

A Simplified Overview of the Mass

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Jesus is present at Mass...

- ... **in the people**, who pray and sing together as His body;
- ... **in the Priest**, as Head of His body;
- ... **in the Word of God**,
- ... **in the sacramental elements** (Christ's Body and Blood) under the appearance of bread and wine.



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 Christ, head of his body, in the priest.

I Introductory Rite: We prepare our hearts...

- to give praise and thanks to God with our parish family, with the angels and saints.
- to meet Jesus in one another, the priest, the word of God, to receive His Body and Blood.



II Liturgy of the Word: We Listen to God's Word

- God's word is alive. God speaks to us in His word.
- We stand to greet Jesus, who is present, and speaks to us in the words of His Holy Gospel



III Liturgy of the Eucharist:

Offertory: Bringing our Gifts to the Altar

- Gifts of bread and wine are brought to the altar.
- Our prayers, needs, works, relationships are part of this offering.



Eucharistic Prayer: Gifts of Bread & Wine Become the Body & Blood of Jesus

- the Holy Spirit...
 - + unites us as "one body, one spirit," to be offered with Jesus to the Father.
 - + transforms bread and wine into Body and Blood of Jesus
- bread and wine become Jesus' Body and Blood as the priest repeats Jesus' words and actions.
- Jesus, in the priest, offers our prayers and lives to the Father with his Body and Blood.



IV Communion Rite: Jesus' Body and Blood - Our Spiritual Food

- we pray together the *Our Father*, share Christ's peace, ask Christ's mercy (Lamb of God)
- we receive the Body and Blood of Christ
 - + 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.

