

# Session 7: Concluding Rite of the Mass & Review of the Mass

## Opening Prayer: Act of Faith

Lord Jesus Christ, I firmly believe that you are present in this Blessed Sacrament as true God and true Man, with your Body and Blood, Soul and Divinity. My Redeemer and my Judge, I adore your Divine Majesty together with the angels and saints. I believe, O Lord; increase my faith. *Amen.*



## Review from Session 9:

### Addressing Questions about the Eucharist

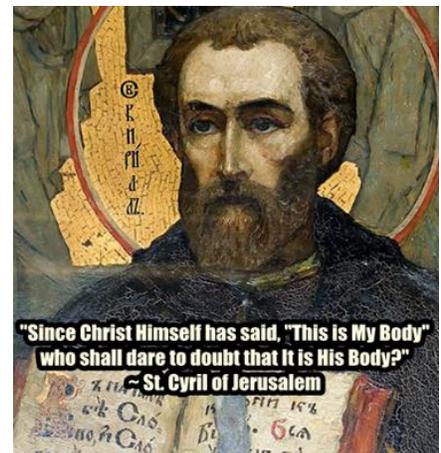
*These are all questions I have been asked by children or adults who are preparing for the Sacraments. I have included my suggestions for how to begin to answer each question.*

#### 1. HOW does that bread and wine become Jesus Christ?

*The priest is ordained to act in the person of Jesus Christ. When he says the words Jesus said at the Last Supper, the bread and wine are changed into the Body and Blood of Jesus by Jesus' words and by the power of the Holy Spirit.*

#### 2. If the bread and wine tastes and looks the same after the consecration as before, how can we believe it is truly the body and blood of Christ?

*We trust that it is truly the Real Presence of Jesus because He said so and we can trust in what Jesus says. When Jesus was speaking about the Bread and Wine, He said "This IS my Body" and "This IS my blood." He meant what He said. The early Church believed Jesus really changed the bread and wine into His Body and Blood—and we hold onto that belief.*

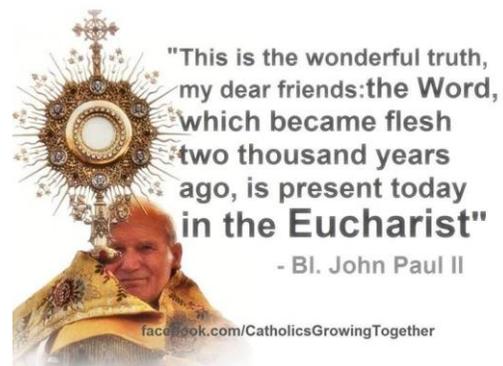


3. My friend who goes to another church says that the bread and wine are symbols of Jesus' love and sacrifice. They do not believe that Jesus is really present in the bread and wine. Why do Catholics believe that Communion is more than a symbol and that it is really Jesus' Body and Blood?

*We believe it because Jesus teaches us this truth. In His teaching about the Eucharist in the 6<sup>th</sup> chapter of John, Jesus says that His Body is real food and His Blood is real drink. He speaks about the need to eat His flesh and drink His blood in order to have eternal life. When many disciples wanted to leave Him because of this teaching, He didn't call them back and say, "I was only speaking symbolically." No, Jesus allowed them to leave if they didn't believe Him..*

4. My friend who goes to another church says that our actions at the Mass mean we are trying to offer another sacrifice to God. She says the Bible tells us that Jesus only had to die once for all time, so the sacrifice of the Mass is not necessary. Are Catholics trying to add anything to Jesus' sacrifice?

*The Sacrifice of the Mass is not a new sacrifice. We do not believe we are killing Jesus again in the Mass. We are re-presenting the ONE sacrifice of Jesus on the cross: a sacrifice He anticipated at the Last Supper. He commanded us to repeat the memorial of the Last Supper until He comes again. Every Mass is a memorial of Jesus' one sacrifice—it brings us to the reality of Jesus' offering of Himself to the Father. That way, we can receive the graces Jesus won for us by His one sacrifice. The only thing we add to Jesus' sacrifice is our worship of Him and the offering of ourselves as a living sacrifice of praise joined to Jesus.*



5. We believe that the bread and wine become the body and blood of Jesus Christ. Does that mean that when we receive Eucharist we are being cannibals?

*No. Jesus is really and truly present in the Eucharist, Body and Blood, soul and divinity. Cannibals kill a person and eat a part of a dead body. We do not kill Jesus. We do not receive a part of Jesus in the Eucharist. And we do not receive a piece of Jesus' dead body. We receive Jesus' living, risen and glorious Presence. He is really there, but He is not dead.*

6. If I am given a broken communion wafer, do I get only part of Jesus? If I don't receive from the chalice, do I only get some of Jesus?

*Every tiny particle of the consecrated Bread is really the Presence of Jesus Christ. You receive all of Jesus every time you receive Holy Communion. Jesus comes completely and fully to every person who receives Holy Communion. We are encouraged to receive Communion under both species (forms) if it is possible, but we do not need to. Jesus is completely Present to us, we receive a complete communion with Jesus whether we receive under the form of the Consecrated Bread or the Consecrated Wine.*

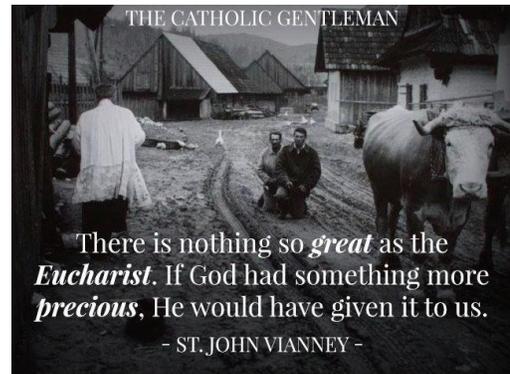
7. Why do we have to go to Mass every week? If communion gives us Jesus, why do we have to keep going back for more?

*Jesus offers Himself to us a real, spiritual food because we need to strength for the journey of life. Just as we need to eat physical food frequently to nourish our bodies and keep them healthy, so our spiritual life needs frequent feeding to stay nourished. We repeat Holy Communion so that Jesus can come to us frequently (at least once a week) and help us change, little by little,*

*into an image of Him. If He changed us too quickly, it might harm us—we usually need to build up our spirits and grow gradually into a saint. God is patient with us!*

8. Sometimes I don't get any strong feelings from receiving Communion. How do I know that receiving Communion really gives me Jesus when it doesn't seem to change me or I don't feel any different?

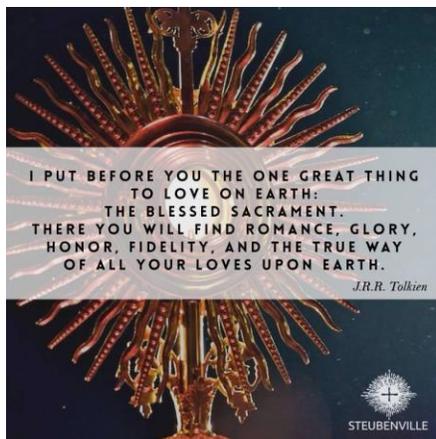
*Sacraments always give grace—they always “work” because it is God who is in charge of the Sacrament, not us human beings. But how they work in our lives isn't always noticeable or under our control. God knows what we most need and how best to help us get to heaven. Sometimes He gives us emotional or intellectual consolations when we receive a Sacrament—we feel something amazing or we think about God in a new way—but sometimes He works in ways we can't perceive. We are invited to put our trust in God and have faith—and to make the choice every day to love God and love our neighbor. God will show us, when it is the right time, how He has been changing and growing us over our lifetime.*



9. How come our non-Catholic family members and friends are not allowed to receive Holy Communion? Would it be all right if they say they believe it is really Jesus that they are receiving?

*Holy Communion is an intimate union with Jesus Christ and with His Church. We profess that the Eucharist is the Body of Christ—the Body of Christ can refer to Jesus' Sacramental Presence in the Eucharist and to the Church, His mystical Body. When we come forward for Holy Communion, we are giving God our promise that we truly believe Jesus is present in the Eucharist and that we are part of His Body, the Church (and that we'll live according to the Church's teachings). If someone comes for Holy Communion who does not want to make these promises, then they are eating their own judgment says St. Paul. Everyone who desires Holy Communion is invited to explore becoming Catholic—and non-Catholics are encouraged to worship with us at Mass. But Holy Communion is reserved for those Catholics who are prepared to receive Him (not every Catholic is able to receive Holy Communion either).*

10. Would communion be any stronger if I received it from the pope?



*No, you would probably remember it and be excited about it—but you would receive the very same Jesus Christ! The power of Jesus Christ and His Presence in the Eucharist does not depend on which priest says the words of consecration—every priest, bishop or pope is only an instrument of God's power, they do not cause the miracle of Jesus' Real Presence on the altar. Every time we receive Holy Communion, we are receiving into our bodies and souls the very same Jesus who was born of the Virgin Mary, who raised people from the dead; who could command a storm to stop, who could heal people and who died on the cross and rose from the dead. Every Holy Communion is worth more than all the gold, than all the universe—because the wealth of this world will one day pass into nothingness, but Holy Communion brings us Jesus Christ—who is living and glorious forever in heaven.*

“Grant us, almighty God,  
that we may be **refreshed** and **nourished** by the Sacrament which we have received,  
**so as to be transformed into what we consume.**

Through Christ our Lord. Amen.”  
*Prayer after Communion, 27<sup>th</sup> Sunday in Ordinary Time*

## **Concluding Rite of the Mass**

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- “Go in peace, glorifying the Lord by your life”
- “The concluding rite consists of the priest’s greeting and blessing, which on certain days and occasions is expanded and expressed...
- and the dismissal of the assembly, which sends each member back to doing good works, praising and blessing the Lord.”

### **Greeting**

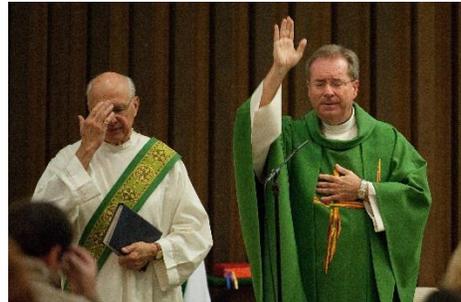
- Before the final greeting and blessing, brief announcements may be made
- We use the same greeting that began our Mass: “The Lord be with you.” “And with your spirit.”

***This greeting is a sign of a priestly action about to take place—it is the priest’s role to empower us and authorize us to send us forth into the world to live the Gospel***

### **Blessing**

- Most common form: “May almighty God bless you, the Father, and the Son, + and the Holy Spirit.”
- Longer blessings with multiple invocations can be used on special feasts/ solemnities at the presider’s discretion

***Every person present at the Mass, whether they can receive Holy Communion or not, receives God’s blessing offered through the ministry of the priest.***



### **Dismissal**

- The deacon or priest dismisses the people with one of several forms; most common is: “The Mass is ended, go in peace to love and serve the Lord.”
- We respond, “Thanks be to God.”

***This part of the Mass is the source of the title “Mass”—from the words “Ita missa est” (The Mass is ended). We go to Mass to receive Jesus in the Eucharist and then to be sent forth into the world. We are thankful that God has fortified us and given us the graces we need to go out and serve God.***

## **Closing Song and Procession**

- A final song may be sung as the priest and other ministers leave
- The priest & deacon kiss the altar, bow as they leave the sanctuary, and leave in a manner similar to the opening procession

***The procession continues as the faithful leave Mass and move out into the world—we are sent forth by God to preach the Gospel through our words and actions***



## **What is NOT part of the closing procession?**

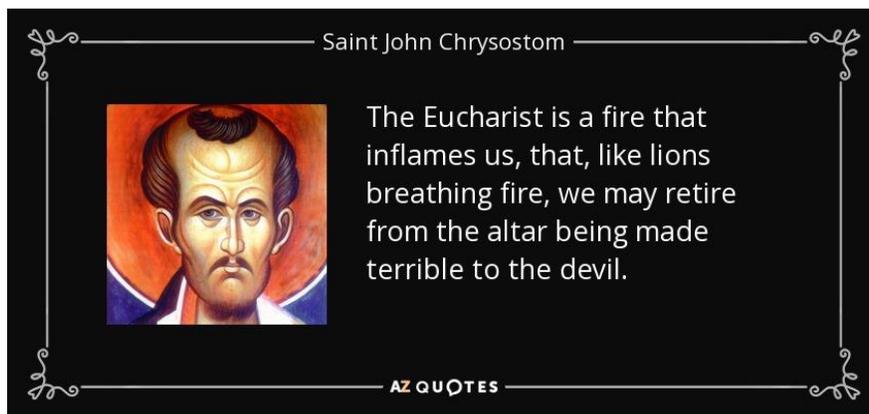
- The Book of the Gospels is not carried back out of the church
- That is OUR job—the words of the Gospel and the very Word of God is now in each of us—it is our duty and privilege to bring this to the world

***We are living tabernacles bearing the Real Presence of Jesus in the Eucharist, and we are living Gospels, bearing the Word of God that we have heard and accepted***

## **“Go and Announce the Gospel of the Lord”**

- We are an apostolic church—a community of people who are sent
- Apostle—a witness, one who will testify, one who is sent to proclaim the truth
- We are ‘called out’ (*ekklesia*) of the Church to be witnesses of Jesus Christ (*apostello*) to the world

***This is the great privilege and responsibility of the laity (the non-ordained) of the Church—it is our task to bring Jesus to the world, to sanctify the world to Christ and to invite others to come to know the Lord. We are all given this apostolic task by virtue of our Baptism and Confirmation, and Holy Eucharist gives us the nourishment and energy to take it on.***



# Review of the Mass

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## **What is our Mission After Mass?**

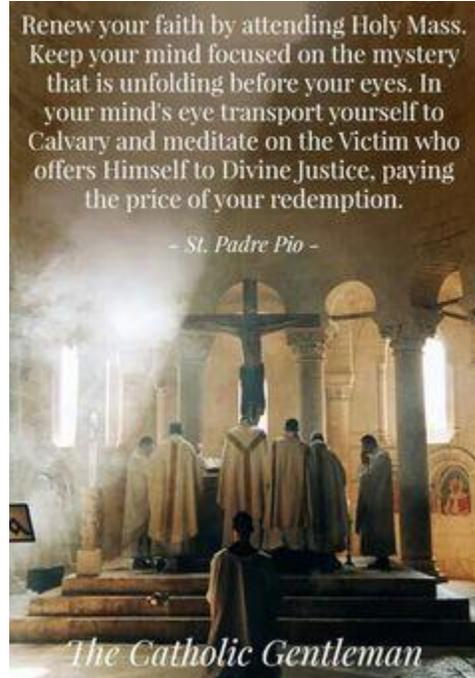
*We go forth from Mass to take on the Mission of Jesus Christ, who came as priest, prophet and king to this world:*

	<b><i>What this means:</i></b>	<b><i>Examples in my life:</i></b>
<b><i>Priest</i></b>	To offer sacrifice/worship To intercede for others	
<b><i>Prophet</i></b>	To value what God values To speak the truth in love	
<b><i>King</i></b>	To reign over sin To serve others	

## **Why Go to Mass?**

We go to Mass for 3 main reasons...

- 1. to worship God—giving Him praise and glory*
- 2. For our good—seeking and receiving God’s grace*
- 3. For the good of His Holy Church—we pray for others and build up the Body of Christ by our Holy Communion*



## Main Parts of the Mass

### Introductory Rites

*Sign of the Cross, Greeting, Penitential Rite with Kyrie, Gloria, Collect (Opening Prayer)*

### Liturgy of the Word

*First Reading, Responsorial Psalm, Second Reading, Gospel, Homily, Creed, Prayer of the Faithful*

### Liturgy of the Eucharist

*Preparation & Prayer Over Gifts, Eucharistic Prayer, Great Amen, Lord's Prayer, Sign of Peace, Fraction Rite, Communion Rite, Prayer after Communion*

### Concluding Rites

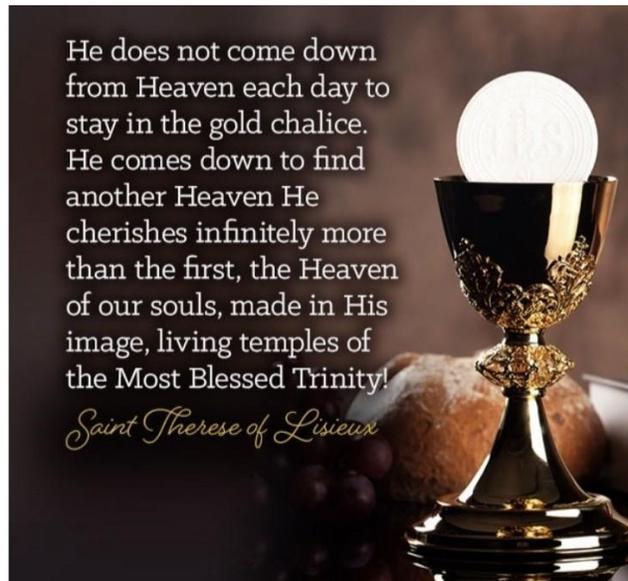
*Greeting, Blessing, Dismissal*



## The Real Presence of Christ in the Eucharist

The Eucharist IS Jesus Christ—He is really, truly and substantially present in the Eucharist The Bread and Wine, through the Words of Consecration spoken by the priest, change in their reality (their nature/substance) even as their appearance does not change—they are no longer bread and wine but the Body and Blood of Jesus Christ (Transubstantiation)

Jesus gave us the Eucharist so that we could receive the benefits of His sacrifice on the Cross. At every Mass, we re-present the sacrifice of Jesus on the Cross, which He anticipated at the Last Supper. We do not sacrifice Jesus again, but we repeat the memorial of His sacrifice



**Images of the Eucharist from the Old Testament**

There are multitudes of Old Testament references to the Eucharist. Here are three major images (or “types”) that foreshadow the Eucharist:

	<b>Meaning in Old Testament</b>	<b>Connection to Jesus and the Eucharist</b>
<b>Tree of Life</b>	Fruit gives eternal life Fruit is in paradise Fruit is forbidden after sin	Cross is the new tree of life, planted on the “skull”/remains of Adam We are commanded to eat of the fruit of the cross in the Eucharist We must not receive Eucharist in a state of mortal sin
<b>Passover Lamb</b>	The Lamb was the best of the flock The lamb was sacrificed, its blood painted on the wood of the door The lamb was shared and eaten in a ritual meal	Jesus is the best of humanity—the sinless one who took on our sin Jesus’ blood covered the wood of the cross and was a sign of our redemption The Lamb of God (Jesus) is shared in a ritual meal
<b>Manna in the Desert</b>	Came down from heaven, there was always enough for all Gave strength for the journey to the Promised Land Manna ended when the people entered the promised land	Jesus is the new bread from heaven, the bread given by the Father that gives eternal life The Eucharist is our food for the journey The Mass joins us with the worship in heaven; once in heaven, the Sacraments are not necessary anymore

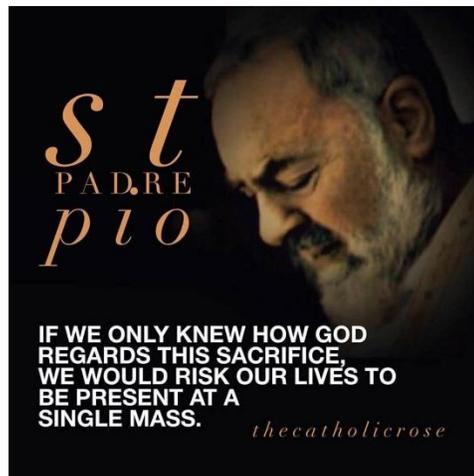
**Attending Mass is a serious obligation for every Catholic**

It is how we obey the 3<sup>rd</sup> Commandment, to keep

Holy the Lord’s Day

It is how we obey the 1<sup>st</sup> Precept of the Church

It is how we conform our lives to the Biblical accounts of the early Church, who gathered every Sunday for the Breaking of Bread



# WAYS to PARTICIPATE at MASS

- 
**1 Arrive early**  
 It helps us prepare our hearts for the Eucharist
- 
**2 Turn off your cell phone**  
 The only one we should be talking to is God
- 
**3 Pray and sing along**  
 Keep a spirit of prayer during the ceremony
- 
**4 Pay attention to what is said**  
 Listen to the readings and everything the priest says
- 
**5 Receive Communion with devotion**  
 It is important that we pray before and after we receive Christ
- 
**6 Give thanks afterwards**  
 After the final blessing, give thanks to God

"I AM THE BREAD OF LIFE" (JN 6: 35)  CatholicLink

# GUIDELINES FOR HOLY MASS



# **REASONS I NEVER ~~GO TO MASS SHOWER~~**

1. I WAS FORCED TO SHOWER AS A CHILD.
2. PEOPLE WHO SHOWER ARE HYPOCRITES. THEY THINK THEY ARE CLEANER THAN EVERYONE ELSE.
3. THERE ARE SO MANY DIFFERENT KINDS OF SOAP, I COULD NEVER DECIDE WHICH ONE WAS RIGHT.
4. I USED TO SHOWER, BUT IT GOT BORING SO I STOPPED.
5. I SHOWER ONLY ON SPECIAL OCCASIONS, LIKE EASTER AND CHRISTMAS.
6. NONE OF MY FRIENDS SHOWER.
7. I'M STILL YOUNG. WHEN I'M OLDER AND HAVE GOTTEN A BIT DIRTIER, I MIGHT START SHOWERING.
8. I REALLY DON'T HAVE TIME TO SHOWER.
9. THE BATHROOM IS NEVER WARM ENOUGH IN THE WINTER OR COOL ENOUGH IN THE SUMMER.
10. PEOPLE WHO MAKE SOAP ARE ONLY AFTER YOUR MONEY.

(THERE'S MORE)

- I GET ALONG VERY WELL WITHOUT SHOWERING.
- I WORK HARD ALL WEEK AND AM TOO TIRED TO TAKE A SHOWER ON THE WEEKEND.
- THE FIRST BAR OF SOAP I EVER USED GAVE ME A RASH, SO I HAVEN'T GONE NEAR SOAP SINCE