

07-08 Non-Gathered Session #5

Theme: The Eucharistic Rite

Summary

The Eucharistic Liturgy

- The Lord's Supper, the Holy Sacrifice, the Holy and Divine Liturgy, Holy Communion, and the Mass (from the Latin word *missa*, meaning "sending forth") are all names for the Eucharistic liturgy.
- The entire rite consists of four parts: (1) the gathering rite, (2) the liturgy of the word, (3) the liturgy of the Eucharist, and (4) the dismissal rite. The liturgy of the word and the liturgy of the Eucharist are the two main parts; together they create one single act of worship.
- The gathering rite prepares us for the celebration of the Eucharist. It comprises a song played when the priest or bishop processes in with the other liturgical ministers, a penitential rite for the forgiveness of minor sins, the Glory to God, and an opening prayer by the priest.
- We then move to the liturgy of the word, the time in which we receive Christ through the words of the Scriptures. On Sundays the liturgy of the word comprises a Scripture reading from the Old Testament, a psalm that is sung or recited, a reading from the letters of the New Testament, and a reading from one of the Gospels. This is followed by a homily in which the readings are explained and applied to our life today. The liturgy of the word finishes with the recitation of the Nicene Creed and the general intercessions, in which we pray for the needs of the Church and the world.
- The liturgy of the Eucharist begins when the gifts of bread and wine are brought to the altar. Only simple, unleavened wheat bread and grape wine may be used. A prayer is said over these gifts ("Lord, accept these gifts of bread and wine"), and then the priest prays the preface to the Eucharistic prayer, to which the assembly responds with "Holy, Holy, Holy." The priest then prays the Eucharistic prayer on behalf of the gathered community.
- The Eucharistic prayer is the longest prayer of the Mass, and has a number of different parts. The priest can choose from several forms of the prayer. No matter which form is used, though, the core of the prayer is always the same. The priest extends his hands over the bread and wine,

and says the words of consecration used by Jesus at the Last Supper: “This is my body, which is given for you. . . . This cup that is poured out for you is . . . my blood” (Luke 22:19–20, NRSV). The bread and wine and these words are the essential signs of the sacrament.

- After the Eucharistic prayer, the assembly recites the Lord’s Prayer, exchanges a sign of peace, and processes up to receive the Eucharist.
- The dismissal rite includes a final blessing, the sending forth, and usually a closing song as the priest and servers recess out.
- The Effects of Participating in the Liturgy and Receiving the Eucharist
- The Eucharist builds up our relationship with Jesus, and it strengthens our relationship with his Body, the Church.
- The Eucharist unites all the members of the Church together, making the entire Church stronger and more vital.
- Participating in the Eucharist brings forgiveness for our venial sins and strengthens us to resist serious sin. The Holy Spirit sends us forth from the Eucharist, strengthened to be Christ’s presence in the world.
- With all these benefits, why would anyone not wish to regularly attend Mass and receive the body and blood of Christ?

(All summary points are taken from *The Catholic Faith Handbook for Youth*, by Brian Singer-Towns et al. [Winona, MN: Saint Mary’s Press, 2004], pages 78–182. Copyright © 2004 by Saint Mary’s Press.)

Read the scripture passages and write a short summary of each:

- Matt. 26:26-29
- Luke 24:28-35
- John 6:35
- 1 Cor. 11:23-26

Match the statements with the scripture passages:

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| • Matt. 26:26-29 | Mass Prayer |
| • Mark 14:22-25 | The Consecration |
| • Luke 22:14-23 | The New Covenant |
| • 1 Cor. 11:23-26 | The Eucharist |

Answer the following:

- What Latin word did “Mass” come from?
- Name the 4 parts of the Mass and define each of them.
- What is the longest prayer of the Mass?
- What are the four effects of participating in the liturgy and receiving the Eucharist?

Church Hunt – Answer the following:

- Think of the pews (seats) in the church. What are some ways we participate from the pew?
- How many items can you name that give us an indication of the current liturgical season?
- Think of the church pews (seats) again. Complete the following sentence starters:
 - Standing means . . .
 - Sitting means . . .
 - Kneeling means . . .
- Think of the choir area. What instruments have you seen played here?
- Think of the ambo or lectern. What parts of the Mass can be sung during the liturgy of the word?
- Think of the area around the altar. What parts of the Mass can be sung during the liturgy of the Eucharist?
- Think of the a place in the church near the choir or cantor area. What is the primary purpose of the choir or a cantor?
- Think of the worship aid. Make a list of your top five liturgical songs. What do you like about them?
- Where is our tabernacle? Why is a candle locate next to the tabernacle? Why is the candle lit?
- Where are our stations of the cross? How many are there? What do the

stations depict?

- Think of our font. What is the purpose of holy water?
- Where is the bread and wine kept before the presentation of the gifts at Mass? What do we bring spiritually to the altar as the bread and wine are being brought forth?
- Imagine standing in the middle of the sanctuary. Complete the following sentence starter: "Lord Jesus Christ, you said to your Apostles, 'I leave . . .'"
- How is the Gospel reading introduced?
- Which book of the Bible does the responsorial psalm come from?
- What does the incense symbolize?
- What is the profession of faith?
- What happens during the homily?
- When are the Prayers of the Faithful (intercessions) prayed? If you were writing the general intercessions, what might you include?

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