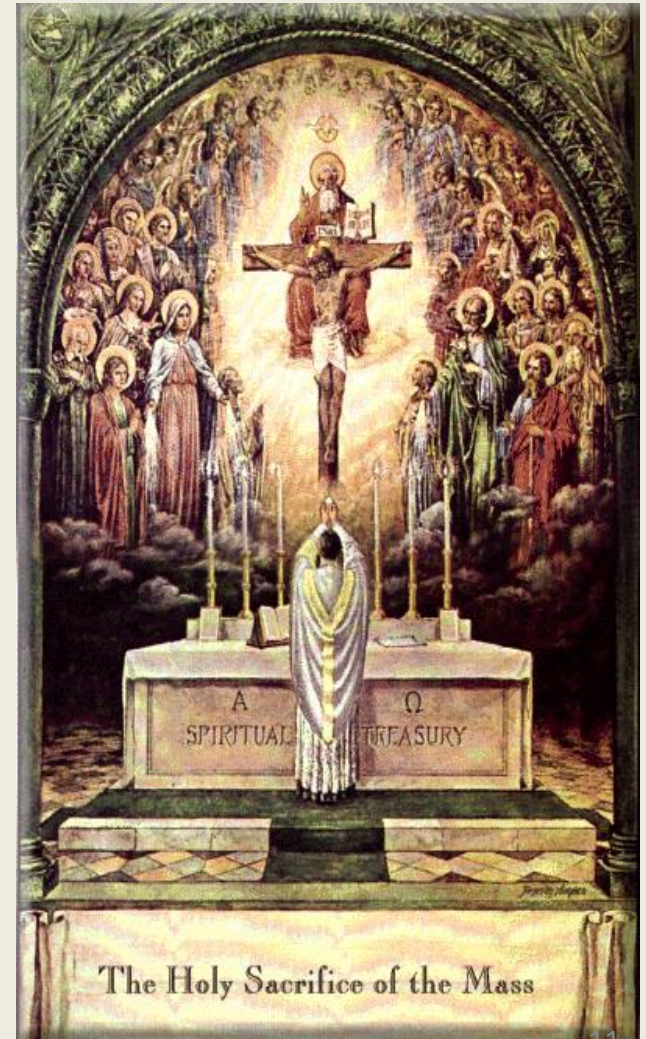
- Homily (CCC132)
- Creed (*Profession of Faith*)
- General Intercession (1 Timothy 2:1-3)  
*(also called Prayer of the Faithful)*

# Second Part of the Mass

## The Liturgy of the Eucharist

- Offertory\*\*
- The Eucharistic prayer\*\*
- The Lord's Prayer
- Sign of Peace
- Breaking of the Bread
- Holy Communion\*\*

**Most important parts\*\***



# LITURGY OF THE EUCHARIST OFFERTORY AND COLLECTION\*\*

**Bread and wine**



**Our  
Treasure**



**\*\*Ourselves\*\***





# EUCHARISTIC PRAYER\*\*

***Epiclesis*** –(Greek – invoke upon)

- a prayer for sending of the Holy Spirit
- as the priest calls on God’s power and he asks that the gifts may be consecrated to become the Body and Blood of Christ, so Christ can be a source of salvation for those who share in it.

*“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.”*



# EUCHARISTIC PRAYER (cont.)



## Institution Narrative and Consecration

The words of Jesus at the Last Supper are said:

*“Take this, all of you, and eat of it; For this is my Body which will be given up for you.”* **Elevation (IT IS NOW JESUS)**

*“Take this, all of you and drink from it. For this is the chalice of my blood of the new and eternal covenant which will be poured out for you and for many for the forgiveness of sin covenant...Do this in Memory of Me.”*

**Elevation (IT IS NOW JESUS)**

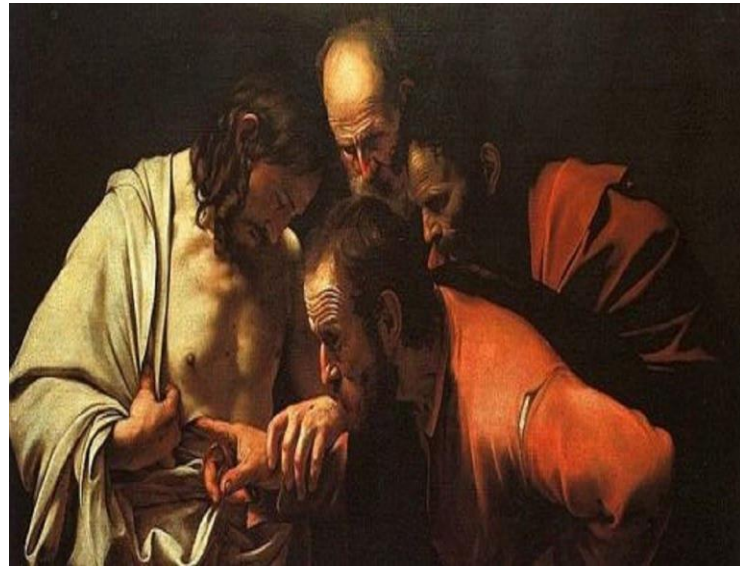
# Elevation

- When Chalice and Host are ELEVATED, the gifts are no longer bread and wine.
- Some churches ring bells during elevation
- At Elevation: Some bow heads, gaze, pray—Jesus is Present.



“My Lord and My God”

(John 20:28)



## Liturgy of the Eucharist (cont.)

- **Our Lord's Prayer** – (Matt 6:9-13)
- **Sign of Peace** - Priest asks Jesus to look down on us. He offers us Christ's peace - (John 14:27)
- **Lamb of God**, *you take away the sins of the world, have mercy on us*
  - Our new Passover Lamb , Jesus Christ, gives us freedom from slavery (sin)
  - John 1:29: “Behold the Lamb of God....
- **Commingling**
  - As the *Lamb of God* is prayed, the priest breaks off a small piece of the Eucharist bread and drops it into the chalice that contains the Precious Blood of Jesus. (may not notice)
  - It symbolizes the Resurrection of our Lord. At the consecration, our Lord came to the bread and wine separately. Now they are joined.
  - It also symbolizes the unity of the Church.
- **Holy Communion**



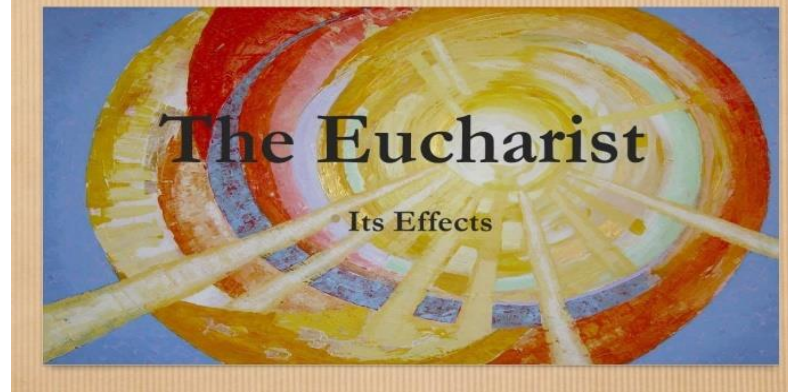
# RECEIVING COMMUNION

*“Lord I am not worthy that you should enter under my roof, but only say the word and my soul shall be healed.”      Luke 7:6-7*

- We approach Holy Communion as if Jesus were standing in front of us -- with humility, gratitude, and reverence.
- Receive on the tongue or in the hand.
- Holy Communion may be received by the Sacred Host or under both the Sacred Host and Precious Blood.
  - Holy Communion distributed in both species has a fuller form as a sign.
  - Christ is present in each species completely – body, blood, soul, and divinity.
  - “Those who receive under only one species are not deprived of any of the graces.”
- **Guidelines for Receiving (who can):** See handout.  
(Current “Today’s Missal” pg. 234)

## FRUITS OF HOLY COMMUNION

- Unites us to the Lord (CCC 1391)
- Nourishes our spiritual Life (CCC 1392)
- Cleanses us from past sins (CCC 1393)
- Strengthens the bonds of Christian love within us (CCC 1394)
- Makes it harder to fall into mortal sin in the future (CCC 1395)
- Compels us to recognize the same Lord in the poor (CCC 1397)



### **After Communion:** Period of Silence

The same Jesus who was born in Bethlehem, preached and healed throughout Israel, who suffered and died on the cross, then rose from the dead and ascended into heaven is

**NOW WITHIN US!**

# 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!!!

**Let us take this personally!!!  
Jesus does!!**

### **Books/References on the Mass:**

- *CCC 1322-1419– Sacrament of the Eucharist*
- *CCC 2168-2195- Sunday Obligation*
- *The How-to- do- Book of the Mass* by Michael Dubruiel
- *The Mass*, by Cardinal Donald Wuerl
- *Calvary and the Mass*, by Bishop Fulton J. Sheen (Venerable)
- *The Lord's Supper: The Mass as Heaven on Earth*, Dr. Scott Hahn

### **Recommended Videos on the Mass:**

- *Presence: Mystery of the Eucharist* (Episode 1) Augustine Institute  
Link: <http://eucharist.augustineinstitute.org/free-forgiven-episode23051754>
- *Catholicism Episode 7 – The Mystery of the Liturgy and the Eucharist*, Bishop Robert Barron, Word on Fire

### **Holy Days of Obligation in the Catholic Church**

- January 1: The Feast of Mary, the Mother of God.
- 40 days after Easter Sunday: Ascension Thursday (In the United States, it is moved from Thursday to the closest Sunday)
- August 15: Assumption of Mary into heaven.
- November 1: All Saints' Day.
- December 8: The Feast of the Immaculate Conception.
- December 25: Christmas, the Nativity of Our Lord.