

THE EUCHARIST MAKES OUR LIVES MORE MEANINGFUL

The Eucharist, the Body and Blood of the risen Christ, gives spiritual life and strength to those who receive it. It gives:



ENCOURAGEMENT
to love others and
strengthen the
faith community.

GRACE
to overcome
temptation and
avoid sin.

COURAGE
to carry out
God's work in
the world.

INSPIRATION
to know the will of
God in our lives.

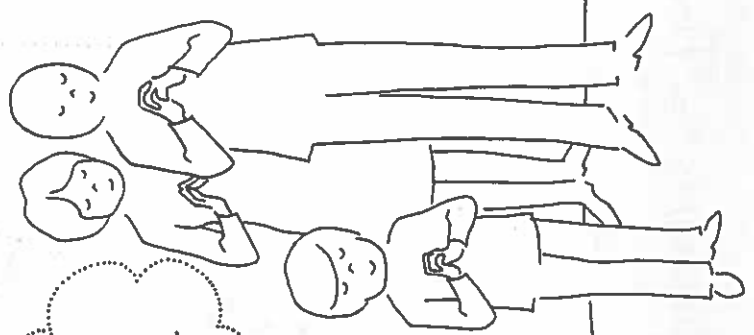
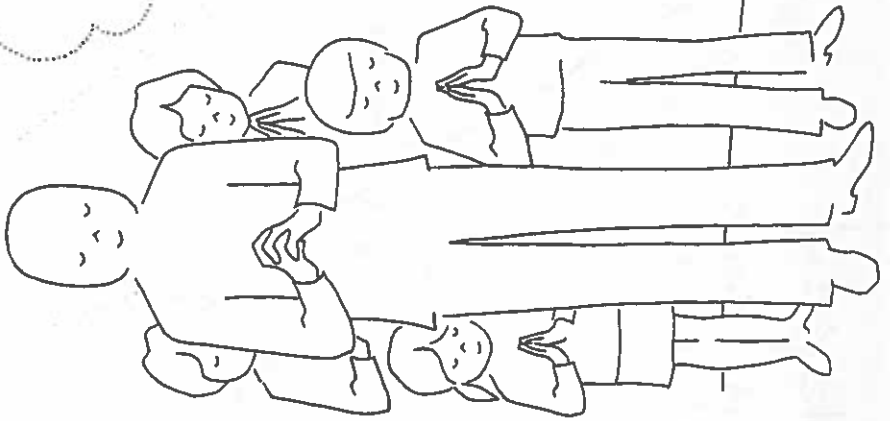
**JOY
AND PEACE**
of heart, knowing that
Christ lives in us and
will bring us to God's
heavenly Kingdom.

HELP
to live the life
God wants for us.

**A DEEPER
UNDERSTANDING**
of the holy mystery
of Christ's presence.

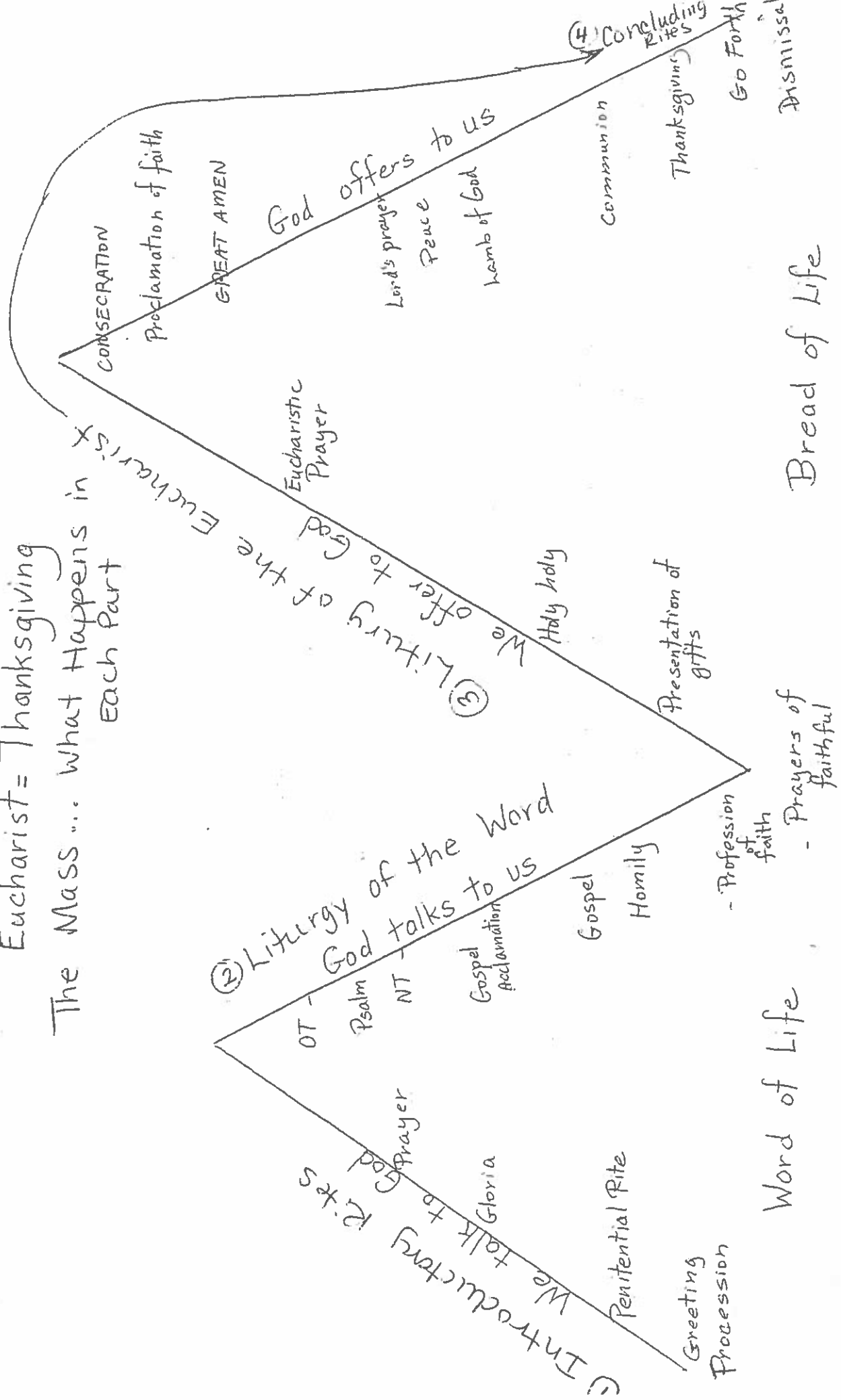
WHEN WE RECEIVE the
Sacrament of the Eucharist,
we share in the Sacrifice Christ
made on the Cross to save us.

- We are made holy by this sharing.
 - We are better able to offer our own personal sacrifices.
- Each time we receive the Eucharist, we again promise to belong to Christ forever.



Eucharist = Thanksgiving

The Mass... what happens in each part



Word of Life

Bread of Life



PARTS OF THE MASS

“The Eucharist is a gathering of Jesus’ disciples to be at his table,
to sit at his feet like Mary in Bethany,
to rest their heads on his heart like John,
to climb the mountain of the transfiguration like Peter, James and John,
to be with him in prayer during his agony in the Garden of Gethsemane,
to breakfast with him on a Galilean beach,
to listen to his voice inviting us to come and rest
to listen, to eat, drink and be holy.” (Gathering the Fragments-Edward Farrell)

We are invited to this Eucharist meal

- To come and rest
- To listen
- To eat and drink
- To quench our thirst

As we enter the Church we sign ourselves with the sign of faith, the cross and the waters of Baptism. Each Sunday-the Lord’s day we gather to celebrate together as a faith community.

Parts of the Mass

Divided into four parts:

1. Introduction or Gathering Rites
2. Liturgy of the Word
3. Liturgy of the Eucharist
4. Concluding Rite (Farewell)

In the first two parts: Gathering and Liturgy of the Word –

We talk to God and God talks to us

In the last two parts: Liturgy of the Eucharist and Concluding Rites-

We offer to God and God offers to us

1. → WE TALK TO GOD : Introductory Rites (part 1)

The Christian family gathers each Sunday- greets each other, and celebrates as a community. Musicians help us to celebrate well.

Procession: of celebrant and ministers symbolizes our life journey. As Christians we are guided by the Word of God, which is held high in procession. We have a deep respect for the Word. The community joins in a hymn of praise or thanksgiving.

Greeting- a word of welcome from the celebrant. He may also highlight the theme of the readings.

Penitential Rite: As community we need to acknowledge that we are a pilgrim church in need of God’s love, mercy and healing.

Gloria- a song of praise and the gift of peace he gives to all.

Prayer Celebrant collects our praise and sums up our desires that prepare us for the readings. Prayer opens us to God. It compels us to be present to ourselves and to one another.

2. → GOD TALKS TO US: Liturgy of the Word (Part 2)

There is a dialogue going on. We don't just listen. We talk to God and He talks back to us. God speaks to us through the scriptures: OT, NT, and Gospel

Word of life-God speaks to us through scripture

Scripture- establishes a communion of thought between two people who love each other and talk together, one of which is Christ. Whenever we read his scripture with faith, Christ speaks. He speaks to us.

When we read Christ's word with faith we are hearing Him speak to us now, at this moment. "Christ is not far from every one of us"(Acts 17,27)

He dwells in our hearts. We hear Him speaking in our hearts. He communicates the meaning of His word directly to our minds and hearts.

St. Paul says: "Let the word of Christ dwell in our hearts in all its riches."

The Word of God -is alive and active. "It penetrates and pierces the depths of our being." (Ep.6: 17) Example: Disciples of Emmaus. "Were not our hearts burning within us while He spoke."

The Word of God- is a rich treasure. It is planted in our hearts where it grows and bears fruit.

The Word of God

-gives consolation, joy, comfort, and peace

-challenges us to grow

-feeds and strengthens us just as Eucharist

"All scripture inspired of God is profitable to teach, to reprove, to correct, to instruct in justice, so that everyone who belongs to God may be proficient, equipped for every good work" (2Tim 3:15-17)

We listen to the Word of God in the Old Testament, the New Testament and the Gospel. Each reading deserves contemplative attention, silence and listening with the heart. Are we attentive to the LIVING WORD spoken through lector.

Old Testament reading:

Psalm: sung by cantor, who prays in the name of the community, We join in the refrain as a response to the reading.

New Testament reading: epistles

Gospel Acclamation- trumpet call, announces Jesus word

Gospel reading (Cross on forehead, lips, heart) May His word penetrate my mind, and Heart and be spoken with my lips.

Celebrant proclaims the WORD

Homily-Celebrant breaks open the Word for our lives. What meaning does the word for my life today?

Creed- after being nourished/challenges by the Word, we speak out our faith convictions deepen them in saying them.
Renew our Baptismal promise

Prayers of the Faithful:

We invite God to change us, shape us, empower us, and enable us, to bring to be what we pray for.

3. → WE OFFER TO GOD: Liturgy of the Eucharist (Part 3)

Presentation of Gifts

-brief recess while table is set, banquet prepared

-collection is offered along with bread and wine. We offer ourselves-our needs, hopes, sorrows, and lives, joys all to be transformed by the loving presence of Jesus.

Who is present on the altar? We are and Jesus! He takes over not just bread and wine but us. We become who He is as He became who we are.

Holy, holy- our response of faith to God who loves us- Holy, Power, Glory

Eucharistic prayer- A prayer of praise, thanksgiving to the Father for his mighty deeds, Jesus... This is my body

This is my blood

Do this in remembrance of me

The Consecration- the Last supper

- refers to bread that becomes bread for us but also this (community) is my body which must be broken and shared.

Proclamation of faith

Christ has died, is risen, will come again! Sung with conviction and enthusiasm.

Memorial Prayer

We offer you Father this life-giving bread, this saving cup. We thank you for counting us worthy to stand in your presence and serve you. May all of us who share in the body and blood of Christ be brought together in unity by the Holy Spirit.

Great Amen

The prayer that the celebrant prays is over and we answer our YES to it in AMEN.

→ GOD OFFERS TO US Communion Rite

Lord's Prayer: We commit ourselves to building up the Kingdom doing his will, sharing bread, forgiving each other.

Sign of Peace: We turn to each other to receive the body of Christ in each other before receiving the Bread of life.

Communion: We opened our hands and hearts to others, now to Christ
We open ourselves to let **him** truly live in us.
We lose ourselves in Him in order to find ourselves.
We accept the invitation to be the gift of His hands and heart in the world.
Christ has not body on earth but yours (Theresa's prayer)
We give thanks

4. → **Concluding Rite (Part 4)**

Dismissal: We are **SENT, MISSIONED** back into the world from which we came.
We go to love and serve the Lord. We have met the Lord in: the gathered community, reconciliation rite, the Word, prayer of thanksgiving, Eucharist.
We know more clearly what we are called to be and to recognize him in the world.

Eucharist is a central prayer from which all Christian life flows and out of which Christian life comes. It is a love relationship-**REMEMBERED, CELEBRATED AND DEEPENED** from which we go renewed!