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.