

THE MASS

The Mass is the highest form of prayer and is the source and summit of our spiritual life.

Why go to mass? (To worship God as a faith community and as God's family and to celebrate His love for us)

There are 4 main parts

THE INTRODUCTORY RITE

LITURGY OF THE WORD

LITURGY OF THE EUCHARIST

CONCLUDING RITE

INTRODUCTORY RITE	Purpose	<ul style="list-style-type: none"> • establish community among the faithful • hear the Word of God • celebrate the Eucharist worthily
		<ul style="list-style-type: none"> • <i>When we enter the Church, as a sign of respect, we make the sign of the cross with holy water and then genuflect or bow before going to our seat</i>
Procession		<ul style="list-style-type: none"> • (Of priest, lectors, wardens, lectors and altar boys) show that life is a journey of pilgrim people moving towards God / eternal life (<i>the priest, lectors and altar servers bow before the altar</i>) we stand to accompany the procession of the priest + servers
Entrance Hymn		<ul style="list-style-type: none"> • We enter into the celebration as a community (<i>aware of our presence + attitude</i>) • intensify the unity of those who have assembled • focus our thoughts to the mystery of the liturgical season or feast • introduce the theme
Priest kissing the altar		<p>After a reverent bow or genuflection to Jesus in the tabernacle, celebrant kisses the altar</p> <ul style="list-style-type: none"> • honour and respect Jesus who will be made real again • (<i>also on altar, there's a slab with relics of a saint</i>)
Incensation (usually on Solemnities e.g. Solemnity of Christ the King)		<ul style="list-style-type: none"> • symbolise our prayer • express honour and respect – sign of reverence • <i>the priest will incense the altar (body of Christ), the Book of the Gospels, the bread and wine, (the Paschal candle during Easter)</i>
Presider's chair		<p>Priest occupies the chair as presider</p> <p>Introductory rite takes place at this location - marks sign of leadership</p>
Welcome	stand	<ul style="list-style-type: none"> • Priest welcomes groups, strangers, guests, visiting priest • Introduce theme of the Eucharist <p><i>The welcoming and introductory rite sets the atmosphere</i></p>
Sign of the cross		<p>(<i>Priest should say 'good morning' before the sign of the cross if he wants to</i>)</p> <ul style="list-style-type: none"> • Common identifying gesture of Catholics • Stems from our baptism and shows our identity with God • Continues our faith belief in our worship • we touch our forehead – to ask God to bless our intellect -to know, to understand, to remember my identity as God's child • then our heart – to have our understanding translated into love

		<ul style="list-style-type: none"> • across the shoulder from left to right (from darkness to light, from sin to grace)– to serve the Lord with our hands • the cross reminds us that Christ died for us to redeem us • we call upon the Trinitarian God
Greeting		<p>The grace of our Lord Jesus Christ and the love of God and the communion of the Holy Spirit be with you all (Trinitarian blessing)</p> <p><i>The response of the congregation to the initial greeting is to acknowledge God's presence</i></p>
Penitential rite		<ul style="list-style-type: none"> • Acknowledge God's love and mercy <p>God has forgiven us even before we ask him</p> <p>A quick recollection of our sins</p> <p>A community prayer of reconciliation</p> <p>We respond in 3 ways</p> <ul style="list-style-type: none"> • I confess .. (began in 16th C – strike breast 3 times) <p>The 1970 version – strike breast once when the following is said – 'in my thoughts, words and deeds, in what I have done and what I have failed to do (<i>the last part seldom confessed</i>)</p> <ul style="list-style-type: none"> • Penitential psalm with the 3 invocations – Lord have mercy ...- or the Kyrie (a chant sung by the congregation) – we praise God for his mercy followed by the absolution "May almighty God bless you ..." <p><i>(Blessing and sprinkling of water – usually used at Easter Water used for cleansing – reminds us of our sacramental baptism)</i></p>
The Gloria		<p>Hymn of praise and gratitude</p> <p>Our appreciation of the good news of salvation</p> <ul style="list-style-type: none"> • Praise and adore the Father • Honour the Spirit • Keep the word of God <p><i>(During Lent and advent, the Gloria is not said)</i></p>
Opening prayer (Collect)		<ul style="list-style-type: none"> • All pray silently • priest collects all our prayers and offers them to the Father • Opens the celebration • Worded a/c to the season or theme e.g. for feast of Corpus Christi – focus on the body of Christ • We respond with Amen (<i>pronounced <u>ah</u>men (Hebrew/Jewish) – it means – yes, so be it, let it be done, we agree, a thank you</i>
LITURGY OF THE WORD		
1 st reading	Sit and listen	(This is presented at the lectern usually by a lay person / persons)
		<p>From the Hebrew scripture (Books of the Torah, History and Wisdom Books Prophets - OT)</p> <p><i>3 principles in choice of readings - semi-continuous - particular theme – relational</i></p>
		<p><i>As the word is to be proclaimed, lectors must prepare themselves by reading the texts before the mass.</i></p> <p><i>They should read as though it is the prophet or apostle proclaiming the message – look at people, cursory glance at text.</i></p>

		To denote the end of the reading, the lector says – the Word of the Lord <ul style="list-style-type: none"> elicits response of gratitude – Thanks be to God or Deo Gratias
Responsorial psalm	sit	Usually continues from the first Reading - selected a/c to theme of mass - A meditative prayer dressed in song or recited so that people can reflect Other Songs and hymns <u>cannot</u> be substitutes for the psalm
2 nd reading <i>(at Sunday Masses and on great feasts and Solemnities)</i>	sit	From the apostolic letters of Paul, letter to the Hebrews, letter of James Usually no direct link with 1 st reading and Gospel Preferable to have 2 lectors - to give dignity to the readings
Alleluia	stand	<ul style="list-style-type: none"> praise to Yahweh tune - joyful and triumphant sung at every season outside Lent <i>No alleluia during Lent, it is 'Glory and praise to you, Lord Jesus Christ'</i>
Acclamation verse		Essence of the Gospel reading
3 rd reading - Gospel	Stand as a sign of reverence	<p>From the Gospels</p> <p>Year A – Matthew</p> <p>Year B – Mark</p> <p>Year C – Luke</p> <p>Usually the 1st reading and Gospel are in sync – have a related theme</p> <p>Priest comes from presider's chair, takes book from altar, raises it and proclaims the Gospel from the lectern</p> <p>2 altar servers with lit candles accompany the priest</p> <ul style="list-style-type: none"> honour given to God's proclamation of the word <p><i>On solemnities, the book with the Gospel is incensed</i></p> <p>When priest says, 'a reading of the holy Gospel a/c to _____, he and the congregation make three crosses on the forehead, lips and heart – to mean that we will</p> <p>pray the word of God in our minds (think)</p> <p>speak from my lips (say)</p> <p>believe in my heart (do)</p>

When the bishop is the celebrant, he can assign a priest / deacon to assist him in the liturgy. The deacon will carry the book at the procession before mass

Homily (based on the readings)	sit	<p>On the readings – (A sermon can be given on any topic)</p> <p>Through the homily, God the Holy Spirit speaks to us.</p> <p>The Holy Spirit will use a word, phrase, concert, story from the speech to speak to us, touch us</p> <p>The instructions are enfleshed for us and we are to listen with open hearts</p>
Profession of Faith	stand	The Apostles' creed with 12 articles of faith (used at time of apostles) – "I believe in God" ... or the Nicene Creed (from 325 AD) – 'I believe in one God...' (<i>usually prayed during Lent and Easter</i>)
Prayer of the Faithful General Intercessions	stand	<ul style="list-style-type: none"> For the church For civil authorities For the whole world esp. those burdened For the local community

LITURGY OF THE EUCHARIST		
Preparation of altar and gifts	sit	Sacramentary or missal (book of prayers) Purificator Corporal Chalice Ciborium with paten Hosts and a big one (visible)
Collection – love offering		<ul style="list-style-type: none"> to maintain the parish to help the needs of the poor
Offertory procession		<ul style="list-style-type: none"> Offering bread (<i>from many grains to one host</i>) and wine (<i>from many grapes to one fluid – wine</i>) <p><i>Like the bread and wine, we have moved from many to one – the Body of Christ</i></p> <ul style="list-style-type: none"> and our love offering <p>priest accepts our offering - the gift of ourselves to God</p>
Offertory hymn		<ul style="list-style-type: none"> open + enter into the Eucharistic celebration as a community (<i>aware of our presence + attitude - focus our thoughts on the Sacrifice</i>) The Word becomes flesh
Blessing over bread and wine		As bread and wine are offered, prayer said – ‘Blessed are you, God of all creation ...’ - combination of human effort and divine work
Mixing wine with water		'By the mystery of this water and wine, may we come to share in the <u>Divinity</u> of Christ who humbled himself to share in our <u>humanity</u> ' - our union with Christ (water represents us – our baptism, the wine – the blood of Christ)
		Incensing the gifts to give honour and respect to objects (at Solemnities) (<i>the altar servers will incense the priest and the people</i>)
Washing of hands		'Lord wash me from my iniquity, cleanse me from my sins'
Prayer over the gifts		Christ is the perfect gift, the ultimate Sacrifice
Invitation to prayer		'Pray brethren that my Sacrifice and yours may be acceptable ...' and our response – 'May the Lord accept the sacrifice at your hands...'
Eucharistic Prayer	stand	Prayer of Thanksgiving Starts with dialogue - 'The Lord be with you ...'
Preface		According to season eg Advent, Christmas, Ordinary Time, Lent, Easter, Ordinary Time, Christ the King Preface always begins with ' <i>It is truly right and just, our duty and our salvation, always and everywhere to give you thanks, Lord, holy Father, almighty and eternal God ...</i> '
Sanctus	kneel	Holy, Holy, Holy ... Proclamation and praise by angels and saints expresses our hope that it will also be our song Hosanna = <i>O God, save us, we pray (said at Jesus' entry into Jerusalem by the people)</i>
Eucharistic prayer		All prayers are directed to the Father through the Son in the Spirit Invocation of the Holy Spirit to come upon the gifts – 'by sending down your Spirit like the dewfall' – at this part , the Incarnation takes place

Consecration		<p>Narrative of the institution of the Eucharist at the Lord's supper – take bread, bless, break and give,</p> <p><i>'Take this, all of you, and eat of it, for this is my body, which will be given up for you'</i></p> <p><i>'Take this, all of you, and drink from it, for this is the chalice of my blood, the blood of the new and eternal covenant, which will be poured out for you and for many, for the forgiveness of sins. Do this in memory of me'</i></p> <p>priest genuflects after showing the sacred host, after the cup is raised and once before communion</p> <p>At this double consecration - we recall the Death of Jesus</p> <p>We spend time in adoration acknowledging the real presence of God</p>
Memorial acclamation		<p>The Priest proclaims: The mystery of faith:</p> <p>Our response: 'We proclaim your death, O Lord, and profess your Resurrection until you come again.' or</p> <p>'When we eat this bread and drink this cup, we proclaim your death, O Lord, until you come again' or</p> <p>'Save us, Saviour of the world, for by your Cross and Resurrection, you have set us free.'</p>
The memorial prayer		<p>Together with our Blessed Mother, the Apostles and the Saints, we pray for the church, ourselves, the living and our departed brothers and sisters ...</p>
Doxology		<p><i>'Through him, and with him, and in him, O God Almighty Father, in the unity of the Holy Spirit, all glory and honour is yours, forever and ever. Amen'</i></p> <p>(We acknowledge that that we are brought into new life and continue to live because of our father's love, thus our life becomes an act of thanksgiving)</p> <p>This is the highest point of the mass</p> <p><u>The great Amen</u> follows – we should give a resounding Amen (pronounced Ahmen)</p>
Communion Rite		
The Lord's Prayer	stand	<p>Begins the communion rite</p> <p>We praise and thank God, Ask for daily needs, Ask for forgiveness</p>
Sign of peace		<p>Should be genuine and sincere – bow, smile to acknowledge one another</p>
Breaking of bread		<p>Bread needs to be broken in order to be given</p>
Mingling of body and blood...		<p>Priest breaking a fraction of the consecrated host and dips it into the consecrated wine – to signify the union of the body and blood of Christ – recalls the Death and Resurrection of Christ</p>
Private preparation of priest		<p>'... keep me always faithful to your commandments ..'</p>
Invitation to communion		<p>'Behold the Lamb of God...'</p> <p>Our response – “Lord, I am not worthy ...”</p>
Priest's reception of the Body and Blood of Christ		<p>He prays - “May the Body and blood of Christ keep me safe for eternal life”</p>
Procession for communion		<p>Faithful come in procession to receive the Lord in communion (a foretaste of the Great Heavenly Banquet mentioned in the Book of Revelation)</p>

		Bow and receive - reverence – Receive on the hand or on tongue <i>(no dipping of host in the wine allowed)</i>
After receiving communion	kneel	silence for private prayer – adoration – thanksgiving - meditation
Communion hymn		Hymn is sung or chanted
Prayer after communion	stand	Usually we ask the Lord for his graces and mercy
CONCLUDING RITE		Announcements unless necessary
Final blessing and dismissal		Sending off 'Go in peace, glorifying the Lord by your life' or other versions i.e. bring God's love wherever we go / work / live ...
Recessional hymn		Optional Like recess - till we meet again at next celebration of the Eucharist

Compiled after talks by Fr Ignatius Huan and Fr JJ Fenelon

