



“DO THIS IN MEMORY OF ME...”

Jesus wants us to remember Him: The Last Supper. His crucifixion. His Resurrection. Through the power of the Holy Spirit, Jesus joins us at every Mass as we remember what He did. We give glory and praise to God, the Father, who never abandoned us.

If you are looking to be entertained or view the Mass as a spectator sport- you are missing the point. If you walk away saying “I do not get anything out of Mass”- ask yourself “what are you bringing to Mass?”

In the profound mystery of the Mass, we have the chance to bring our trials, our sinfulness, our brokenness, our worries, our gifts, our life and offer it as a sacrifice along with the greatest sacrifice of time- Christ crucified. Just as the simple gifts of bread and wine become the Body and Blood of Christ, what we offer of ourselves on the altar is transformed.

The mystery of the Mass is that we enter into God’s eternal time and share at the Last Supper with Jesus and the disciples. We stand at the cross where Jesus’s blood wipes out all our sin. We stand in front of the empty tomb rejoicing that God’s mighty love is stronger than death. We wait in joyful anticipation of the heavenly banquet where God’s glory will shine forever.

How can we enter more fully in this profound mystery? The Holy Spirit brings the Mass alive. Ask the Holy Spirit to help bring you deeper into this mystery.

EUCCHARIST BEGINS AT HOME PRIOR TO MASS...

- Reflect on:
 - Who should I pray for today?
 - What do I want to give God special thanks for?
 - What concerns do I want to bring to the altar?
- Read the readings for the day prior to coming to Mass

GATHERING RITES: We gather as God’s Family

JESUS IS PRESENT IN THE PEOPLE OF GOD GATHERED TOGETHER

JESUS IS PRESENT IN THE PRIEST

LITURGY OF THE WORD: We hear the stories of our salvation- God's love letters to His people.

- These stories become our stories.
- Scripture comes alive in us when we can relate our lives to the readings we heard. Ask the Holy Spirit to make the Word come alive in you.
- Readings are based on the Liturgical Season and/or thematically related to each other
- The Creed is our response to all that we have heard: "I BELIEVE..."

JESUS IS FULLY PRESENT TO US IN THE LITURGY OF THE WORD

LITURGY OF THE EUCHARIST: Simple gifts of bread and wine become Jesus's body, blood, soul and divinity

- The maker of the universe gives His very self to us.
- We, the Body of Christ, become the Body of Christ as we share in the Body of Christ fully present in the Eucharist. We are united with each other
- We are present at the Last Supper: "On the night He was betrayed..."
- We proclaim the Mystery of Faith: By your Cross and Resurrection you have set us free.
- Jesus said to them, "Amen, amen, I say to you, unless you eat the flesh of the Son of Man and drink his blood, you do not have life within you. Whoever eats my flesh and drinks my blood has eternal life, and I will raise him on the last day. (John 6: 53-54)
- This is the Lamb of God who takes away the sins of the world!

JESUS IS FULLY AND INTIMATELY PRESENT TO US IN THE BREAD AND THE WINE THAT HAVE BECOME THE BODY AND BLOOD SOUL AND DIVINITY OF THE RISEN LORD!

CONCLUDING RITE: We are sent forth to share Christ with our world!

EUCHARIST CONTINUES ON THE WAY HOME AND THROUGHOUT THE WEEK...

- Discuss the Mass in the car on the way home. Ask each person one thing that they remembered
- Eat meals together as a family or with a friend
- Greet the people you meet
- Listen to one another
- Seek and offer forgiveness
- Be mindful of the needs of others
- Welcome the stranger- your child's friends, someone new to the family
- Read and reflect on Scripture stories
- Pray prayers at bedtime, say grace before meals
- Make attending Liturgy a priority

OTHER SUGGESTIONS FOR DEEPENING YOUR PARTICIPATION IN THE LITURGY

- Use the Worship Aide to follow where we are in the Mass
- Understand the Mass is a dialogue. Think about the words we say in response.
- Sing the songs. Listen to the words we are singing. The music relates to the liturgical season and scriptural readings.
- Be aware of the Liturgical Season: Incorporate Advent or Lenten traditions in your home