

**THE HOLY SACRIFICE
OF THE MASS:
According to the
Roman Missal of 2000**



What is the Eucharist?

- **First and Foremost: Sacrifice of the Cross**
- **Real Presence**
- **Bread from Heaven**
- **Heavenly Wedding Banquet**

Sacrifice

- **Christ's total self-gift of complete Love to the Father for us and our sins**
- **Sacrifice of Thanksgiving**
- **Sacrifice of Praise**
- **Sacrifice of Atonement and Reparation**
- **Sacrifice of the New Covenant**
- **The great prayer of Jesus**

Key Attitudes in Participating in the Mass

- **Awareness of the meanings of the Eucharist**
 - **Of the Sacrifice of the Cross**
 - **In the Real Presence of Christ,**
 - **Most magnificently, Christ Crucified, but also Risen**
 - **Heaven come down to Earth, Earth lifted up to Heaven**
 - **With Father and the Holy Spirit**
 - **Surrounded by the Blessed Mother, and Angels and Saints**
 - **And so the Glory and Majesty**
 - **And so the Mystery**

Key Attitudes in Participating in the Mass

- **Adoration, Awe and Reverence**
- **Humility**
- **Repentance**
- **Self-sacrifice: gift of entire self**
- **Personal Communion with Jesus**
- **Receptivity to Christ's Grace offered**
 - **in the Sacrament**
 - **and in the "Sacramentals"**
- **Communion with the Church**

Postures, Signs, Words, Actions

- **Exterior/physical actions/words express interior and spiritual realities**
 - **But also, exterior/physical actions/words are meant to draw the interior/spiritual toward the truth expressed**
 - **Examples:**
 - **Saying beautiful prayers leads to contemplation of their meaning**
- **Actions etc., rooted in tradition: a common language**

Purpose of Rituals

- **Guarantee validity and orthodoxy**
- **Humility**
- **Sense of Holiness, Separateness: Solemnize**
- **Beauty**
- **Unity beyond this place and TIME**
- **“Welcoming”**
- **Freedom**

The Order of Mass

- **Two Principle Parts**
 - **Liturgy of the Word**
 - **(EFM: Mass of the Catechumens)**
 - **Liturgy of the Eucharist**
 - **(EFM: Mass of the Faithful)**
- **Two Ancillary Parts**
 - **The Introductory Rites**
 - **The Concluding Rites**

The Introductory Rites

- **The People Stand and Sing/Say Verse or Hymn**
- **The Priest (and vested Ministers) arrive at the Sanctuary**
- **They Genuflect toward the Lord in the tabernacle**
- **Priest venerates (kisses) the altar—symbol of Christ**
- **The priest goes to his chair.**

Postures

Standing

Sign of singular respect:

- **Stand for the priest at the entrance**

Posture of prayer

Luke 18: 9...Jesus told this parable: 10...“11The Pharisee stood by himself and prayed...13“But the tax collector stood at a distance....

Singing

- **The angels and saints sing in God's presence:**

Rev. 14: 1 Then I looked, and behold, on Mount Zion stood the Lamb, and with him 144,000 ...3 and they were singing a new song before the throne and before the four living creatures and before the elders....

- **The Temple worship was filled with song: Psalms**
- **St. Augustine of Hippo: "He who sings well, prays twice."**

The Introductory Rites

- **The People Stand and Sing/Say Verse or Hymn**
- **The Priest (and vested Ministers) arrive at the Sanctuary**
- **They Genuflect toward the Lord in the tabernacle**
- **Priest venerates (kisses) the altar—symbol of Christ**
- **The priest goes to his chair.**

Gestures: Genuflection

A temporary form of kneeling: Sign and posture of prayer and adoration

Isaiah 45: 23 [The Lord says]: “To me every knee shall bow, every tongue shall swear.”

Philippians 2: 10...at the name of Jesus every knee should bow, in heaven and on earth and under the earth...

Gesture: Bows

A sign of the reverence and honor given to persons or what represents those persons.

There are 2 kinds of bows.

1. Bow of the head.

- **At the name of Jesus, Mary, the three Divine Persons named together.**

2. Profound bow from the waist.

- **Toward the altar (which)....**
 - **During Mass when the Blessed Sacrament is not on the altar**
- **In the Creed**

The Introductory Rites

- The People Stand and Sing/Say Verse or Hymn
- The Priest (and vested Ministers) arrive at the Sanctuary
- They Genuflect toward the Lord in the tabernacle
- Priest venerates (kisses) the altar—symbol of Christ

Luke 7:38: 38 ...she began to wet his feet with her tears.
Then she ...kissed them ...

- The priest goes to his chair.

Mt. 23: 1 Jesus spoke ...2 saying: “The scribes and the Pharisees sit on the chair of Moses. 3 All things therefore whatsoever they shall say to you, observe and do...”

The Introductory Rites

(“The Greeting”)

SIGN OF THE CROSS: “In the name of the Father...”

Matthew 28: 19 “Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit...”

- **Reminds us of our Baptism, and so Prayer of the Whole Church**
- **Reminds us we are entering the Mystery of the Cross**
- **Sets the Trinitarian tone of the Mass**

The Introductory Rites

(“The Greeting”)

“The Lord be with you... And with your spirit”

2 Thessalonians 3:16: “The Lord be with you all”

2 Timothy 4:22: “The Lord be with your spirit.”

3 Options, Scripturally based

The Introductory Rites

The Penitential Act

Brethren (brothers and sisters), let us acknowledge our sins, and so prepare ourselves to celebrate the sacred mysteries.

- Begin with and sets tone of Humility, Repentance**
- Entering into “sacred mysteries”**

- 1st Option of 3: The Confiteor with The Kyrie**

The Confiteor

At least 9th century, developed until Trent, and New Mass

- **James 5:16: Therefore, confess your sins to one another and pray for one another, that you may be healed.**
- **Psalm 51: Create in me a clean heart, O God, And renew a steadfast spirit within me...The sacrifices of God are a broken spirit; A humble and a contrite heart, O God, You will not despise.**

Humility, Repentance

Presence of the Saints and Angels

Unity

Trinitarian tone

The Confiteor

I confess to almighty God, and to you, my brothers and sisters,
that I have greatly sinned,
in my thoughts and in my words,
in what I have done and in what I have failed to do,

And, striking their breast, they say:

through my fault, through my fault,
through my most grievous fault;
therefore I ask blessed Mary ever-Virgin,
all the Angels and Saints,
and you, my brothers and sisters,
to pray for me to the Lord our God.

Striking the Breast

Heartfelt Sorrow, Humility of Heart

Luke 18: 9...13 "But the tax collector stood at a distance. He would not even look up to heaven, but beat his breast and said, 'God, have mercy on me, a sinner.' ..."

Luke 23: 48 And all the multitudes ...when they saw what had taken place, returned home beating their breasts.

Isaiah 32: ¹² Beat upon your breasts ...for the soil of my people growing up in thorns and briers;

The Kyrie

V. Lord, have mercy.

R. Lord, have mercy.

V. Christ, have mercy.

R. Christ, have mercy.

V. Lord, have mercy.

R. Lord, have mercy.

- Luke 18: 9...13 "But the tax collector ...said, 'God, have mercy on me, a sinner.' ..."
- Matthew 20:31 "Lord, have mercy on us, Son of David!" ...

Greek: Sign of Unity with Early Church

Humility and Repentance

Trinitarian tone

The Gloria

2nd Century origins

In Humility, we shift to Adoration and Praise the Majesty and Glory

Emphatic and Joyful Praise

Trinitarian

Singing with the angelic chorus (Scriptural basis)

- **implied reference to Incarnation**

**Beautiful, Scriptural, Heavenly, Ancient Hymn—
Participate!**

The Gloria

[First, to the Father]

**Glory to God in the highest,
and on earth peace to people of good will.**

[The Song of the Angel in Luke 2:14]

[Litany of praise, awe]

**We praise you, we bless you,
we adore you, we glorify you,
we give you thanks for your great glory,**

***[Majesty of Father—humility and awe]* Lord God, heavenly King,
O God, almighty Father.**

The Gloria

[Then, to the Son]

Lord Jesus Christ, Only Begotten Son,
Lord God, Lamb of God, Son of the Father,

[Again, repentance]

[triple versicles Trinitarian tone]

you take away the sins of the world,
have mercy on us;

you take away the sins of the world,
receive our prayer;

you are seated at the right hand of the Father,
have mercy on us.

The Gloria

[Continuing to the Son]

[The singular importance of Jesus and His Divinity]

**For you alone are the Holy One,
you alone are the Lord,
you alone are the Most High,
Jesus Christ,**

[Trinitarian tone]

**with the Holy Spirit,
in the glory of God the Father.
Amen.**

The Collect

(“the Opening Prayer”)

- **“Let us pray.”**
- **Changes at virtually every Mass (“The Proper” v. “Ordinary”).**
- **Short, pithy, often very rich in theology.**
- **Brings us together (“collects” us) to begin the rest of the Mass, sets specific tone for Feast.**
- **Almost always directed to the Father.**
- **Close: we pray through Jesus, “in the unity of Holy Spirit:”
Trinitarian.**

Liturgy of the Word: The First Reading

- **Posture: Sitting**
 - **Actively participate by listening prayerfully!**
 - **“The Word of the Lord”**
- **When there is a second Reading, First is from Old Testament**
 - **Except in Easter Season: New Testament**
 - **Remember God’s long plan of salvation, fulfilled promises**
- **Paired in some direct way with the Gospel: fulfillment**
- **Thanks be to God: prayer of thanks**

Posture: Sitting

Sign and posture of relaxing, especially for listening:

- **Sit during the readings**

Posture of prayer

Luke 10: 38 Now ...a woman named Martha received him into her house. 39 And she had a sister called Mary, who sat at the Lord's feet and listened to his teaching. ..."Martha, Martha...42 ...Mary has chosen the better part...."

The Second Reading

- **Always from New Testament: Acts, Epistles, Revelation**
 - **Remember God's plan of salvation fulfilled**
 - **Life of the Early Church**
 - **Teaching of the Apostles**
- **Not always clearly paired in a direct way with the Gospel**
- **Thanks be to God: prayer of thanks**

Alleluia and Acclamation

Alleluia: Hebrew for “May God be praised”

- **Attitude of praise, adoration**
- **Why: the Gospel: very life and words of the Word made flesh**
- **Joyful acclamation: suppressed in Lent**

Gospel Acclamation

- **Usually directly related to the Gospel, or the Feast/Season**

The Gospel

Posture: Stand: reverence for the Gospel

The Lord be with You... And with your Spirit

- **Traditional way of drawing the people into the Mass**
 - **Beginning, Gospel, Eucharistic Prayer, and End**
- **Call to active participation by prayerful listening**

Glory to you, O Lord.

- **Attitude of Praise**
- **Attitude of Humility before God's glory shown in Scripture**

The Gospel

Triple Sign of the Cross: Forehead, lips, breast

- **Trinitarian: the Word of God is...**
- **Cross: The Word makes us ready to enter into the Mystery of the Cross, the Word made flesh in its most profound way.**

Customary prayer of the people:

“May the Word of God be in my mind, on my lips, and in my heart.”

Actively listen: humility, awe, reverence, openness to Christ

The Gospel

The Gospel of the Lord... Praise to you, Lord Jesus Christ.

Sincerely praise and thanks to Jesus for the Gospel?

The Homily

- **Sit: to listen: actively, prayerfully, humbly**
- **Avoid:**
 - **Seeking to be entertained**
 - **Critiquing**
 - **Distractions**
 - **Confusing opinions/advice with Word/Doctrine/Dogma**
 - **Rejecting just because it makes you feel uncomfortable**
- **Recognize different styles and gifts of priests**
- **God has something to say in each Homily**

The Creed

Response to the Word of God: “I believe”

- **Stand: Respect, importance**
- **Not a prayer, but a proclamation of our faith**
- **Council of Nicaea, 325**
 - **Constantinople, 381**
 - **Filioque, 6th century... 1014**
 - **Fundamental teachings**

Creed: “I believe”

- **In the Trinity, Father Son and Holy Spirit**
- **God as Creator and origin of all things**
- **The true and complete divinity of Jesus**
- **Divine redemption through in the historical reality of Jesus' incarnation, life, death and resurrection**
- **The Second Coming**
- **Judgment**
- **Sacraments**
- **The Church**
- **Bodily Resurrection**
- **Heaven (and Hell).**

The Creed

- **Bow at the Incarnation**
 - **Powerful sign: kneel at Christmas and Annunciation**
 - **A break in the Creed: everything changed**

Universal Prayer/Prayer of the Faithful

- **Optional, but recommended for Sundays and Solemnities**
- **Brief, sober,**
- ***“expressive of the prayer of the entire community.”***
- **The series of intentions is usually to be for:**
 - **the needs of the Church;**
 - **public authorities and the salvation of the whole world;**
 - **those burdened by any kind of difficulty;**
 - **the local community.**
- **People respond**

Liturgy of the Eucharist

- **Preparation of the Altar**
 - **We now turn toward Sacrifice**
 - **Tone of Reverence, humility, growing awe**
 - **Now, only Prayers: no more confession, lessons, professions**
 - **Silence**
- **Presentation of the Gifts: bread and wine (and water)**
 - **Optional**
 - **Symbolic of our sacrifice of our selves**
- **Offertory**

Offertory Prayers

**Blessed are you, Lord God of all creation,
for through your goodness we have received
the bread we offer you:
fruit of the earth and work of human hands,
it will become for us the bread of life.**

**Blessed are you, Lord God of all creation,
for through your goodness we have received
the wine we offer you:
fruit of the vine and work of human hands,
it will become our spiritual drink.**

Offertory Prayers

Silent Prayers of the Priest:

By the mystery of this water and wine
may we come to share in the divinity of Christ
who humbled himself to share in our humanity.

With humble spirit and contrite heart
may we be accepted by you, O Lord,
and may our sacrifice in your sight this day
be pleasing to you, Lord God.

Offertory Prayers

Priest: Pray, brethren (brothers and sisters), that my sacrifice and yours may be acceptable to God, the almighty Father.

People: May the Lord accept the sacrifice at your hands for the praise and glory of his name, for our good and the good of all his holy Church.

- Sacrifice, glory, salvation, temporal wellbeing
- Unity with the whole Church

Prayer over the Offerings: like the Collect: Proper

Eucharistic Prayer

PREFACE DIALOGUE

The Lord be with you.

And with your spirit.

Lift up your hearts.

We lift them up to the Lord.

Let us give thanks to the Lord our God.

It is right and just.

PREFACE

- Different themes
- Close with Saints and Angels...

Eucharistic Prayer

Sanctus

**Holy, Holy, Holy Lord God of hosts.
Heaven and earth are full of your glory.**

Isaiah 6: 1I saw the Lord sitting on a throne, lofty and exalted, ... 2 Seraphim stood above Him...3 And one called out to another and said, "Holy, Holy, Holy, is the LORD of hosts, The whole earth is full of His glory."

Rev. 4:8the four living creaturesDay and night they never stop saying: "Holy, holy, holy is the Lord God Almighty'...."

Eucharistic Prayer

Sanctus

Hosanna in the highest.
Blessed is he who comes in the name of the Lord.
Hosanna in the highest.

Mark 11:9 "Hosanna! Blessed he who comes in the name of the Lord!"

Matt. 21:9 The crowds that went ahead of him and those that followed shouted, ... "Hosanna in the highest heaven!"

*Eucharistic
Prayer:
The
Anaphora*



Eucharistic Prayer

Kneeling

Sign and posture of prayer and adoration:

Daniel 6: 10 Daniel ...got down upon his knees ...and prayed and gave thanks before his God.

Luke 22:39 And he came out, and went...to the mount of Olives....41...and kneeled down, and prayed...

Rev. 19:1 4 The twenty-four elders and the four living creatures fell down and worshiped God who sat on the throne..."

Eucharistic Prayer

Common Words of Consecration:

**Take this, all of you, and eat of it,
for this is my Body,
which will be given up for you.**

+ + + + +

**Take this, all of you, and drink from it,
for this is the chalice of my blood,
the Blood of the new and eternal covenant,
which will be poured out for you and for many
for the forgiveness of sins.
Do this in memory of me.**

Eucharistic Prayer

Common Doxology:

**Through him, and with him, and in him,
O God, almighty Father,
in the unity of the Holy Spirit,
all glory and honor is yours,
for ever and ever.**

Amen.

Communion Rite: Our Father

Our Father, who art in heaven, hallowed be thy name;

- **The whole Mass is Christ's Prayer to the Father: Cross**
- **Intimacy: God not as "Almighty," but as "Father."**

thy kingdom come, thy will be done on earth as it is in heaven.

- **And yet, he is a King.**
- **His kingdom has come to earth: heaven has come down to earth in the Eucharist**

Give us this day our daily bread,

The Eucharist is the "new manna"/"bread from heaven": the true daily Bread that sustains us in Divine life

Communion Rite

and forgive us our trespasses,

- **Again, we recognize our sinfulness: humility, repentance**
- **The sacrifice of the Cross is the source of all forgiveness**
- **Forgiveness of venial sins is direct effect of the Eucharist**

as we forgive those who trespass against us;

- **We must be like what we receive: Christ**
- **It us more like Christ, so we *can* forgive**

and lead us not into temptation,

The Eucharist has lasting effects: grace to resist temptation

but deliver us from evil.

It is the ultimate source of deliverance: the Cross

Communion Rite

Deliver us, Lord, we pray, from every evil,
graciously grant peace in our days,
that, by the help of your mercy,
we may be always free from sin
and safe from all distress,
as we await the blessed hope
and the coming of our Savior, Jesus Christ.

[Friendly nod to our separated brethren]

For the kingdom,
the power and the glory are yours
now and for ever.

Communion Rite

**Lord Jesus Christ,
who said to your Apostles:
Peace I leave you, my peace I give you,**

John 14:27 “Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.”

Context of the Last Supper

Internal peace:

- in your heart**
- not like the world’s**
- This is a fruit of the Eucharist**

Communion Rite

**look not on our sins,
but on the faith of your Church,**

**Again, humility and repentance.
Unity of the Church**

Communion Rite

and graciously grant her peace and unity
in accordance with your will.

John 17:11 ...Holy Father, protect them by the power of your name, the name you gave me, so that they may be one as we are one...²¹ that all of them may be one, Father, just as you are in me and I am in you. ²² I have given them the glory that you gave me, that they may be one as we are one – ²³ I in them and you in me – so that they may be brought to complete unity.

Unity in Christ: Communion

Unity and Peace: fruit of Eucharist you are about to receive

Communion Rite

Sign of Peace:

The Priest, turned towards the people, extending and then joining his hands, adds:

**The peace of the Lord be with you always.
And with your spirit.**

Invitation to Exchange a Sign of Peace:

Option of the Priest, “if appropriate.”

Invitation to Exchange a Sign of Peace

God is Near Us, Joseph Cardinal Ratzinger, 2003

“The early Church understood the mystery of the Eucharist as underlying the expression of "peace" ...for it is there that God does in fact come to meet us, that he sets us free, that...he takes us in his arms, gives himself to us...The Eucharist is peace from the Lord....In each Eucharistic assembly what happened on the evening of Easter Day was repeated for them. The Risen One came in among his disciples and spoke to them: Peace be with you...

Invitation to Exchange a Sign of Peace

Last Supper, the first Eucharist, *hours before* the Cross:

“Peace I leave with you; my peace I give to you; not as the world gives do I give to you” (John 14:27).

Easter, *hours after he rose from the dead*, in the same upper room, to the same Apostles, His first words:

“Peace be with you.” (John 20:19)

The sign of peace is a solemn ritual sign of the Paschal peace flowing from and leading back to the Eucharist.

“Pacem relinquo vobis,”
Congregation for Divine Worship, 6/8/14

“In contradistinction to...other liturgical traditions” this is not a rite of reconciliation “inspired by...St. Matthew”

“if you are offering your gift at the altar, and there remember that your brother has something against you, leave your gift ...; first be reconciled to your brother...” (Mt 5: 23-24).

“Pacem relinquo vobis,”
Congregation for Divine Worship, 6/8/14

In the Rite of Communion for a reason: BETWEEN

- **The OF embolism, which “prepares for the gesture...”**
 - **...graciously grant peace in our days, that, by the help of your mercy, ...free from sin and safe from all distress...**
- **The Lamb of God, who “is implored to give us his peace.”**
 - **“you take away the sins of the world, grant us peace”**

“Pacem relinquo vobis,”
Congregation for Divine Worship, 6/8/14

The Church

- “implores peace and unity for herself and for the whole human family”
- “the faithful express to each other their ecclesial communion and mutual charity before communicating in ...the Body of Christ the Lord.”

A Ritual Prayer and Prayerful Gesture

“Pacem relinquo vobis,”
Congregation for Divine Worship, 6/8/14

“If the faithful through their ritual gestures do not appreciate ...the authentic meaning of the rite of peace...their fruitful participation at the Eucharist is impaired.”

- **If ...it will not take place properly ...or if it is not considered pedagogically wise...it ...ought to be omitted.”**
- **“where familiar and profane gestures of greeting were previously chosen, they could be replaced with other more appropriate gestures.”**

“Pacem relinquo vobis,”
Congregation for Divine Worship, 6/8/14

Specific “abuses” which must be eliminated:

- **“only the briefest of time is envisaged for the exchange of peace to those are who nearest.”**
- **“the exchange of peace being the occasion for expressing congratulations, best wishes or condolences....”**

Agnus Dei

**Lamb of God, you take away the sins of the world,
have mercy on us.**

**Lamb of God, you take away the sins of the world,
have mercy on us.**

**Lamb of God, you take away the sins of the world,
grant us peace.**

- **Sacrifice**
- **Repentance**

Silent Prayers of the Priest

Commixtio:

**May this mingling of the Body and Blood of our Lord
Jesus Christ
bring eternal life to us who receive it.**

- Reunification of Body and Blood symbolizes the
Resurrection**

Silent Prayers of the Priest

Private Preparation and Genuflection

Lord Jesus Christ...free me by this, your most holy Body and Blood, from all my sins and from every evil; keep me always faithful to your commandments, and never let me be parted from you.

- The priest is unworthy too;**
- he stands in the person of Christ, but is NOT Christ.**
- So he prepares as a penitent and genuflects before His God**

Behold

Behold the Lamb of God, behold him who takes away the sins of the world. *[John 1:29]* Blessed are those called to the supper of the Lamb. *[Rev. 19:9]*

Lord, I am not worthy that you should enter under my roof, but only say the word and my soul shall be healed. *[Matt. 8:8]*

- **Shows the Host: adoration**
- **Salvific Sacrifice**
- **Humility and Repentance—and Faith**
- **The Wedding Feast of the Lamb**

Holy Communion



After Communion: What else could there be?

Purifications

Prayer After Communion (Proper)

Final Blessing (Trinitarian)

Dismissal: “Ita Missa est”



Deo Gratias