The Mass

First Reading: Gen 14:17-20

Response: Ps 5:3-4, 7-8, 11-12

Gospel: Luke 22:14-20

**The Mass is our central act of worship, a foretaste of Heaven. In the Mass, Jesus’ Paschal mystery is again made present. With Christ, we offer ourselves as a gift of love to the Father.**

**The mass is the central act of Catholic worship and summit of the whole Christian life (see 1Cor 11:23-29)**

* It is a sacrifice of thanksgiving and praise offered to the Father for all creation and his gifts to us, especially for our redemption and sanctification
* It is a sacrificial memorial, for it re-presents the Paschal mystery of Jesus Christ and makes it truly present as on and the same sacrifice of Calvary, where Jesus is both priest and victim
* Jesus is present in four major ways in the Mass: 1) the Holy Eucharist; 2) the people gathered; 3) the priest acting in the Person of Christ: 4) the proclaimed Word
* It is prayed in the Holy Spirit, through whose power Jesus becomes present in the Eucharist

**The parts of the Mass**

* **The Liturgy of the Word**
  + God speaks to us, and we respond to him in faith (see Luke 24:32)
  + Sign of the Cross, introductory rite, penitential rite, Gloria, reading from Old Testament, psalm with response, reading from New Testament, Alleluia, reading from Gospels, Homily, creed, prayers of the faithful
* **The Liturgy of the Eucharist**
  + Through the power of the Holy Spirit, Jesus is offered to the Father in an un-bloody re-presentation of his sacrifice on Calvary, and we received him in Holy Communion (see 1Cor 10:16-1)
  + Offertory, Eucharistic Prayer during which the bread and wine are consecrated as the Body and Blood of Jesus. The Lord’s Prayer, sign of the peace, communion rite, concluding rite, dismissal

**Vestments, offerings, altar, and sacred vessels for Holy Mass (see Ex 25:1-28:42)**

* To reflect their role, celebrant(s) wear special vestments, with colors varying by liturgical season
* Unleavened bread and grape wine mixed with water are consecrated as Jesus’ Body and Blood
* The altar is a true place of sacrifice

**Attendance at and participation in Holy Mass (see Heb 10:25-29)**

* We are obliged to participate in Mass on the Lord’s Day (Sunday or the Saturday vigil Mass)
* We are obliged to actively participate through our responses, our singing, our postures, and our conscious attentiveness to the divine actions; we are not at Mass merely to watch
* It is desirable to attend Mass often during the week, even daily, for the good of our soul

**The Mass is the source of our holiness (see Heb 10:19-24)**

* It brings us into actual union with Christ; we are bonded to him and transformed by him
* Heaven begins on earth – through the Holy Spirit we are one with Jesus and, united with him, we offer ourselves to the Father
* The reception of Holy Communion makes us members of Christ’s Body (see 1Cor 10:17)

Homework

**What is your favorite part of the Mass? Why?**