

# A Lenten Spiritual Journey Through the Mass

- Before Mass & Preparation
- Introductory Rites & The Liturgy Of the Word
- The Liturgy of the Eucharist
- The Communion Rite and Closing Rite

# Before the Mass & Preparation

## Sign of the Cross

- First thing we do when we enter Church?
- Holy Water is Baptismal Water
- We remember our baptism – the seal of our salvation
- The seal of God on our foreheads
- Rev. 7:3; 9:4; 14:1; 22:4

# Genuflection or Bow

- Bow before a king or queen
- Secular tradition came from faith tradition
- We genuflect before the King of Kings before we enter into the pew (and we cross ourselves = bless ourselves).
- Psalm 95:6

# Personal Prayer Time

- Prepare before Mass begins
- Time of silence and reflection
- Making transition from the world outside to the interior world and the world to come (heaven).
- Showing up 10 to 15 minutes before Mass begins.

# Vigil or Votive Candles

- Matthew 5:14
- Catholics light candles = lights shinning in darkness
- Vigil = Candles are extensions of prayers, stand waiting and watching
- Votive = candles express our intention
- Saints are lights who illuminate to Christ.
- Genuflect – before & after entering Eucharistic Chapel.

# Standing & Singing

- Standing expresses attentiveness and readiness.
- Standing is the traditional prayer posture.
- If you can't sing **TO** Christ here in church, how can you sing **OF** Christ in the world?
- The Mass is not “spectator” worship. The Mass is “participant” worship!

# Vestments

- Exodus 28
- Alb = white = baptism = vocation.  
Revelation 14:9-17
- Stole = yoke = work = authority. Matthew 11:29-30
- Chasuble = “casa” = house
  - Green = Ordinary – growth
  - Purple = Advent & Lent – anticipation & prep.
  - Rose (not pink!) = joy
  - White (& Gold) = victory
  - Red = blood (Christ & Martyrs) & Holy Spirit

# A Lenten Spiritual Journey Through the Mass

- First Week
  - Signing Ourselves, Genuflecting, Preparing for Mass with prayer
  - Lighting Candles, Icons and Statues
  - Vestments, liturgical seasons and colors
  - Standing & Singing
- This Week
  - Sanctuary, Altar, Pulpit, Tabernacle
  - Liturgy of the Word

# Intro Rites & Liturgy of Word

## The Sanctuary

- How many steps?
- Sanctuary – “sanctus” = holy = heaven
- Pulpit - Word of God proclaimed
- Tabernacle = tent – dwelling place of God.  
Hebrews 8 & 9.
- Presider’s chair – spiritual father leads
- Altar – Word of God made present, sacrifice

# Kissing the Altar

- Altar – OT times = for sacrifice of animals.  
NT times = symbol of the cross
- Kiss – gesture of affection and veneration
- Relics = fragments of saints under altar
  - St. John Neumann – our patron
  - St. Therese of Lisieux – doctor of church
  - St. Maria Goretti – patron of youth
- Christ gave apostles power to help others.  
(Acts 3:6 and Acts 19:11-12)
- Christians - altars over apostles & martyrs
- Close to body = close to person & resurrection

# Priest Greets People

- Liturgy = work of the people = our salvation
- 2 Tim 4:22 - The Lord Be With You
  - Pledge of Divine Presence & Protection
- 2 Cor 13:13 - The grace and peace of our Lord Jesus...
- Introduction

# Penitential Rite

- “Kyrie Eleison” - Lord Have Mercy
- Luke 18:35-43 – Blind beggar – Jesus, Son of David, Have Mercy On Me.
- I confess to Almighty God...Matt 22:37-39
- Sprinkling of Holy Water – Old & New Testament symbol for baptism & forgiveness of sins.

# Gloria

- Gloria to God in the Highest...Luke 2:14
- Join the angels in their song of praise.
- Praise for the forgiveness of our sins
- Omit in Advent & Lent

# Opening Prayer

- Seeds that have fallen on fertile ground...  
Luke 8:8
- Pause before prayer = time for congregation to add their own intentions

# Liturgy of the Word

- Every three years – read most of the bible
- OT – Christ came to fulfill (Mt 5:17-19)
- Psalm – sung
- NT – writings tell us about early church
- Gospel – stand – Jesus' words
  - Mark forehead, lips, hearts with cross
  - Prayer – Lord be in my mind, lips, and hearts, so I may worthily hear, speak and live your words.

# Liturgy of Word (cont.)

- Homily – conversation of father with family
- Silence
- Creed – profession of Faith
  - Baptismal prof. of faith
  - Nicea – 325
  - Constantinople – 381
  - Bowing
- Prayers of the Faithful – Lord Hear OUR prayer

# Liturgy of the Eucharist

- Preparation of the Gifts
  - Bread & Wine & \$\$\$ – 1 Cor 11:23-26
  - Blessing & Thanking God – Dedication of bread & wine
  - Mixing of Water & Wine – Blood & water from Christ
- Incense
  - Psalm 141 – Like Burning Incense let my prayer rise up.
  - Incense = prayer & blessing
  - Incense bread & wine, altar, cross, priest, people
  - Washing of Hands
- People & Priest – ask God to accept this offering

# Liturgy of Eucharist (cont)

- 13 Forms of Eucharistic Prayers
  - 4 = ordinary occasions
  - 4 = special occasions
  - 2 = reconciliation
  - 3 = children
- 1<sup>st</sup> Eucharistic Prayer –
  - Matthew, Mark, Luke
  - Outside of Scripture = 2<sup>nd</sup> Century = 2<sup>nd</sup> Eucharistic Prayer
- “In Persona Christi”
  - priest acts in the person of Christ
  - Offering Himself to the Father for our sins.

# Liturgy of Eucharist (cont)

- The Preface
  - Holy, Holy, Holy...Isaiah 6:3; Revelation 4:8
  - Blessed is he...Mark 11:9-10 – Jesus entrance into Jerusalem
- All Kneel – Jesus made present on altar
- Institutive Narrative (Jesus' words)
  - Matt 26:26-29; Mark 14:22-25; Luke 22:15-20
  - Jewish Passover Meal – Exodus 12 – Blood of the Lamb
  - To Remember = To “re-present” – make present again.
  - We are linear beings. Jews' time was cyclical
  - God is eternal being – We enter into His time

# Liturgy of Eucharist (cont)

- Epiclesis – Sending of the Holy Spirit
- Narrative – Take this...bread & wine = body & blood
  - Ringing of the bells
- Prayer for Unity
- Prayer for Pope and Bishop
- Prayer for the Dead – 2 Maccabees 12:43-46.
  - Prayers for the dead & belief in resurrection
- Prayers for Intercession of Saints – Rev. 5:8.
  - 24 Elders holding bowls of incense, which are the prayers of the saints.
- Doxology – Praise to Father, Son, & Holy Spirit
  - Amen = “Yes” - 2 Cor 1:20

# Our Father

## (In Light of The Eucharist)

- Our Father, who art in heaven, hallowed be thy name, they kingdom has come
  - The Father's kingdom has come...upon this altar
- Thy will be done on earth as it is in heaven
  - That Jesus die for our sins and overcome death
- Give us this day our daily bread –
  - The Eucharist
- And forgive us our trespasses as we forgive those who trespass against us
  - God's standard – If we are willing to try to forgive...
- And lead us not into temptation but deliver us from evil
  - Here on this altar – the Power & Strength to overcome evil

# Communion Rite

- Kiss (Sign) of Peace – Matt 5:24
- The Lamb of God - kneel
  - 28 times in Revelation
  - Our response: Luke 7:7 – “Lord I am not worthy...”
- Holy Communion – John 6:53-56
- “The Body & Blood of Christ” – “Amen”
  - statement of faith – with body and our words
- Why non-Catholics can't receive Communion
  - Vertical and Horizontal Communion
  - Teach your non-Catholic family & friends before Mass
  - Orthodox Christians can receive Catholic Communion
    - They must follow the laws of their particular churches
- Catholics = not go to “communion” in other Churches
  - Can receive in Orthodox (if they allow) = doesn't fulfill Sunday obligation.

# Why some Catholics cannot receive Communion

- Mortal sin. Not in the state of grace
  - Example: Sins related to the dignity of the human person and God's design for how we are to related to each other: Co-habitation & pre-marital sex, Marital infidelity, Abortion, Actively engaging in homosexual relations, Divorce & remarriage without an annulment & validation of the marriage as a sacrament.
  - “Therefore whoever eats the bread or drinks the cup of the Lord unworthily will have to answer for the body and blood of the Lord. A person should examine himself, and so eat the bread and drink the cup. For anyone who eats and drinks without discerning the body, eats and drinks judgment on himself” (1 Corinthians 11:27-29).
  - Holy Communion forgives venial sins, not mortal sins.
  - Go to the Sacrament of Reconciliation, reform your life, return to Communion

# Holy Communion Etiquette

- Fast one hour before receiving Communion
- Bow before you receive the Body & Blood
- Remember to say “Amen”
- Catholics can receive twice in one day @ Mass
- Gluten-Intolerant Individuals –
  - Gluten-free bread available
  - Christ is fully present in the Body & Blood
- No “Intinction” (dipping host into the cup)
- If you have a cold, please do not take the cup
- If you drop the host – you or minister can consume. If cup dropped – minister purifies

# Concluding Rites

- Final Blessing & Commissioning
  - Sitting down (when the Blessed Sacrament is reposed in the tabernacle – not when clergy sits)
  - Silence (dwelling in Christ as he dwells in us)
  - Prayer After Communion
  - Announcements
  - The Mass is ended, go in Peace
    - “Ite, Missa Est” – John 20:21 – “As the Father sends me, so I send you”
      - “Ite” = Go
      - “Missa Est” – You are sent
  - Sing Closing Song, don’t leave before the priest, genuflect, bless yourself with holy water
  - You are to be what you eat!!!

# Conclusion

- For the past four weeks of Lent, I have tried to present a basic understanding of the scriptures, theology, and history as they relate to the Mass, in the hopes that better grasping all the prayers, gestures, symbols and actions of the Mass, we might grow in our appreciation of just what the Mass is really all about. The Mass is the total involvement of the individual in the act of worshiping Jesus Christ in his word and sacrament and being transformed to become more and more like Christ as we prepare for heaven and bring heaven to the world.
- This presentation is on the parish website.