

Parent's Session Four: Confirmation and Holy Eucharist

Structure of the Mass

And its Biblical Foundations

Opening Prayer: Based on Prayer of St. Thomas Aquinas

Merciful Father, you have sent us your Son.

He speaks to us through the words of Scripture.

He gives himself to us under the forms of bread and wine.

It is you God, your very self, who come to me.

I come, like a sick person, to the doctor of life.

Unclean, to the fountain of mercy,

Blind, to the light of eternal brightness,

Poor and needy, to the Lord of heaven and earth.

Grant that I may not only outwardly receive
the Sacrament of the Body and Blood of Jesus,

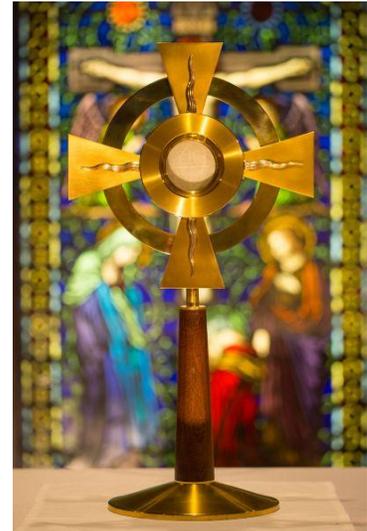
But may also inwardly receives its grace and power,

And so be incorporated into his mystical Body.

Loving Father, in this life I receive your beloved Son

Only under the outward veil of the sacrament.

Grant that I may one day look upon him, face to face, unveiled and for all eternity. Amen.



“The Eucharist is the great school of love—when we receive Jesus in the Eucharist, it is easier to understand the length, breadth, height and depth of His love.”

Pope Benedict XVI, 2/5/2007

Opening Activity: Mass Confusion

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| 1. Why is Sunday the day we gather for Mass?
<i>a. because the Pope said so</i>
<i>b. because that's the day Jesus rose from the dead</i>
<i>c. because it's not a workday</i>
<i>d. because we've always done it that way</i> | 2. What are the two main parts of the Mass called?
<i>a. Liturgy of the Word and Liturgy of the Eucharist</i>
<i>b. Part One and Part Two</i>
<i>c. Liturgy of the Bible and Liturgy of the Supper</i>
<i>d. Praise and Worship</i> |
| 3. What kind of participation are the faithful asked to give at Mass?
<i>a. careful, humble and loud</i>
<i>b. sorrowful, distant and quiet</i>
<i>c. full, conscious and active</i>
<i>d. energetic, supportive and monetary</i> | 4. The <u>Liturgy</u> of the Mass...
<i>a. is an act that sacrifices Jesus once again</i>
<i>b. is a different sacrifice from Jesus' cross</i>
<i>c. makes present the mystery of Jesus' sacrifice in a sacramental way</i>
<i>d. is a nonbiblical tradition of the medieval church</i> |
| 5. How many readings from the Bible do we hear proclaimed at Mass?
<i>a. one</i>
<i>b. two</i>
<i>c. three</i>
<i>d. four</i> | 6. Which Creed do we recite at Mass?
<i>a. the Nicene</i>
<i>b. the Apostles'</i>
<i>c. the Ignatian</i>
<i>d. the Roman</i> |
| 7. How many processions are there in the Mass?
<i>a. one</i>
<i>b. two</i>
<i>c. three</i>
<i>d. four</i> | 8. How many Greetings ("The Lord be with you") are there in the Mass?
<i>a. one</i>
<i>b. two</i>
<i>c. three</i>
<i>d. four</i> |
| 9. What does the word "Eucharist" mean?
<i>a. to give thanks</i>
<i>b. to sacrifice</i>
<i>c. to pray to heaven</i>
<i>d. to receive a gift</i> | 10. The Eucharist is also called...
<i>a. the Lord's Supper</i>
<i>b. the Breaking of the Bread</i>
<i>c. the Holy Sacrifice of the Mass</i>
<i>d. all the above</i> |
| 11. To receive Holy Communion, a Catholic should...
<i>a. be properly disposed (right intention)</i>
<i>b. be free of mortal sin (state of grace)</i>
<i>c. have kept the communion fast (1 hour)</i>
<i>d. all the above</i> | 12. The Eucharist may be consecrated by a...
<i>a. deacon</i>
<i>b. priest</i>
<i>c. bishop</i>
<i>d. all of the above</i>
<i>e. both b & c</i> |

The Importance of the Mass

- “The celebration of Mass ... is **the center of the whole Christian life**. [The celebration of Mass should be planned so that it] brings about in the faithful a participation in body and spirit that is **conscious, active, full and motivated by faith, hope and charity.**”

General Instruction of the Roman Missal, #1-3

How the Faithful Participate in a Full, Conscious, Active Way

- The faithful are a holy people, a people God has made his own, a royal priesthood.
- They give thanks to the Father and offer the [sacrifice] not only through the hands of the priest but also together with him and learn to offer themselves
- Deep sense of reverence, charity toward all who share in the celebration, becoming one body in uniformity of actions/speaking/singing



Your Turn: Helping your child participate at the Mass

Ideas for helping children understand they are being called to Mass as part of God’s holy people...

Ideas for helping children participate in the priestly offering of the Mass...

Ideas for helping children participate with reverence and serving the unity of one body...

Why Attend Mass Every Sunday and Holy Day?

- “Those who have received the grace of baptism are not saved as individuals alone, but as **members of the mystical body**, having become part of the People of God.”
- Coming together for Mass is the way “to **express fully the very identity of the church**, the *ekklesia*, the assembly called together by the Risen Lord.
- We attend Mass to **worship and glorify God**, to **intercede for and build up the Body of Christ**, and to **receive the Sacrament of Eternal Life, the Eucharist**

Pope John Paul II, Dies Domini, #31

We are Created for Worship

- As human beings, we long to be connected to something beyond ourselves, something bigger than ourselves—**everyone has a god they worship.**
- Some people worship at the altars of pride, stuff, success, pleasure, popularity or power.
- The **only way we can be truly happy is to be in a relationship with the God** who created us and offers us salvation—and a key part of that relationship is worship.
- The Mass is our **highest form of worship**

For Reflection:

- The word “worship” comes from an Old English term of “worth-ship”—what we consider worthy of reverence and petition.
- When we give God worship, we are proclaiming His worthiness of praise and adoration and supplication—we are proclaiming Him to be the center of our life
- ***When in your life has this truth about why we go to Mass been made clear to you?***
- ***When in your life might you have struggled to understand the Mass in this way?***

The Organization of the Mass

- A Catholic celebration of the Mass is organized with a very clear, basic structure that hasn’t changed since the time of the Apostles
- Two main parts:
 - **The Liturgy of the Word**—our time to hear God’s Word from the Bible, apply it to our lives, profess our faith and intercede with Christ for the world
 - **The Liturgy of the Eucharist**—our time to give thanks to God, to re-present Christ’s sacrifice on the Cross, share in the meal of the sacrifice, and be dismissed to carry out His mission

Introductory Rites	Liturgy of the Word	Liturgy of the Eucharist	Closing Rite
Entrance Procession	First Reading	Presentation of Gifts	Greeting
Formal Greeting	Responsorial Psalm	Prayer of Gifts	Blessing
Penitential Rite	Second Reading	Eucharistic Prayer	Dismissal
Gloria	Gospel	Great Amen	
Collect (Opening Prayer)	Homily	Lord’s Prayer	
	Profession of Faith	Sign of Peace	
	Prayer of the Faithful	Fraction Rite	
		Holy Communion	
		Prayer after Communion	

- The Mass “displays two great parts that form a fundamental unity: the gathering, the liturgy of the Word, with readings, homily and general intercessions and the liturgy of the Eucharist, with the presentation of the bread and wine, the consecratory thanksgiving, and communion. **The liturgy of the Word and liturgy of the Eucharist together form one single act of worship**; the Eucharistic table set for us is the **table both of the Word of God and of the Body of the Lord.**”

(Catechism of the Catholic Church, #1346-47)

Your Turn: Ways to Help Your Child Know the Parts of the Mass

- Provide your child with a Children’s Missal and help them follow along (I highly recommend MagnifiKid booklets)
- Give your child a little chart with some of the parts of the Mass included in it—your child can “x” off each part as it happens

Opening Prayer	Gospel	Bringing up the Gifts	Holy, Holy, Holy	Our Father	Prayer after Communion
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- Tell your child you will challenge them to remember a part of the Mass later that day (a detail from the First Reading, for example). Invite them to think of a challenge to ask you as well
- AVOID—“evaluating” the Mass or commenting on what you didn’t like at the Mass (focus on “what did I get out of it?” NOT “did I like it?”)
- ***Other ways that have worked for your family?***

Foundations of the Mass: Passover

- ***Exodus 12:12:1-28***
- Passover is the commemoration of the salvation won for the Jews by God; sharing a ritual meal of the lamb sacrificed for them, whose blood saves them from death; the celebration of Passover is more than simply remembering what happened around 1250 B.C., it is a re-presentation of what happened so that, too, are being redeemed.

Foundations of the Mass: Last Supper

- ***Matthew 26:17-19, 26-29***
- Last Supper: Jesus shared a Passover meal with his disciples the night before he died; he commanded his disciples to “do this in memory of me.”
- Jesus’ offering of Himself to be eaten and drunk at the meal anticipates his sacrifice on the cross, where He IS the true Lamb sacrificed for our sake; as at the first Passover, to receive the effects of the sacrifice, we must eat the lamb.

Foundations of the Mass: Early Church

- **1 Corinthians 11:23-29; Hebrews 12:22-24; 28-29**
- “They devoted themselves to the apostles’ teaching and fellowship, to the breaking of bread and the prayers...” (Acts 2:42-46)
- The Church has been faithful to Jesus’ command to repeat His actions and words until He returns.
- We learn from the Book of Revelation, that our worship and reception of the Sacrament connects us to the continuous worship of the Lamb in heaven.

“On the day named after the sun, people who live in the cities and in the country gather for a common celebration. Then the writing that the apostles have left or the writing of the prophets are read, as long as time allows. After the reader finishes his task, the president gives an address in which he urgently admonishes the people to follow these excellent teachings in their lives. Then we all stand up together and offer prayers. After the end of the prayers, ... bread, wine, and water are brought and the president offers up prayers and thanksgiving—as much as he is able. The people assent by speaking ‘Amen.’ Then the things over which thanks has been said are distributed to all present, and the deacons take some to those who are absent. In addition, the well-to-do give whatever they wish. Whatever is collected is kept by the president, who uses it to help widows and orphans.”

St. Justin Martyr, 150 A.D.



Insights/Thoughts/Questions Regarding the Organization of Mass and Foundations of the Mass:

Other Old Testament Biblical Foundations of the Mass

- Melchizedek’s offering of bread and wine as “priest of God Most High” (Genesis 14:17-18)
- King David bringing the Ark of the Covenant to the Temple (2 Samuel 6:12-19)
- Elijah’s meal of bread that fortifies him for the journey to Mt. Sinai to meet God (1 Kings 19:1-16)
- Ezra and Nehemiah’s re-consecration of the Temple and the reading of the Law (Nehemiah 8:1-12)

Other New Testament Biblical Foundations of the Mass

- Jesus' Miracle at the Wedding at Cana (John 2:1-11)
- Jesus' Feeding of the Multitudes (Luke 9:10-17)
- Jesus' Bread of Life discourse (John 6:22-59)
- Jesus meeting the disciples on the road to Emmaus (Luke 24:13-35)
- St. Paul's teaching to the Church in Corinth about the Lord's Supper and the Real Presence (1 Corinthians 11:23-29)

Your Turn: Biblical Foundations of the Mass

- *A Biblical Foundation that you wish to explore further...*
- *An insight about the Mass you want to share that comes from one of these Biblical Foundations...*
- *Another story in the Bible that prefigures the Mass or the Eucharist...*

Highly recommended video:

"Why Catholics Don't Drink Coffee at Mass (Fr. Mike Schmitz, Ascension Presents)"



"Never let a Sunday go by without an encounter with the risen Christ in the Eucharist; this is not an added burden, it is light for the entire week."

Pope Benedict XVI, 4/13/2011

6 ways to get the most out of Mass

- Be on time!**
Arrive at least 10 minutes before it starts to dial down your mind.
- Mother Church wants YOU**
Help out if you can! (As a lector, usher, altar server, etc.)
- Sing...even if you're out of tune**
Don't worry if you have no talent for singing; most people don't.
- Pray Business Class**
Sit near the altar. It will help you pay attention.
- Give God your full attention**
Isn't it fair that we spend one hour each week worshipping God?
- Call your Mother**
Ask Mary to intercede for you during Mass. Pray to her for guidance and strength.

CatholicLink

KEEPING YOUR KIDS IN CHURCH

What parents around the Archdiocese of Portland are doing to keep their children interested in parish life

DO something special as a family after Mass. Have children interact with faith-filled mentors such as grandparents. — Dan Hemshorn, Woodburn

TEACH children to have a relationship with Jesus so that they want to continue to grow in that relationship. Talk about your faith and prayer life with them. — Betsy Taylor, Wilsonville

INVOLVE children in serving the church community. Attend Mass consistently so that it's part of the routine. — Christie Schoppie, Tigard

RELATE faith and church teachings to everyday life. Give kids the foundation of a Catholic school education, if possible. — Melanie Saalfeld, Gervais