

# Four Parts of the Mass

## Part Three: Liturgy of the Eucharist

What do I say?  
(response/prayer)

What do I do?  
(posture: sit, stand, kneel, bow)

# Liturgy of the Eucharist

**The Liturgy of the Eucharist has three parts:**

- 1. The Offering**
- 2. The Eucharistic Prayer**
- 3. Reception of Holy Communion**

# Liturgy of the Eucharist

## 1. The Offering (sit)

- Please join in singing if a song is sung.
- A collection is taken-- we give money to support the parish and provide for the needs of the poor.
- We present to the priest the gifts of bread and wine, and the donations collected.
- We offer ourselves as a gift to God.

# Liturgy of the Eucharist

## 2. The Eucharistic Prayer

There are four different prayers a priest can use.

- This is THE MOST IMPORTANT part of the Mass because this is when the bread and wine *become* the BODY and BLOOD of Jesus through the power of the Holy Spirit!  
Thank you, Jesus!

# Liturgy of the Eucharist

At the following words, we stand.

Priest: "The Lord be with you."

We Respond: ***"And with your spirit."***

Priest: "Lift up your hearts."

We Respond: ***"We lift them up to the Lord."***

Priest: "Let us give thanks to the Lord our God."

We Respond: ***"It is right and just."***

# Liturgy of the Eucharist

After a short prayer that the priest says, we stay standing for the Holy, Holy (Sanctus)

English

*“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.”*

Spanish

*“Santo, Santo, Santo  
es El Señor Dios del Universo*

*Llenos estan el cielo y la tierra se su  
gloria. Hosana en el cielo.*

*Bendito el que viene en el nombre  
del Señor.*

*Hosana en el cielo.”*

# Liturgy of the Eucharist

- Please KNEEL after the Holy, Holy / Sanctus prayer.
- Something very special happens as Father prays the Eucharistic Prayer. He calls upon the Holy Spirit to make holy the gifts of bread and wine. Listen for words like these: "...may this same Holy Spirit graciously sanctify these offerings (of bread and wine), that they may **become** the Body and Blood of our Lord Jesus Christ..."
- This calling down of the Holy Spirit is called "epiclesis."

# Liturgy of the Eucharist

Please **kneel** for the Consecration.

To **consecrate** something is to **make it holy**.

You will hear these words of Consecration: "...on the night he (Jesus) was betrayed, he took bread, and giving thanks, he said the blessing, broke the bread and gave it to his disciples, saying:

*"Take this, all of you, and eat of it,  
for this is my body,  
which will be given up for you."*

Look up at Jesus now present in the host and, in the words of the apostle Thomas, say quietly,

***"My Lord and my God!"***



# Liturgy of the Eucharist

Next you will hear these words as the priest prays over the chalice: "...when supper was ended, he took the chalice, and giving thanks, he said the blessing, and gave the chalice to his disciples, saying:

*"Take this, all of you, and drink from it,  
for this is the chalice of my blood,  
The blood of the new and eternal covenant,  
Which will be poured out for you and for many  
For the forgiveness of sins.  
Do this in memory of me."*

Look up at Jesus, now present in the chalice containing his precious blood and, in the words of the apostle Thomas, again say quietly,

***"My Lord and my God!"***

# Liturgy of the Eucharist

- Through the power of the Holy Spirit and the words of consecration, the bread and wine are now the Body and Blood of Christ. The host will still taste like a host, and the wine will still taste like wine, but as Catholics, we believe that Jesus is *truly* present, Body and Blood, Soul and Divinity, under the appearance of the host and wine. How special that you will receive Jesus into your body, heart, and soul on your First Communion day, and every time you receive Communion throughout your life!

- Here is another big word that is very important in our Catholic faith:

## *Transubstantiation*

- What does it mean? It means that as Catholics, we believe that the *substance* of bread and wine is *changed* into the ***Body and Blood of Christ.***

# Liturgy of the Eucharist

## Memorial Acclamation (remain kneeling)

This is our response to this “mystery of our faith.”

There are three possible responses:

1. *We **proclaim** your Death, O Lord, and **profess** your Resurrection, until you come again.*

OR

2. *When we eat this Bread and drink this Cup, we proclaim your Death, O Lord, until you come again.*

OR

3. *Save us, Savior of the world, for by your Cross and Resurrection you have set us free.*

# Liturgy of the Eucharist

- We remain **kneeling**.
- The Eucharistic Prayer continues until the Concluding Doxology. The word “doxology” comes from the Greek word “doxa” which means “glory,” and “logos” which means “to speak the word.”
- You will hear Father proclaim:
  - “Through him (Jesus), and with him, and in him,  
O God, almighty Father,  
In the unity of the Holy Spirit,  
All glory and honor is yours,  
Forever and ever.”
- We proclaim: **AMEN!**
- Do you notice how the Blessed Trinity is present in the Doxology?

# Liturgy of the Eucharist

## Communion Rite

After the “Great Amen,” we enter into the Communion Rite, which begins with the Our Father.

The Communion Rite consists of:

- The Our Father
- Sign of Peace
- Lamb of God
- Invitation to Communion
- Communion Antiphon
- Prayer after Communion

# Liturgy of the Eucharist

## The Our Father

(We stand and pray with our palms open and facing up to receive God's grace)

***“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.”***

Father prays a short prayer and we respond:

***“For the kingdom, the power and the glory are yours***

***now and forever.”***

# Liturgy of the Eucharist

## Sign of Peace

The priest prays a prayer for peace that ends in, “You who live and reign for ever and ever.”

We respond: **“Amen”**

The priest then offers Christ’s peace: “The peace of the Lord be with you always.”

We answer, **“And with your spirit.”**

The priest (*or deacon, if one is present*) will say, “Let us offer each other the sign of peace.”

At this time (unless we are still practicing social distancing!!!), we will turn and respectfully and calmly offer those near us a sign of peace (handshake), while saying, **“the peace of Christ be with you.”**

# Liturgy of the Eucharist

## Lamb of God

Priest: Lamb of God, you take away the signs of the world,

We respond: ***“Have mercy on us.”***

Priest: Lamb of God, you take away the signs of the world,

We respond: ***“Have mercy on us.”***

Priest: Lamb of God, you take away the signs of the world,

We respond: ***“Grant us peace.”***



# Liturgy of the Eucharist

## 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.”

We respond: ***“Lord, I am not worthy that you should enter under my roof, but only say the word, and my soul will be healed.”***

# Liturgy of the Eucharist

## Reception of Holy Communion

This is the moment you have been preparing for all these months!

As you approach Father to receive the Body of Christ, ***bow your head.***

Father will say, “The Body of Christ.” You respond, ***“Amen.”***

- You will receive your First Communion in your hand. Make a “throne” for Jesus by placing one hand on top of the other with palms facing up. Father will place the host on your palm, and you will use the fingers of your other hand to place it into your mouth. You may gently chew the host, or mash it with your tongue. After you receive Jesus, make the Sign of the Cross, and walk to the cup.

# Liturgy of the Eucharist

(There is a chance you will not receive the Blood of Christ until a later time.)

As you approach the Chalice, bow again.

The minister will say, “The Blood of Christ.” You answer, **“Amen.”**

Take the cup with BOTH HANDS, take a small sip, and pass it back to the minister.

Make the Sign of the Cross again and go back to your pew to pray quietly.

This is a perfect time to thank Jesus for his love and sacrifice. After praying, you may join in singing the Communion Song.

(This is NOT a time to visit or talk with those around you. You have just received Jesus into your body in a very special, intimate way. Jesus wants to spend this time with YOU!)

The “Liturgy of the Eucharist” ends with the Communion Antiphon and the Prayer after Communion. These prayers change daily.

# Liturgy of the Eucharist

- Did you know that the word “Eucharist” means “Thanksgiving?”
- Do you know why we stand, kneel, and bow during the liturgy?
  - We stand to show respect, and to “Stand up” for what we believe. When a judge enters the courtroom, the bailiff cries out “All stand.” Jesus is the “just judge” so we stand to show respect to him. We also stand up for the Creed to show that we believe in God the Father, Jesus his Son, and the Holy Spirit who is sent forth from the love of God and the Son.
  - Kneeling is the sign of utmost reverence. Jesus’ sacrifice on the Cross won for us the forgiveness of our sins and made us worthy to be called the sons and daughters of God.
  - We bow to show reverence and humility.