

- ❖ **Go** back to your seat and **continue** to **sing** the Communion song. This is not time for “me and Christ” but to join with the praise of the whole community.
- ❖ After the song is over it is time to personally **thank** Christ.
- ❖ **Pray** that what you have received will change and strengthen you to carry out the part of the mission that God has entrusted to you in your family, your workplace, your school, and your community.



CONCLUDING RITE

- ❖ When you stand and the priest says “Let us pray,” **collect** yourself—and **listen**. These texts often provide guidance for how the Eucharist should affect us and our actions in daily life.
- ❖ **Receive** the blessing knowing that you are sent into the world to help bring about the reign of God through your daily actions—a mission given to you at Baptism and renewed each week as you are sent forth.
- ❖ **Go** forth singing with joy, feeling ready to face your week until you return to Mass to renew your covenant to be an important part of God’s mission.



FROM MASS TO MISSION

Understanding the Mass and Its Significance for Our Christian Life
 FROM MASS TO MISSION: UNDERSTANDING THE MASS AND ITS SIGNIFICANCE FOR OUR CHRISTIAN LIFE FOR CHILDREN by Joyce Donahue © 2016 Archdiocese of Chicago: Liturgy Training Publications. All rights reserved. Orders: 1-800-933-1800. Art by Martin Erspamer, OSB. Permission to publish granted by the Very Reverend Ronald A. Hicks, DD, Vicar General, Archdiocese of Chicago, on October 13, 2015.

When you are at Mass, do you sit, stand, kneel, speak the responses, and sing? That’s only the beginning of how you can be fully involved.



You are an important part of the community of all God’s priestly people. By learning how to be an active participant at Mass, and by praying through and with Christ, you can engage your mind, heart, body, and soul.

HOW TO GET MORE OUT OF THE MASS



BY PUTTING MORE OF YOURSELF IN IT



BEFORE MASS

- ❖ **Prepare** during the week by studying and praying the Mass readings. The Mass readings are easily found on the website of the United States Conference of Catholic Bishops (go to www.usccb.org and click on “Bible,” then on “Today’s Readings”).
- ❖ **Think** about what you are grateful for, or who or what needs prayer this week. **Bring** these needs with you to Mass.
- ❖ **Enter** the church, **greet** other members of the community with sincerity and affection, and then collect your thoughts and prayers in the silence before Mass.
- ❖ **Notice** what liturgical season the Church is celebrating by observing the seasonal colors and decorations around the church (banners, altar cloths, priest’s vestments).
- ❖ Above all, be **mindful and intentional**; not passive or purely sociable in this time before the Mass.

INTRODUCTORY RITE

- ❖ **Join** in the song as the ministers process to the sanctuary. **Admit** your sinfulness during the Penitential Act and **sing** the Gloria



with joy. You are here to praise and worship the Father through Jesus Christ—the community needs your voice.

- ❖ As the priest says “Let us Pray,” **add** those intentions you reflected on earlier—your **thanks** or your **needed** prayers.



LITURGY OF THE WORD

- ❖ **Give** the readings and homily your full **attention**. God’s Word is alive and active—something that you hear today is meant for YOU. If you have looked at them ahead of Mass, this will be even easier. **Listen** actively; **reflect** during the silences; **try** to ignore distractions. The Holy Spirit is waiting to do the rest.
- ❖ **Sing** the Responsorial Psalm and Gospel Acclamation with joy and conviction. This is Good News!



LITURGY OF THE EUCHARIST

- ❖ **Place** your monetary gift in the collection, **join** in the song, and as the bread and wine come forward **send** yourself in mind and spirit to the altar along with them.

- ❖ As the priest offers the bread and wine to the Father, **offer** yourself—your whole life—with all its joys, sorrows, and challenges. Your offering will become part of the Eucharistic “power that transforms the world” (**Catechism of the Catholic Church**, 901).
- ❖ When the priest says “Lift up your hearts,” **imagine** you are holding up your heart and offering it to God with joy. **Continue** to offer yourself to God during the prayer and **join** fully in the sung or spoken responses.
- ❖ As the priest extends his hands over the bread and wine, calling down the Holy Spirit to change them, **feel** yourself being drawn spiritually into the change that occurs.
- ❖ **Remember** and **visualize** Jesus Christ at the Last Supper. **Call** to mind that you are **praying** with the entire Church around the world at all times and in all places as well as with the saints and angels who are praying in heaven. They are all present, right now, at this Mass.
- ❖ When the priest holds up the consecrated bread and wine, **be** mindful that Jesus Christ said “This is my Body” and “This is my Blood,” and **know** his presence is truly in these gifts.
- ❖ **Pray** the Our Father fully mindful of each phrase and how it affects your daily life. **Be** grateful for the Bread of Life you are about to receive.
- ❖ **Come** forward and reverently **bow** before receiving the consecrated bread and the consecrated wine. **Let** your “Amen” be firm and heartfelt. You are saying yes, that you believe Christ is present in the Eucharistic species.