On the Way

Part of the fun of going away is getting ready. Imagine you’re going on vacation or to camp. You’ll be away for a while.

What three things will you be sure to pack in your suitcase?

1. 
2. 
3. 

Prayer

Jesus, faithful friend, help me to walk with you so that I can spread your Word to others and live in your love.

Journeying
The Man on the Road

Two of Jesus' followers were on a journey. They were leaving Jerusalem. Jesus, their friend, had died on the cross there.

Along the way, the two friends met a man on the road. He asked them why they were so sad. They told him that their friend Jesus had died. Some women had said that Jesus had risen from the dead, but they were not sure what to believe.

The man began to walk with the two friends. He reminded them that the Scriptures said that God would send a savior who would suffer, die, and then enter Heaven.
As evening came, the three travelers arrived at a village. The two friends invited the man to stay for dinner with them. At dinner the man took bread, blessed it, broke it, and gave it to them.

At that moment, the friends knew that this man was the risen Jesus! Then Jesus disappeared.

The friends went happily back to Jerusalem. They told everyone there that they had seen the risen Jesus.

adapted from Luke 24:13–35
Our Journey

We are like Jesus' friends on their journey from Jerusalem. They welcomed Jesus. They knew him in the breaking of the bread. Then they went back to Jerusalem. They wanted to tell everyone that Jesus is still with us.

We too are on a journey—our journey of faith. We recognize Jesus in the Eucharist. We welcome Jesus into our hearts. We welcome him in the people we meet. We share his love with others. We want everyone to know about Jesus and all that he does for us.
Final Blessing

After receiving Holy Communion, we take time to sit or kneel quietly. It is a time to thank Jesus.

Then the priest stands for the Final Blessing. We stand too. Sometimes the priest or the deacon tells us to bow our heads and pray for God’s blessing. He asks God for a number of special graces for us. Grace is the gift of God given to us without earning it.

Then we bless ourselves as the priest prays:

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

We answer:

Amen.
Dismissal

The priest or deacon then tells us:

Go in peace, glorifying the Lord by your life.

We answer:

Thanks be to God.

Our celebration of the Mass has ended. We have prayed with our parish family. Now we leave church and go about our daily lives. Our mission is to live what we celebrated. We have been sent to glorify the Lord by loving and serving God and others.

We will continue to receive Holy Communion as often as we can. We will continue to praise God by living holy lives.
God’s Message

Choose one color to fill in the spaces marked with an X to find the hidden message. Use that word to finish the sentence below it. To finish, color around the hidden message using different colors.

Jesus tells us that God has a great ___________ for us.
Blessed and Sent

Pray the Sign of the Cross together.

Prayer Leader: Just like the two friends who met Jesus on the road, we meet Jesus. We talk with him and open our hearts to him. Soon you will share in the holy meal of the Sacrament of the Eucharist. Let us open our hearts to Jesus, who sends us to love and serve others.

Lord Jesus, you bless me with your presence in my life.

Response: Send me with your joy to glorify the Lord.

Prayer Leader: Lord Jesus, you bless me with your Word in the Gospels.

Response: Send me with your peace to glorify the Lord.

Prayer Leader: Lord Jesus, you bless me with the desire to receive you in Holy Communion.

Response: Send me with your love to glorify the Lord.
**Prayer Leader:** Lord Jesus, you bless me with the gift of being your friend.

**Response:** Send me with your grace to glorify the Lord.

**Prayer Leader:** God our Father, you love us. Keep us always in your care.

**Response:** Amen.

**Prayer Leader:** Jesus, you are our friend and brother. Fill our hearts with unending love.

**Response:** Amen.

**Prayer Leader:** Holy Spirit, you strengthen us. Help us to live a life of love and service.

**Response:** Amen.

**Prayer Leader:** Go in peace, glorifying the Lord by your life.

**Response:** Thanks be to God.

*Pray the Sign of the Cross together.*
Living My Faith

**I Remember What I Learn**
- The friends of Jesus knew him in the breaking of the bread.
- I will meet Jesus in Holy Communion.
- I am sent to bring Jesus’ love to others.

**I Live What I Learn**
I love Jesus.
I follow Jesus.
I will receive Jesus Christ in Holy Communion.
I will bring his peace and love to others.

**I Know This Word**
I find this word in the Glossary.
grace, p. 103

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**I Share with My Family**
After Mass, we are sent to bring Christ’s love to others. Discuss with your family what you will remember and bring from your preparation for Holy Communion.

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**Closing Prayer**
Thank you, Jesus, for this special time of preparation. Help me to always look forward to receiving you with joy.
I Celebrate the Lord’s Day

Sunday is the day on which we celebrate the Resurrection of Jesus. Sunday is the Lord’s Day. We begin our celebration of the Lord’s Day on Saturday evening. To celebrate the Lord’s Day, we gather for Mass. We rest from work. We spend time with our families and do things for others. People all over the world gather at God’s Eucharistic Table as brothers and sisters.
The Order of Mass

Mass is the high point of our faith life as Catholics. It always follows a set order.

1 Introductory Rites

We gather as a community to celebrate God’s presence in our lives. We praise God singing together the Entrance Chant.

We all pray the Sign of the Cross. Then the priest greets us in the words of the Greeting:

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**

We acknowledge our sinfulness and ask God for mercy. The priest may invite us to pray this prayer:

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,

Then we strike our breast and 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.
Amen.

**Kyrie (Lord, Have Mercy)**

Then we pray for God’s mercy and forgiveness:

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

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

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

**Priest:** May almighty God have mercy on us,
forge us our sins,
and bring us to everlasting life.
**People:** Amen.
**Gloria**

Together we praise God in prayer by singing or saying the *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.

**Collect Prayer**

We ask God to hear our prayers. First, we all pray in silence. Then the priest prays aloud, and we respond "Amen."
Liturgy of the Word

We listen to God’s Word proclaimed from Sacred Scripture. We sit during the first two readings. We stand as the Gospel is proclaimed. We listen to the Homily and pray that God’s Word will take root in our hearts.

First Reading

We listen to God’s Word, usually from the Old Testament or the Acts of the Apostles. We honor God’s Word by our response.

**Lector:** The Word of the Lord.

**People:** Thanks be to God.

Responsorial Psalm

We respond to God’s Word in the Psalm. The lector or cantor invites us to pray the words of the Psalm, usually in song.

Second Reading

We listen to God’s Word from the books of the New Testament: one of the Letters or the Book of Revelation. We thank God for sharing his Word with us.

**Lector:** The Word of the Lord.

**People:** Thanks be to God.
The priest or deacon proclaims the Gospel. We offer praise for the Good News we hear in the Gospel.

Priest or deacon: The Gospel of the Lord.

People: Praise to you, Lord Jesus Christ.

Homily
We sit and listen as the priest or deacon explains God’s Word. He helps us understand how to live out what we have heard.

Gospel Reading
We stand and, except during Lent, we sing “Alleluia!” to praise God for the Good News we will hear in the Gospel. We prepare to listen to a reading from one of the Gospels.

Priest or deacon: The Lord be with you.

People: And with your spirit.

Priest or deacon: A reading from the holy Gospel according to . . .

People: Glory to you, O Lord.

Then all trace a cross on their foreheads, lips, and hearts. We pray that God’s Word will be in our minds, on our lips, and in our hearts.
**Profession of Faith**

We stand for the Nicene 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, 
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.

**Prayer of the Faithful**

We ask God to hear our prayers for the Church, for the world, for people in need, and for ourselves.
3 Liturgy of the Eucharist

The bread and the wine become the Body and Blood of Christ. We receive this most precious gift in Holy Communion.

Presentation and Preparation of the Gifts

Gifts of bread and wine are brought to the altar. The priest then prepares the altar.

The priest lifts up the bread and prays a prayer, sometimes aloud. We respond, "Blessed be God for ever."

Then he raises the wine and says a prayer, sometimes aloud. We respond the same way.

We stand as the priest prays over the gifts. He asks God to accept our sacrifice.

Priest: Pray, 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.
**Eucharistic Prayer**

This prayer of thanksgiving is the center and high point of the entire celebration.

In the **Preface**, the priest invites us to stand and give thanks to God.

**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.

The priest continues praying words of thanks and praise. Then we all pray in praise of God as we sing or say the **Holy, Holy, Holy:**

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.

We kneel during the **Consecration**. The priest prays the words that Jesus spoke at the Last Supper. Through the power of the Holy Spirit and the words and actions of the priest, the bread and wine are transformed into the Body and Blood of Jesus Christ.
Mystery of Faith

We remember all that Jesus has done to save us. The priest or deacon invites us to proclaim the mystery of our faith.
We sing or say aloud this prayer or another:
We proclaim your Death, O Lord, and profess your Resurrection until you come again.

The priest continues to pray the words of the Eucharistic Prayer, asking God to receive our sacrifice of praise. He joins our prayer with the prayers of the whole Church. We pray quietly as we listen to the words of the Eucharistic Prayer.

Then the priest prays the Concluding Doxology. We respond, “Amen.” When we pray Amen, we are saying yes in faith to all that we have prayed in the Eucharistic Prayer.

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

**People:** Amen.
Communion Rite

Now we prepare to receive the Body and Blood of Jesus Christ. We pray to be united with one another in Christ.

We stand and pray together

The Lord’s Prayer:

Our 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.

Sign of Peace

The priest prays that we will be united with one another in Christ’s peace.

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

People: And with your spirit.

Then the priest or deacon invites us to offer a sign of peace to those around us.

We exchange a greeting of peace such as “The peace of the Lord be with you always.”

The priest breaks the consecrated host. We all sing or say aloud the Lamb of God:

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.
**Communion**

We kneel. The priest raises the Body of Christ and the chalice with the Blood of Christ and prays:

**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.

The priest receives Holy Communion. Then he offers the Body and Blood of Christ to the deacon and to the extraordinary ministers of Holy Communion.

We bow our heads. We receive the Body of Christ—under the appearance of bread—in our hands or on our tongue.

**Priest:** The Body of Christ.

**People:** Amen.

We receive the Blood of Christ under the appearance of wine.

**Priest:** The Blood of Christ.

**People:** Amen.

After we receive Holy Communion, we return to our place to pray quietly in our own words. We thank Jesus for the gift of himself in the Eucharist.

After a time of silent prayer, the priest invites us to stand and leads the **Prayer After Communion**. We ask God to help us live as Jesus has called us to live.
Concluding Rites

We continue standing as the priest invites us to pray.

Priest: The Lord be with you.

People: And with your spirit.

The priest offers the Final Blessing. We pray the Sign of the Cross.

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

People: Amen.

In the Dismissal, we are sent to glorify the Lord by loving and serving him and one another, to continue the mission given to us at Mass.

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

People: Thanks be to God.
I Remember These Things About Holy Communion

I Respect These Rules for Receiving Holy Communion

I fast for one hour before receiving Holy Communion. I do not have any food or drink, except water or medicine.

I am in the state of grace, free from mortal sin.

I receive Holy Communion as often as possible.

I participate at Mass on Sundays and on holy days of obligation.

I receive Holy Communion at least once each year during the Easter season.

Holy Days of Obligation in the United States

- January 1—Mary, the Mother of God
- 40 days after Easter or the Seventh Sunday of Easter—Ascension of the Lord
- August 15—Assumption of the Blessed Virgin Mary
- November 1—All Saints
- December 8—Immaculate Conception of the Blessed Virgin Mary
- December 25—Nativity of the Lord
I Receive Holy Communion with Reverence

When the Body and Blood of Christ are offered to me, I bow.

To receive Holy Communion in my hands, I extend my hands with my palms facing up, dominant hand below the other hand.

The priest or the extraordinary minister of Holy Communion says, “The Body of Christ.”

I reply, “Amen.”

After receiving the Body of Christ, I pick it up with my dominant hand and place it in my mouth.

If I choose to receive Holy Communion on my tongue, then after I say “Amen,” I fold my hands, open my mouth, and extend my tongue. After the Body of Christ has been placed on my tongue, I close my mouth.

The priest or extraordinary minister of Holy Communion offers the chalice and says, “The Blood of Christ.”

I reply, “Amen.”

I then take the chalice in my own hands. I sip a small amount of the Blood of Christ and then return the chalice.

After receiving Holy Communion, I return to my place in church and pray.
I Pray These Prayers

Sign of the Cross
In the name of the Father, and of the Son, and of the Holy Spirit.
Amen.

Lord’s Prayer
Our 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.

Glory Be to the Father
Glory be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now, and ever shall be, world without end.
Amen.

Hail Mary
Hail Mary, full of grace, the Lord is with you. Blessed are you among women, and blessed is the fruit of your womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death.
Amen.
Apostles’ Creed
I believe in God, the Father almighty, Creator of heaven and earth, and in Jesus Christ, his only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried; he descended into hell; on the third day he rose again from the dead; he ascended into heaven, and is seated at the right hand of God the Father almighty; from there he will come to judge the living and the dead. I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

Prayer Before Meals
Bless us, O Lord, and these your gifts which we are about to receive from your goodness. Through Christ our Lord. Amen.

Prayer After Meals
We give you thanks for all your gifts, almighty God, living and reigning now and for ever. Amen.

Morning Prayer
God, our Father, I offer you today all that I think and do and say. I offer it with what was done on earth by Jesus Christ, your Son. Amen.