

Do this in remembrance of me.



This is my body which is given for you...

This cup which is poured out for you is the new covenant in my blood...

Holy Mass has four major parts.

1. Introductory Rites.

God calls us to gather as the community of Christ's Church. We gather with Christ and one another. We prepare to listen to the word of God and to celebrate the Eucharist.

2. Liturgy of the Word.

The Liturgy of the Word is always celebrated at Holy Mass. God speaks to us. We remember the story of God's love for us. Christ is present to us through his word.

3. Liturgy of the Eucharist.

Celebrating the Eucharist is the center of our Christian life. We join with Jesus through the power of the Holy Spirit to give thanks and praise to God the Father.

4. Concluding Rite.

We stand as the priest blesses us in the name of the Holy Trinity. We remember that God loves us and shares his life and love with us now and forever. The priest or deacon sends us forth to be an example and light of Christ to all the world.



*GOD GATHERS HIS FAMILY
WE PREPARE AND PRAY*

*GOD PROCLAIMS HIS WORD
WE LISTEN AND RESPOND*

*GOD GIVES HIS
LIFE AND LOVE
WE RECEIVE HIS
BODY & BLOOD*

*GOD SENDS US FORTH
WE BRING CHRIST
TO THE WORLD*

Gloria

GLORY TO GOD IN THE HIGHEST,
and on earth peace to people of good will.

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

Lord God, heavenly King,
O God, almighty Father,
Lord Jesus Christ, Only Begotten Son,
Lord God, Lamb of God, Son of the Father,
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.

For you alone are the Holy One,
you alone are the Lord,
you alone are the Most High,
Jesus Christ, with the Holy Spirit,
in the glory of God the Father. Amen.

Profession of Faith or Creed

I BELIEVE IN ONE GOD,
the Father almighty,
maker of heaven and earth,
of all things visible and invisible.

I believe in one Lord Jesus Christ,
the Only Begotten Son of God,
born of the Father before all ages.

God from God, Light from Light,
true God from true God, begotten, not made,
consubstantial with the Father;
through him all things were made.

For us men and for our salvation
he came down from heaven,

*(at the words that follow, up to and
including and became man, all bow)*

and by the Holy Spirit was incarnate of the
Virgin Mary, and became man.

For our sake he was crucified
under Pontius Pilate,
he suffered death and was buried,
and rose again on the third day in
accordance with the Scriptures.

He ascended into heaven and is seated at
the right hand of the Father.

He will come again in glory to judge the living
and the dead and his kingdom will have
no end.

I believe in the Holy Spirit, the Lord,
the giver of life,
who proceeds from the Father and the Son,
who with the Father and the Son is adored
and glorified,
who has spoken through the prophets.

I believe in one, holy, catholic
and apostolic Church.

I confess one Baptism for the forgiveness of
sins and I look forward to the resurrection of the
dead and the life of the world to come. Amen.

I. Introductory Rites

Entrance Procession

We stand as the priest and other ministers enter the church. The priest presides over the celebration of the Mass. **We sing** a gathering song. The priest kisses the altar as a sign of reverence. The altar reminds us of Jesus and his love for us. The priest then goes to the chair where he leads us in an opening prayer.

Greeting

Priest: *In the name of the Father, and of the Son, and of the Holy Spirit.*

People: Amen.

Priest: *The grace of our Lord Jesus Christ, and the love of God, and the communion of the Holy Spirit be with you all.*

People: And with your spirit.

Penitential Act

Priest: *Lord, have mercy.* **People: Lord, have mercy.**

Priest: *Christ, have mercy.* **People: Christ, have mercy.**

Priest: *Lord, have mercy.* **People: Lord, have mercy.**

Gloria

We praise God the Father and Jesus, the Lamb of God, for the grace given us by the Holy Spirit. We celebrate that we share in the life of the Holy Trinity – God the Father, God the Son, and God the Holy Spirit.

Opening Prayer

Priest: Let us pray... **People: Amen.**



II. Liturgy of the Word

First Reading

We sit and listen as the reader reads from the Old Testament or from the Acts of the Apostles. At the end of the reading the reader says: *The word of the Lord.*

People: Thanks be to God.

Responsorial Psalm

The cantor (song leader) leads us in singing a psalm.

People: we repeat as directed.



Second Reading

We listen as the reader reads from the New Testament, but not from the four gospels. At the end of the reading the reader says: *The word of the Lord.*

People: Thanks be to God.

Alleluia or Gospel Acclamation

We stand to show our reverence for Jesus, the Word of God. The cantor leads us in singing "Alleluia." During Lent, we sing "Praise to you Lord Jesus Christ."

Gospel

We remain standing and listen as the priest or deacon reads from one of the four gospels.

Priest/deacon: *A reading from the holy Gospel according to N.*

People: make the sign of the cross on our forehead, lips, and heart saying, **Praise to you, O Lord.**

Priest/deacon: *The Gospel of the Lord*

People: Praise to you, Lord Jesus Christ.



Homily

We sit and listen as priest or deacon helps us understand the word of God proclaimed to us and how we are to live as followers of Jesus.

Profession of Faith

General Intercessions (prayers of the faithful)

We stand and profess our faith: "**I believe in God...**" The priest or deacon or another person leads us in praying for the Church, for public leaders, for the salvation of the world, and for our parish. **We respond: "Lord, hear our prayer."**



III. Liturgy of the Eucharist

Preparation of Altar and Gifts

We sit as the altar is prepared and the collection is taken up. The gifts of bread and wine are brought to the priest. The altar is the table of the Lord. The cantor may lead us in singing a hymn.

Priest: *Blessed are you, Lord God of all creation...
we have received the bread we offer you...*

People: Blessed be God for ever.

Priest: *Blessed are you, Lord God of all creation...
we have received the wine we offer you...*

People: Blessed be God for ever.



Prayer over the Gifts

The priest invites us to pray, **we stand.**



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

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

Eucharistic Prayer

The priest invites us to pray the Church's great prayer of thanksgiving and blessing. We join in saying or singing the **preface.**

Priest: *The Lord be with you.*

People: And with your spirit.

Priest: *Lift up your hearts.*

People: We lift them up to the Lord.

Priest: *Let us give thanks to the
Lord our God.*

People: It is right and just.

We then join in saying or singing the **acclamation.**

HOLY, HOLY, HOLY LORD God of hosts.

Heaven and earth are full of your glory.

Hosanna in the highest.

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

Hosanna in the highest.



Eucharistic Prayer, cont....

We kneel and listen to Jesus' words from the Last Supper where the bread and wine became His body and blood given for us. The priest tells us to “**do this in memory of me.**” We then join in saying or singing the **memorial acclamation.**

Priest: *The mystery of faith.*

People: one of the following responses is given...

We proclaim your Death, O Lord, and profess your Resurrection until you come again.

When we eat this Bread and drink this Cup, we proclaim your Death, O Lord, until you come again.

Save us, Savior of the world, for by your Cross and Resurrection you have set us free.

The priest continues leading us in proclaiming our praise of God by saying or singing the **doxology.**



Priest: *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.*

People: Amen.

Communion Rite

We prepare our minds and hearts to receive the Lord's Body and Blood, **we stand.**

Priest: *At the Savior's command and formed by divine teaching, we dare to say.*

People: Our Father...

Sign of Peace

We prepare ourselves to receive the one bread and drink from the one chalice. **We share a sign of peace.** We pray for peace and unity for the Church and the whole human family.

Priest: *The peace of the Lord be with you always.*

People: And with your spirit.

Priest/Deacon: *Let us offer each other the sign of peace.*

Communion Rite, cont....Breaking of the Bread

At the Last Supper Jesus broke bread and gave it to his disciples. The priest breaks the consecrated host so it can be shared; we join the priest saying or singing:

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.

We kneel.

The priest then raises the consecrated host and proclaims...

Priest: *Behold the Lamb of God,
behold him who takes away the sins of the world.
Blessed are those called to the supper of the Lamb!*

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



Receiving Communion

After the priest receives Holy Communion, the faithful may join in singing the communion hymn. We walk in procession reverently to receive Holy Communion, the Body and Blood of Christ. (See next page “How to Receive Holy Communion”)

IV. Concluding Rites

Prayer, Blessing, and Dismissal after Communion

We stand as the priest invites us to pray.

Priest: *Let us pray...*

People: Amen.

Priest: *The Lord be with you.*

People: And with your spirit.

Priest: *May almighty God bless you,
the Father, and the Son,
and the Holy Spirit.*

**People: making the sign of the cross
we say, Amen.**

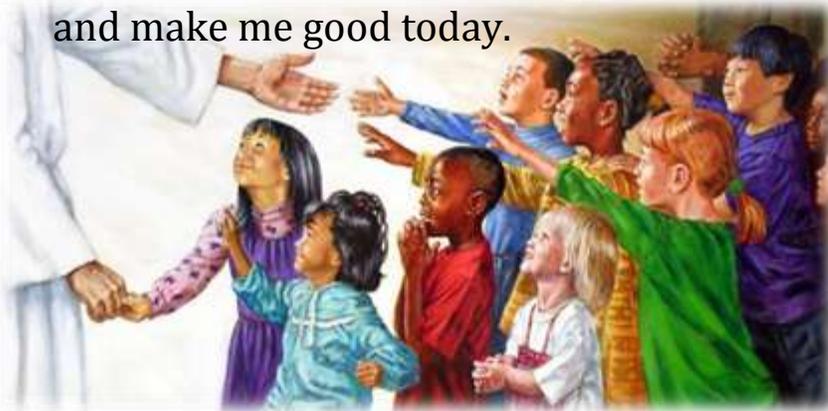
Priest or
Deacon: *Go in peace, glorifying the
Lord by your life.*

People: Thanks be to God!

Morning Offering

O MY GOD, I offer You every thought
and word and act of today.

Please bless me, my God,
and make me good today.



Prayer Before Communion

MY JESUS, I need you.

It is hard for me to be good.
Come to make my soul strong.
Give my soul its Food and Drink.
Let me grow in Love for You.

An Act of Faith

O MY GOD, I believe all the truths which
the Holy Catholic Church teaches,
because You have made them known.

An Act of Hope

O MY GOD, because You are all-powerful,
merciful, and faithful to your promises,
I hope to be happy with You in heaven.

An Act of Love

O MY GOD, because You are all-good,
I love You with my whole heart and soul.

Evening Offering

MY GOD AND FATHER, I thank You for all the
blessings You have given me today.

I am sorry for all my sins, because they have
hurt You, my dearest Father.

Sacred Heart of Jesus
Immaculate Heart of Mary



Intercede for Us

Prayer After Communion

MY JESUS, I love you.

Stay with me always.
I need Your help to be good.
Change what is bad in me.
Make me just like You.

Receiving the Eucharist

Celebrating the Eucharist is “the source and summit” of the life of the Church. The Catholic Church teaches, when the bread and wine are consecrated by a validly ordained priest, that:

- The whole Christ is truly, really, and substantially contained – Body, Blood, soul and divinity (CCC, 1374).
- Only baptized Catholics, in full communion with the Catholic Church, may receive Holy Communion (CCC 1400).
- To prepare for worthy reception of this sacrament, the faithful should fast for at least one hour. This means that we are not permitted to eat food or drink, except for medicine and water. Bodily demeanor (gestures, clothing) ought to convey the respect, solemnity, and joy of this moment when Christ becomes our guest. (CCC, 1387; *Code of Canon Law*, 916).
- The Church obliges the faithful to take part in Holy Mass on Sundays and feast days and, prepared by the sacrament of Reconciliation, to receive the Eucharist at least once a year, if possible during the Easter season. But the Church strongly encourages the faithful to receive the holy Eucharist on Sundays and feast days, or more often still, even daily (CCC, 1389).
- Catholics must be forgiven of any mortal sins through the sacrament of Reconciliation before they receive Holy Communion (CCC, 1385).

The Fruits of Holy Communion

- Increases our intimate union with Christ (CCC, 1391).
- Cleanses us from past venial sins and preserves us from future mortal sins (CCC, 1393).
- Unites the faithful as one body – the Church (CCC, 1395).
- Commits us to the poor (CCC, 1397).

How to Receive Holy Communion

Follow these directions or the directions your pastor or teacher gives you:

- With hands clasped in prayer, walk in reverent procession to the altar to receive Holy Communion from the priest, deacon, or extraordinary minister of Holy Communion.
- As you approach, and prior to receiving, Holy Communion, **bow your head.**
- You may receive Holy Communion either on your tongue or in your hand.
- If you choose to receive Holy Communion **on your tongue:**
 - ✓ Keep your hands folded together, open your mouth and put your tongue out to receive the consecrated host
 - ✓ Chew and swallow the consecrated host
- If you choose to receive Holy Communion **in your hand:**
 - ✓ Place one hand underneath the other hand
 - ✓ Hold your hand out with palms facing up, and receive the consecrated host in the palm of your hand
 - ✓ Slowly and reverently take the consecrated host from the palm of your hand, using the hand that is underneath the other, and put the consecrated host in your mouth
 - ✓ Chew and swallow the consecrated host
- If you choose to receive the Blood of Christ at Holy Communion:
 - ✓ Take the chalice of consecrated wine firmly in both hands
 - ✓ Using both hands, reverently bring the chalice to your mouth
 - ✓ Take a small sip of the consecrated wine from the chalice
 - ✓ Carefully give the chalice back, using both hands
- When you receive the consecrated host with the words “**The Body of Christ**” or from the chalice “**The Blood of Christ**” you respond “**Amen.**”
- Reverently return to your place, **kneel**, and spend time in quiet prayer reflecting on whom you have just received in Holy Communion.

DIOCESE OF BAKER



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