

The Mass

Eucharist



Lord's Supper



The Breaking of Bread



The memorial of the Lord's
Passion and Resurrection



The Holy Sacrifice



The Holy and Divine Liturgy



*The Mass was described by
John Paul II as
"Heaven on Earth"
He explained that the
liturgy we celebrate on
earth is a mysterious
participation in
the heavenly liturgy."*

*From his Angelus Address,
Nov. 3, 1996*

The Celebration of the Liturgy

Let's look at the celebration of the Mass step-by-step.

First we **Gather Together**. We all participate in the celebration. Jesus himself presides over the celebration *in persona Christi capitis* CCC1548 which means he acts through the ordained priest. Jesus actually presides over the assembly, speaks after the readings, receives the offerings, and says the Eucharistic prayer.

The Mass is divided into two main parts: the **Liturgy of the Word** and the **Liturgy of the Eucharist**.

This week we look at the **Liturgy of the Word**. The Liturgy of the Word is the proclamation of the scriptures – God's own Word to us. It is through His Word that He feeds our hearts and minds and shows us a path for living.

The **Liturgy of the Word** includes:

First Reading – generally taken from the Old Testament and linked to the Gospel

Responsorial Psalm – words read or sung from a Psalm that help us to reflect on the First reading

Second Reading – taken from one of the Letters of the Apostle Paul in the New Testament

Gospel Reading – the center of the Liturgy of the Word. The four Gospel books are: Matthew, Mark, Luke and John.

Homily – The homily is an explanation and exhortation by the priest or deacon to help us to put God's Word into practice.

Creed and Intercessions- through the Creed we proclaim all that we believe. We then pray for or intercede on behalf of our world, Church, other people and ourselves.

This concludes the Liturgy of the Word.

The Roots of the Mass

"Your fathers ate the manna in the wilderness, and they died. This is the bread which comes down from heaven, that a man may eat of it and not die. I am the living bread which came down from heaven; if any one eats of this bread, he will live for ever; and the bread which I shall give for the life of the world is my flesh."

John 6:49-51

It is amazing to realize that the liturgy we celebrate today is essentially celebrated in the same way as it was from the second century on! We can read an account from St. Justin Martyr who explained the Christian celebration to the pagan emperor Antoninus Pius as follows:

On the day we call the day of the sun, all who dwell in the city or country gather in the same place.

The memoirs of the apostles and the writings of the prophets are read, as much as time permits.

When the reader has finished, he who presides over those gathered admonishes and challenges them to imitate these beautiful things.

Then we all rise together and offer prayers* for ourselves . . . and for all others, wherever they may be, so that we may be found righteous by our life and actions, and faithful to the commandments, so as to obtain eternal salvation.

When the prayers are concluded we exchange the kiss. Then someone brings bread and a cup of water and wine mixed together to him who presides over the brethren. He takes them and offers praise and glory to the Father of the universe, through the name of the Son and of the Holy Spirit and for a considerable time he gives thanks (in Greek: eucharistian) that we have been judged worthy of these gifts.

When he has concluded the prayers and thanksgivings, all present give voice to an acclamation by saying: 'Amen.' When he who presides has given thanks and the people have responded, those whom we call deacons give to those present the "eucharisted" bread, wine and water and take them to those who are absent.- CCC1345

***It sounds just like our Mass today doesn't it??
This is possible because it was Christ
who instituted the liturgy!!***