A Simplified Overview of the Mass  
Tony Cosentino, Renfrew County CDSB, November 2010

COMING INTO CHURCH
- reverence (holy respect) for God's house with quiet voices and prayer
  + we bless ourselves with holy water to remind us of our Baptism
  + we genuflect toward the tabernacle, where Jesus is present
  + we kneel and pray to prepare ourselves to praise and thank God
- joy as we sing God’s praises, we stand to welcome the priest

I Introductory Rites: We prepare our hearts...
- for God's praises with our parish family, in the company of the angels and saints.
- to meet Jesus in the Gospel and to receive His Body and Blood

II Liturgy of the Word: We Listen to God's Word
- God's word is alive. God teaches us (through His word) how to walk in faith.
- Jesus is present in the words of His Holy Gospel (this is why we stand for the Gospel)

OFFERTORY: Bringing our Gifts to the Altar
- an in-between time where our prayers and lives are brought to the altar with the bread and wine

III Liturgy of the Eucharist: Gifts of Bread & Wine Become the Body & Blood of Jesus
- the Holy Spirit...
  + transforms our gifts (our lives, prayers, bread and wine) to be presented to the Father
  + makes us "one body, one spirit in Christ."
- bread and wine become the Body and Blood of Jesus by the priest's words and actions.
- our prayers, our needs, our lives are offered to the Father (by the Priest) with the Body and Blood of Jesus.

IV Communion Rite: Jesus' Body and Blood - Our Spiritual Food
- we pray together the Our Father, share Christ's peace, ask Christ's mercy
- we receive the Body and Blood of Christ (present in both the host, and Precious Blood)
  + this is our spiritual food to help us live as Jesus' followers

V Concluding Rite: Sent Out to Serve God and Neighbour
- at the end of the Mass...
  + the priest blesses us
  + we are sent out (“Go in peace…”) to spread the Good News of Jesus with our lives.