

## A Walk Through the Mass

with the revised Roman Missal  
Third Edition



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## What is Liturgy?

- Liturgy is the public prayer of the Church.
- We surround the Sacrament of the Eucharist with the liturgy of the Mass
- Each of the Sacraments is surrounded with liturgy.



## Saint Justin's Outline 155 A.D.

- Christians gather on Sunday
- Writings of the Apostles and prophets are read.
- The presider challenges the hearers to imitate these things.
- All then offer prayers of intercession.
- They exchange the kiss of peace.
- What is gathered is given to the presider to assist those in need.
- The gifts of bread and wine (mixed with water) are brought forth.
- The presider prays for a considerable time as he gives thanks. (Eucharist)
- At the end all say "Amen".
- The deacons give the "Eucharistized" bread, wine and water to all present and take some to those absent.

## The Roman Missal

- This book is called *The Sacramentary*, which together with the *Lectionary for Mass* make up *The Roman Missal*. The Missal is the collection of prayers, chants, and instructions (rubrics) used to celebrate Mass.
- The majority of the prayers we recite or sing at Mass are contained in this book and it is these prayers that have recently been retranslated from the original Latin into English.

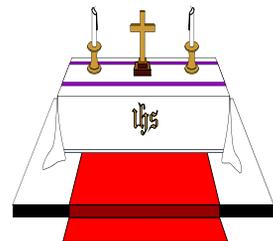


## The History of the Roman Missal

- In the early Christian Church, many of the Mass prayers were memorized and handed down orally. Scribes eventually collected the prayers and recorded them in *liber sacramentum* (book of sacraments or sacramentaries).
- Other books were used for the scripture readings: *Lectionaries* and a *Book of the Gospels* (Evangeliary) for the scripture readings, and additional books for the chants and antiphons. Slight changes and additions developed as manuscripts were handed on and hand scribed. Eventually the chants, scripture readings, prayer texts, and instructions were compiled into a single volume, the *Missale Plenum* (complete missal).

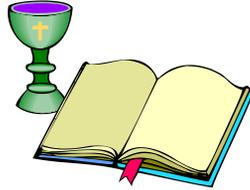
Two categories of prayers used in the liturgy of the Mass:

- Ordinary
- Proper



## Two basic parts of the Mass:

- Liturgy of the Word.
- Liturgy of the Eucharist



## The proper disposition for Holy Communion

- In the ancient Jewish sacrifices, those who took part were given part of the meat of the sacrificed animal, in the hope of a sort of communion with the divinity.
- Be Baptized
- Be Catholic
- Have received your 1<sup>st</sup> Holy Communion
- Be in the State of Grace
- (1 Cor. 11:27-29)
- Come Hungry



## The Effects of Holy Communion:

- Strengthens our union with Christ.
- Separates us from sin. (venial sins forgiven, helps us to avoid future sin)
- Unites all who receive it.
- Commits believers to the poor. Charity
- Compels us to strive for Christian unity.
- CCC – 1391 - 1398



## Our Part in the Sacrifice

- Gather (family)
- Adore
- Thank
- Seek Forgiveness
- Ask for what we need
- Receive and Unite
- Offer a Sacrifice
- Pay attention
- Speak up
- Sing out
- Reach out
- Go forth



We must personalize the Mass by our own active, knowing and devout participation and involvement.

## The Sacrifice of the Mass

- *Sacrosanctum Concilium* – The Constitution on the Sacred Liturgy
- “The Liturgy of the Mass is the Summit toward which all of the activity of the Church is directed; it is also the font from which all her power flows. For the goal of the apostolic endeavor is that all who are made sons of God by faith and baptism should come together to praise God in the midst of his Church, to take part in the **sacrifice** and to eat the Lord’s Supper.” (SC 10)

## The Sacrifice of the Mass

- “On the night that he was betrayed, our Savior instituted the Eucharistic **sacrifice** of his Body and Blood. This he did to perpetuate the **sacrifice** of the Cross throughout all ages until he should come again. He entrusted to his Church a sacrament of love, a sign of unity, a bond of charity, a paschal banquet, a pledge of future glory.” (SC 47)

## The New Covenant

- Failure of the people to keep the covenant.
- All of their offerings could not save them.
- Through the prophets God promised a new time – a new covenant.
- Jeremiah 31:31-34
- The **New Covenant** will wash their away inequity and cleanse them from their sin.



## The Last Supper



- They gathered to celebrate the Passover in a ritual meal familiar to Jesus and the apostles.
- They know the history and the promises.
- Luke 22:14-20
- This is the blood of the New Covenant promised by God through Jeremiah sealed with the blood of Christ's sacrifice the next day – anticipated and made present for them that night.

## The Eucharistic Sacrifice

- “This is my body given for you. This is my blood poured out for you.” – sacrificial language.
- “Do this in remembrance of me.”
- Do what? Do what he has just done. Perpetuate this sacrificial meal. Make the sacrifice present and effective for all generations so that all people can participate.
- How is the Mass the **re-presentation** of the Sacrifice of Christ?



## The Sacrifice of the Mass

- Victim - Christ
- Priest - Christ
- Altar
- People



- Presbyterorum Ordinis - Decree on the Ministry and Life of Priests
- “Through the Sacrament of Orders by the anointing of the Holy Spirit, priests are signed with a special character and so are configured to Christ the Priest in such a way that they are able to act in the person of Christ the Head.” (PO 2)

## The Sacrifice of the Mass

- The Mass is the sacrifice of Calvary re-presented or made present again.
- Why?
- So that we can enter into it – all people of all times until He comes again.
- Receive the fruits of that sacrifice – forgiveness of sins, ability to keep the covenant, Christ himself.
- The Mass is a meta-historical event – transcends time and history.



## The Mass



- More than a memorial
- It is truly making the one sacrifice of Christ present for us.
- The Jews had a sense of this when they gathered for the Passover.
- We renew our part of the covenant, sealed by the blood of Christ.

## The Invitation

- “Pray, Brothers and Sisters, that my sacrifice **and yours** may be acceptable to God the Almighty Father.”
- “May the Lord accept the sacrifice at your hands, for the praise and glory of his name, for our good and the good of all his holy Church.”
- Prayer over the gifts.



## The Heart of the Mass

- **We, as members of the common priesthood of all the faithful, make a spiritual offering of our lives in union with the perfect sacrifice of Christ.**
- Our offering is now made efficacious.
- We then receive Christ and, as Christ-bearers, are united to one another.
- We are finally commissioned to go and share the Good News we have received in Word and Sacrament with the world – to live the sacramental life- to be a visible sign of God’s invisible grace.



## Liturgy and Sacraments



## The Mass is a Meal

- We gather.
- We tell our stories.
- We share our meal by setting the table, saying grace, and then eating and drinking.
- We return home.



## The Mass Has Four Movements

- Gathering
- Storytelling
- Meal Sharing
- Commissioning



## The Liturgy of the Mass

- Entrance Procession
- Greeting
- Penitential Rite
- Gloria (Sundays)
- Opening Prayer (Collect)
- Reading I
- Responsorial Psalm
- Reading II (Sundays)
- Gospel Acclamation
- Gospel Reading
- Homily
- Creed (Profession of Faith)
- Prayers of the Faithful (General Intercessions)
- Offertory Procession (Sundays)
- Preparation of the Gifts
- Washing of the Hands
- Prayer Over the Gifts
- Eucharistic Prayer
- Memorial Acclamation
- Great Amen
- Lords Prayer
- Rite of Peace
- Communion Procession
- Closing Prayer
- Blessing
- Commissioning

## The Liturgy of the Mass

- Invitation
- Invocation
- Intercession
- Narrative
- Remembering
- Doxology



## Part I - Gathering Rites

- Greeters
- Use of Water
- Genuflection
- Posture, Song
- Introductory Rite
- Greeting
- Penitential Act
- Collect Prayer



## Part II - Storytelling

- Liturgy of the Word
- Three Readings & a Psalm
- Standing for the Gospel
- Homily
- Creed
- General Intercessions



## Part III – Meal Sharing

- Preparation of the Gifts
- The Eucharistic Prayer
- Invitation
- Preface & Acclamation
- Institutional Narrative
- Prayers for Unity and Intercession
- The Communion Rite: The Our Father & Sign of Peace
- Invitation to Communion
- Communion



## The Eucharistic Prayer

- Preface
- Epiclesis
- Institution Narrative & the Words of Consecration
- Memorial Prayer
- The Intercessions
- Communion



The priest acts "in persona Christi."

The faithful concelebrate.

## Receiving the Holy Eucharist

- Believe that this is the greatest action of man, to be united with the risen Christ.
- Prepare well.
- Fast from food and drink. (Coffee, juice, cigarettes and gum break the fast.)
- Make an act of reverence & Communicate respectfully.
- Respond with "Amen." (This is an act of faith in the Real Presence)
- Make an act of thanksgiving after receiving.
- Actualize the teaching of the Mass.
- Walk in the Eucharistic presence within you.

## Part IV - Commissioning

- Announcements
- Blessing & Dismissal
- Living the Eucharist in the World



## Tabernacle with Sacristy Light



"The Mass is ended, go in peace."

"Ite missa est."



"Thanks be to God."

## Catholics are obliged to:

- Participate in Mass every Sunday and holy day of obligation. "On Sundays, get together and break the bread and give thanks, confessing your sins in order that your sacrifice may be pure." (Didache, 14)
- Fast from food and drink for one hour before Communion.
- Receive Communion at least once a year during the Easter season.

## Getting More Out of the Mass

- Reach Out (in loving service to others)
- Forgiveness (sign of peace)
- Repentance (our need for a savior)
- Pay attention (make every word count)
- Participation (speak up & sing out)
- Faith (growth in understanding)
- Sacrifice (offertory/alter call/exchange/transformation)
- Prayer (communication is the key)

The Eucharist is a beautiful gem that needs a strong setting. This masterpiece needs a frame. Prayer is the preparation.