

The Mass at a Glance: Outline of a Typical Sunday Mass

The Liturgy of the Word

Introductory Rite: Antiphon or song;
Sign of the Cross; Greeting

Penitential Rite: "I confess" or
"Lord, have mercy."

Gloria

Opening Prayer

First Reading (usually from Old Testament)

Responsorial Psalm

Second Reading (usually from the New Testament letters)

Alleluia and Gospel Reading

Homily

Creed

General Intercessions

The Liturgy of the Eucharist

Preparation of Altar and Gifts

Collection

Presentation of Bread and Wine

Prayer Over Gifts

"Holy, Holy, Holy"

Eucharistic Prayer concluded with people's vibrant "AMEN"

Communion Rite: The Lord's Prayer (*Our Father*); The Sign of Peace;

"Lamb of God;" Breaking of the Bread; Distribution of Holy Communion; Cleansing of the Vessels

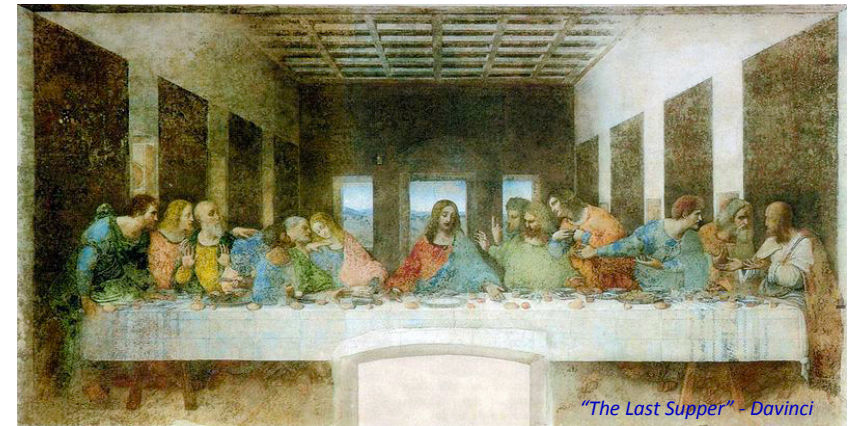
Closing Prayer

Blessing and Dismissal

Closing Song

"A Catholic may fill up hours with devotional prayers and volunteer service, public witness and almsgiving. A parish may sponsor a school and a soup kitchen, a scouting troop and several Bible study groups. The Mass, however, is the heart that gives life to all of it. Our tradition describes the Mass beautifully as "the source and summit of the whole Christian life." Catholicism means many things to the world. It has inspired the art and architecture of the great masters. Our sanctuaries have echoed with masterworks of music. Our saints have served the poorest of the poor. Yet all these things we trace back to a single source: the Mass."

(excerpt from "The Mass" by Cardinal Wuerl and Mike Aquilina)



Do This in Memory of Me

The Mass is what Catholics do. It's the heart of Catholic life, for individuals and for the community.

"On the night he was handed over, [Jesus] took bread, and after he had given thanks, broke it and said, 'This is my body that is for you. Do this in remembrance of me.' In the same way also the cup, after supper, saying, 'This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me.' For as often as you eat this bread and drink the cup, you proclaim the death of the Lord until he come" (1 Cor 11:23-26)

He said, "Do this," and so *this*—the Mass—is what we Catholics do.*

*"The Mass" by Cardinal Donald Wuerl & Mike Aquilina

God is a truth "ever ancient and ever new."

St. Augustine

SUGGESTED PRAYER BEFORE MASS

I come before You now, Most Glorious Trinity: God, Father, Son and Holy Spirit because You have requested me to do so. I do so gladly and with a joyful heart—because I have within me the power of joy which comes from Your unspeakable death and glorious Resurrection, that came to me first in Baptism.

I come before You now to be a real and true part of the re-presentation of Jesus' self-sacrificial death on the Cross for me and for my salvation.

I come before You now to witness the power of the Resurrection and its transforming effect in my daily life.

I come before You now, to present all of my own needs: my joys and sorrows, my triumphs and failures, my frustrations and my little successes. (Think of some of these).

I come before You now to present the legitimate needs of the locality in which I live, the country of my residence, and the world of which I am apart: hear my prayers and those of the whole Church on their behalf. (Recall any urgent concerns that need to be prayed for today in a special way).

I come before You now to present the rightful needs of my family, my loved ones, my companions, my coworkers and even of my enemies, and all with whom I make daily contact: show your care to all of them, Jesus, through me! (Think of some needs).

Empowered by the food of your Word, and your Eucharistic Bread and Wine: let your Light shine through me, as it most assuredly can. Thank you for such a wondrous and mysterious gift of Yourself to me, and all of us! May I celebrate this Mass now with all my mind, heart and soul for your glory Father! Amen.

SUGGESTED PRAYER DURING THE SILENCE AFTER THE RECEPTION OF HOLY COMMUNION

My Lord, Jesus Christ, You are Son of the Living God—I believe in You, I trust in You, I love You, who are now residing deep within my heart—and I desire to love others as You have loved me, and all the members of your “body,” the Church.

The most perfect act of thanksgiving I can make, is to go out from this Mass and resemble you even more than I did before it started—so that when people see me, they see You; when they feel cared about and loved by me, they sense Your presence; when they are discouraged and low, they feel You lifting them up and caring about them, as I try to help them the best I can.

Thank You so very much for coming to me, right now, and for being my strength and my hope always: after journeying through life, I long to live with You in peace forever in heaven. Amen



The Lord is my shepherd; there is nothing I shall want.