

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)



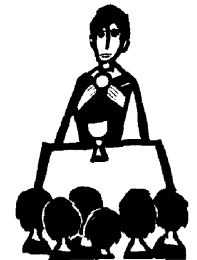
OFFERTORY: Bringing our Gifts to the Altar

- 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.

