

# CELEBRATING THE CATHOLIC MASS

Welcome to Saint Anne's parish! Attending a Catholic Mass can be a confusing experience if you're not familiar with it. We hope this card will help. Feel free to join in with the prayers, songs, and gestures as much or as little as you feel comfortable. Thank you for being with us at this Mass

## OPENING GREETING

Priest: In the Name of the Father, and of the Son, and of the Holy Spirit

We make the Sign of the Cross by touching our forehead, lower chest, left shoulder, and right shoulder.

**All: 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.

**All: And with your spirit.**

## PENITENTIAL ACT

The priest will invite everyone to call to mind the presence of God, who loves us even when we feel we don't deserve it. He'll then lead one of the following prayers:

**All: 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, 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.**

During the line "through my fault, through my fault, through my most grievous fault," raise fist to chest as an outward sign of inward contrition.

-OR-

Cantor: Lord, have mercy. **All: Lord, have mercy.**

Cantor: Christ, have mercy. **All: Christ, have mercy.**

Cantor: Lord, have mercy. **All: Lord, have mercy.**

## GLORIA (EXCEPT DURING ADVENT AND LENT)

**All: (usually sung) 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.**

After the Gloria, the priest prays an Opening Prayer, after which we sit down and listen to a few readings from the Bible. It goes like this:

1. We first read from the Old Testament, which comes before the birth of Jesus;
2. We sing a psalm, which is an Old Testament prayer;
3. We then read from a New Testament epistle, which are letters written by some of Jesus' earliest followers;
4. We stand, sing an Alleluia (Hebrew for "Praise God") and hear a reading from one of the Gospels, which tells of the life and teachings of Jesus.

## **RESPONSE TO READINGS**

Reader (at the end of the reading) The Word of the Lord.

**All: Thanks be to God.**

## **GOSPEL INTRODUCTION**

Priest: The Lord be with you. **All: And with your spirit.**

Priest: A reading from the holy Gospel according to \_\_\_\_.

**All: Glory to you, O Lord.**

While we say this, we make a small cross on our forehead, lips, and heart, praying that God will be on our minds, in our words, and in our hearts.

Priest: The Gospel of the Lord

**All: Praise to you, Lord, Jesus Christ.**

## **HOMILY**

We sit, and the priest helps us to understand what God is revealing to us in the readings.

## **APOSTLES' CREED**

**All: 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.**

## **PRAYERS OF THE FAITHFUL**

At this point, one parishioner offers specific prayers to God on behalf of all of us.

Reader: [at end of each prayer]... "We pray to the Lord."

**All: Lord, hear our prayer.**

## **PREPARATION OF THE GIFTS**

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

**All: 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.**

## **PREFACE DIALOGUE**

Priest: The Lord be with you. All: And with your spirit.

Priest: Lift up your hearts. All: We lift them up to the Lord.

Priest: Let us give thanks to the Lord our God. All: It is right and just.

## **HOLY HOLY**

**All: (usually sung) 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 are now in the Eucharistic Prayer, which is the central moment of the Mass. We look back to the last hours of Jesus' life and repeat his words and actions. As we do this, we believe that we are not just remembering these moments, but are uniting with them. Because God is outside of time, everything that Jesus did and experienced - the Last Supper, betrayal, death, and resurrection - are present to us, and we share in these sacred moments. By the promise of Jesus and the power of the Holy Spirit, bread and wine become the body, blood, soul, and divinity of Jesus himself. In recognition of all this holiness, everyone around you will kneel. If you are able and comfortable, please kneel also.

## **MYSTERY OF FAITH**

Priest: The mystery of faith.

**All: We proclaim your death, O Lord, and profess your Resurrection until you come again.**

- or -

**All: When we eat this Bread and drink this Cup, we proclaim your death, O Lord, until you come again.**

- or -

**All: Save us, Saviour of the world, for by your Cross and Resurrection, you have set us free.**

## **GREAT AMEN**

Priest: Through him, and with him, and in him, in the unity of the Holy Spirit, all glory and honour is yours, almighty Father, forever and ever.

**All: Amen.**

## **OUR FATHER**

**All: Our Father, who art in heaven, hallowed by 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.**

After the priest prays "Deliver us, Lord, we pray . . .," we respond:

**All: For the kingdom, the power, and the glory are yours, now and for ever. Amen.**

## **SIGN OF PEACE**

Priest: The peace of the Lord be with you always. People: And with your spirit.

We now offer each other the Sign of Peace, which means to shake hands (or wave/bow) and say **“Peace be with you”** or **“Peace of Christ.”**

We know we can't love God without loving others, so we reach out to each other in love.

## **LAMB OF GOD**

**All: 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.**

## **INVITATION TO COMMUNION**

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.

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

Now we come forward to receive Communion. As Catholics we have two key beliefs about Communion: that it is truly Jesus and that receiving it is a sign of being fully initiated into the Catholic Faith. For these reasons, we ask that only Catholics who are properly prepared receive communion. If you can't receive, you are welcome to remain in your pew or to come forward to receive a blessing. Please cross your arms over your chest as a sign that you are requesting a blessing. If you would like to be able to receive, please talk to the priest after mass. You'll notice that as people come back from Communion, some will stand, some will sit, and some will kneel. That's okay. Please do whatever will help you to pray best.

## **CONCLUDING RITES**

Priest: The Lord be with you. All: And with your spirit.

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

We make the Sign of the Cross as at the beginning of Mass and respond **“Amen.”**

Priest: Go in peace... **All: Thanks be to God.**

And that's it! Thank you for celebrating with us. Please return this card, and if you would like more information or become involved at St. Anne's please introduce yourself to the priest or anyone wearing a name tag

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**Jesus, I know that you are the Son of God, who have given your life for me.**

**I want to follow you faithfully and to be led by your word.**

**You know me and you love me.**

**I place my trust in you and I put my whole life into your hands.**

**I want you to be the power that strengthens me and the joy which never leaves me.**

Pope Benedict XVI, 26th World Youth Day Homily, 2011