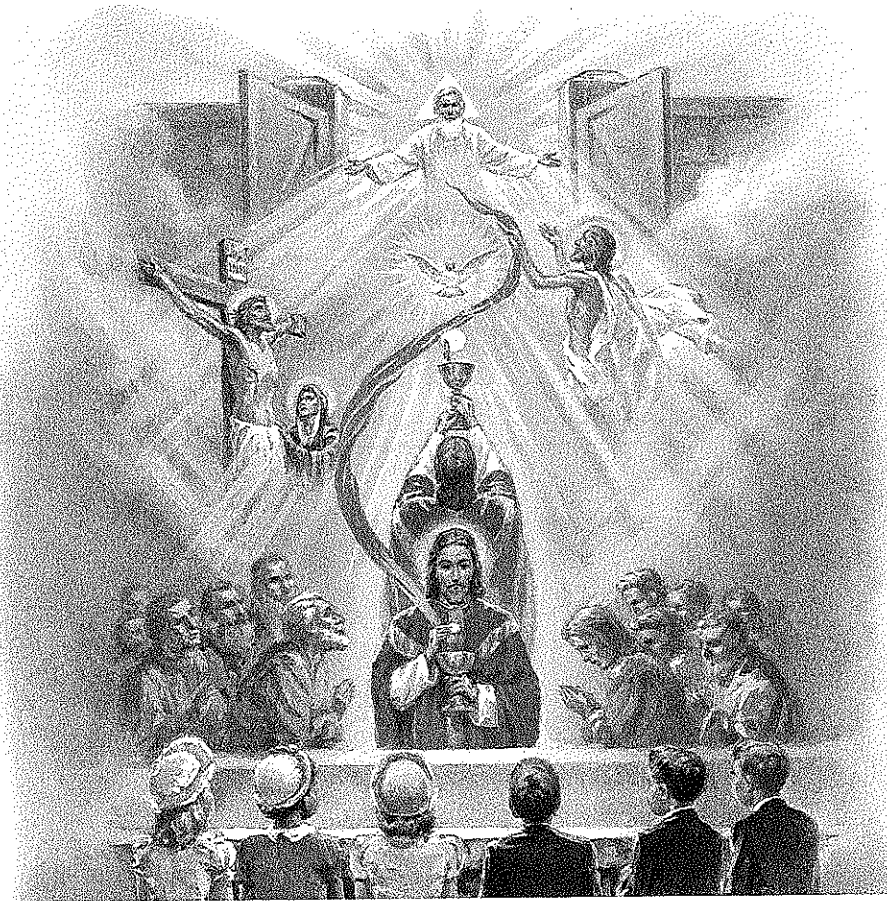


# THE HOLY MASS



## THE MASS IS CHRIST'S ACT OF LOVE

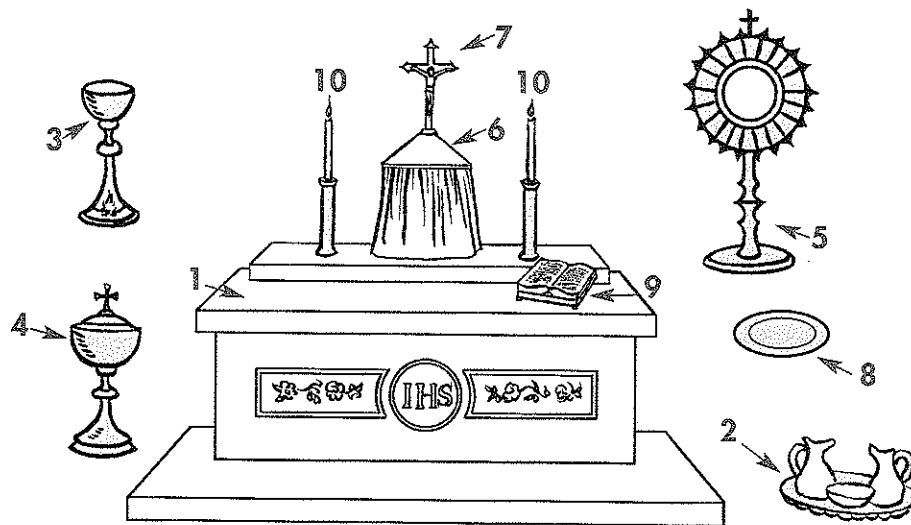
Our Lord faces two ways at Mass.

1. He looks up to heaven.

He gives Himself to the Father in love.  
And we give ourselves with Him.

2. He looks at us.

He gives us His own Body and Blood.  
They are Food and Drink for our souls.



### THINGS I SEE AT THE ALTAR

1. The **ALTAR** is a table. Mass is said on it. It is very holy.

2. The **CRUETS** contain the wine and water to be used at the Preparation of the Gifts.

3. The **CHALICE** is a cup which holds Our Lord's Precious Blood at Mass.

4. The **CIBORIUM** is a cup which holds the Hosts the people receive at Communion.

5. The **MONSTRANCE** is a shrine where Our Lord's Body is placed so people can see and adore Him.

6. The **TABERNACLE** is like a tent. Our Lord lives in it.

7. The **CRUCIFIX** is a cross with Our Lord on it. It reminds us He died for us. He loved us so much to do this.

8. The **PATEN** or plate holds the bread to be consecrated by the priest.

9. The **MISSAL** is a big prayer book, with prayers of the Mass. It rests on a stand on the altar.

10. The **CANDLES** remind us of Our Lord. They are made of pure wax. They burn like His Sacred Heart.

**THE BEGINNING OF MASS**

**THE PRIEST AT THE FOOT OF THE ALTAR**

The priest begins the Mass.  
He tells God he is sorry for his sins.  
We tell God we are sorry for our sins too.

O God, I am sorry for my sins.  
Help me to do better.  
Help me to pay attention to the  
Mass.



**THE PRIEST AT THE MISSAL  
AND AT THE LITURGY OF THE WORD**

He praises God.  
He prays for our needs.  
He reads God's words to us.  
On Sundays he preaches a sermon.

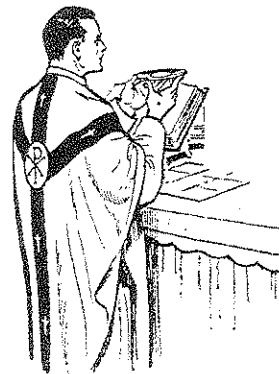
O my God, we adore You.  
Thank You for Your love.  
Help us to be good.  
Teach us what we should know.



**THE PRIEST OFFERS BREAD AND WINE**

He offers the bread to God.  
He puts wine in the chalice.  
He offers that to God.

O God, we offer ourselves to You.  
We put our hearts in the chalice.  
We want to please You always.



CONSECRATION OF THE HOST



This is the most important part of the Mass.

The priest bends low over the bread.

The people kneel in silence.

The priest says the words of Christ,

**THIS IS MY BODY.**

The bread is changed into Christ's Body.

O God, we love You.

We offer You our gift of bread.

Our hearts are in it.

Change the bread into the Body of Your Son.

Change our hearts too.

Fill them with love for You.



ELEVATION OF THE HOST

The priest genuflects.

He raises the Host for all to see.

The people look up and adore Jesus.

Say:

**MY LORD AND MY GOD!**

THE OUR FATHER



The priest is getting ready for Communion.  
He says the "Our Father."  
He asks the Father for the daily Bread of  
the Eucharist.

**O**UR Father,  
who art in heaven,  
hallowed be Thy name;  
Thy kingdom come,  
Thy will be done  
on earth as it is in heaven.  
Give us this day our daily bread,  
and forgive us our trespasses,  
As we forgive those  
who trespass against us;  
And lead us not into temptation,  
but deliver us from evil. Amen.



THE COMMUNION

The priest receives the Host.  
He drinks the Precious Blood.  
The people eat the Bread of Life.



Dear Lord, make us worthy  
to receive You.  
Take away our power to sin.  
Give our souls their Food and  
Drink.  
Make us strong in love for  
You.  
Lead us to life everlasting.

# LIVING THE MASS

We must LIVE our Mass each day.

To live the Mass we must love and suffer as Jesus did.

## TO LOVE

Jesus loved everybody.

We must love everybody.

We must be kind to all.

The Mass helps us to love the way Jesus did.



## TO SUFFER

Jesus suffered for us.

We must suffer for and with Him.

To suffer means to do what we don't like to do when God wants it.

The Mass helps us to suffer with Jesus.



## HOLY DAYS OF OBLIGATION



### **THE IMMACULATE CONCEPTION—December 8**

This Feast reminds us how holy Mary's body and soul were made by God.



### **CHRISTMAS—December 25** This is Our Lord's birthday.



### **MARY, THE HOLY MOTHER OF GOD—January 1** The day when Our Lord received His name Jesus.



### **THE ASCENSION (40 days after Easter)**

The day Our Lord went up to heaven.

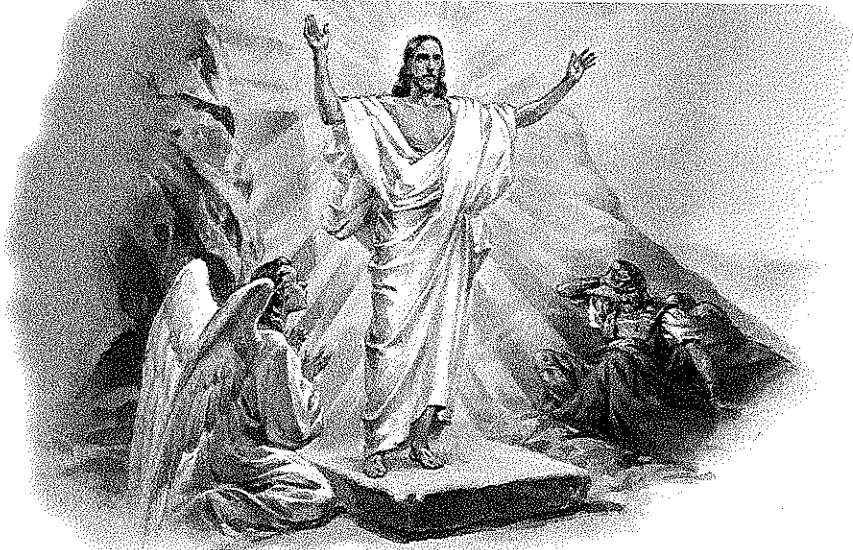


### **ASSUMPTION—August 15** The day Our Lady was taken up to heaven.



### **ALL SAINTS—November 1** The day we think of all the Saints in heaven.

## THE TWO BIGGEST FEASTS OF THE YEAR



### **EASTER SUNDAY**

The day Our Lord rose from the dead.



### **PENTECOST SUNDAY**

The day the Holy Spirit descended on the Apostles.