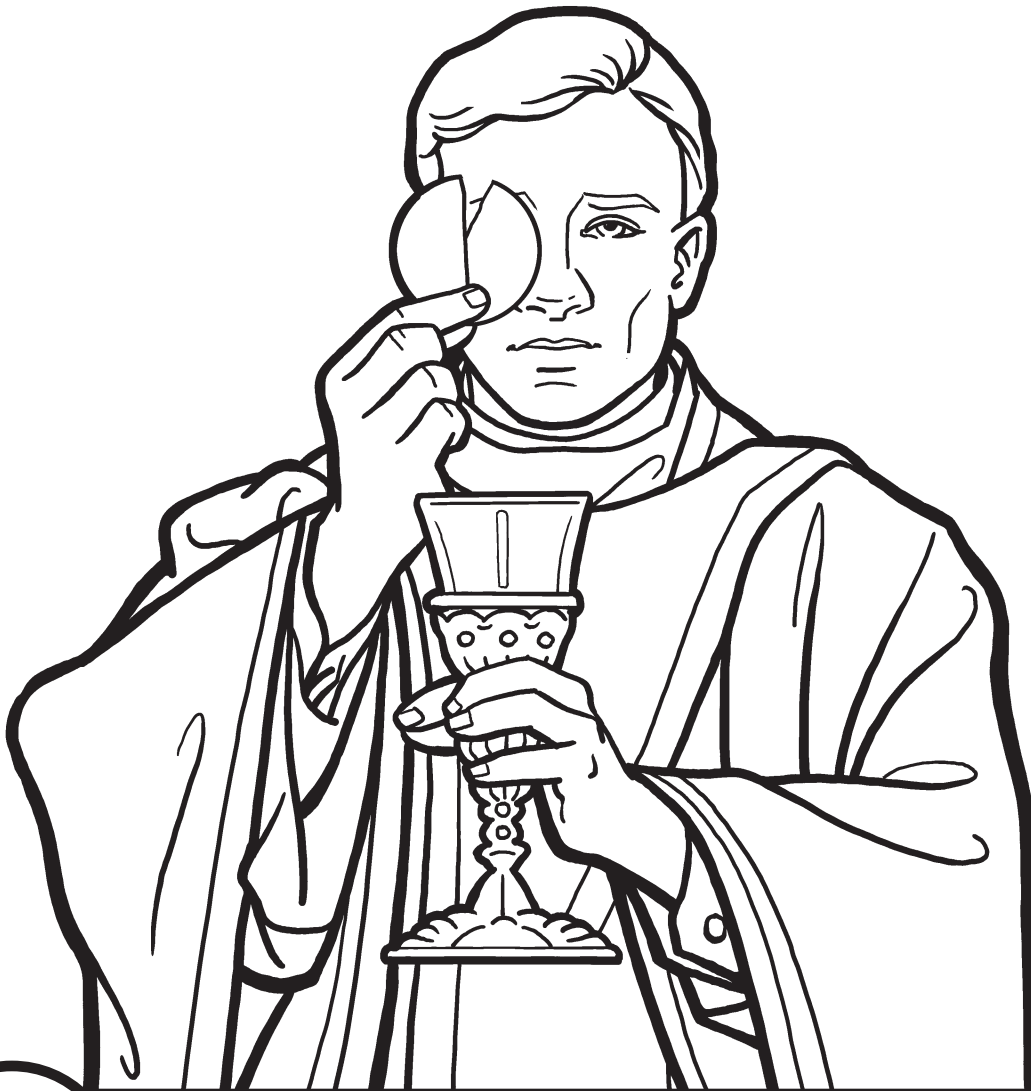




Participating at **HOLY MASS**

A COLORING BOOK GUIDE



PART
2

From the Liturgy of the Eucharist to the Dismissal

The Mass is Catholic Worship

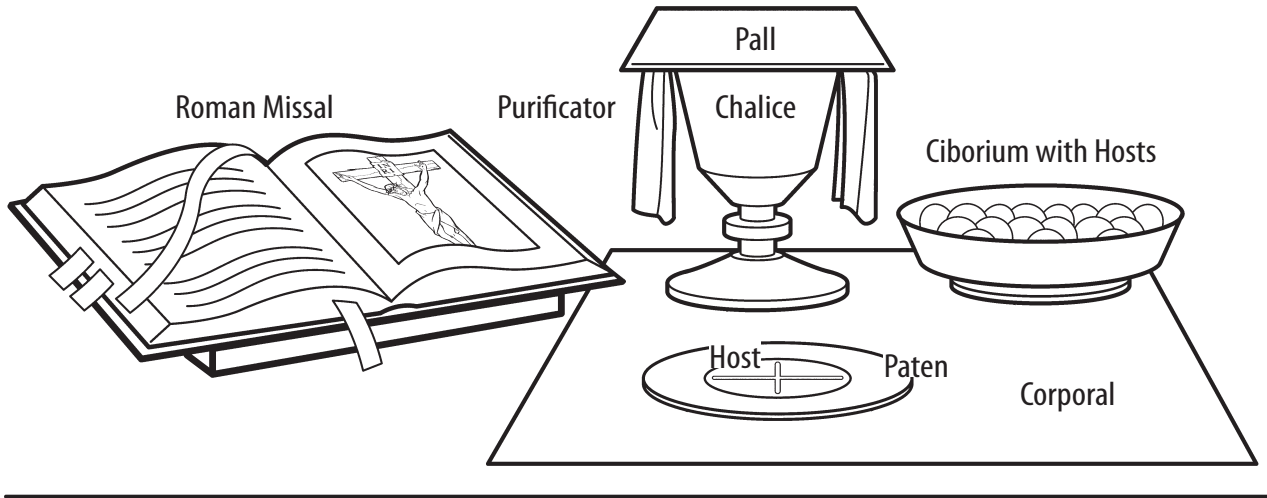


God taught the ancient Jews how to worship in the Temple. Jesus taught the Apostles to worship God all over the world. The Catholic Mass here on earth is modeled after the way God is worshipped in Heaven.

The things that are done and said during the Mass are taken from a large book—called the Roman Missal—which guides the priest.

Pay attention, so you can learn how to participate fully at Mass. **This coloring book will help guide you, step-by-step!**

The Second Part of the Mass is The Liturgy of the Eucharist



The congregation SITS while the altar is made ready for the Liturgy of the Eucharist. At this time the gifts of bread and wine are brought to the altar while a hymn is sung. During the hymn the collection is also taken.



Ask your parents if you can place an offering in the collection plate, too.

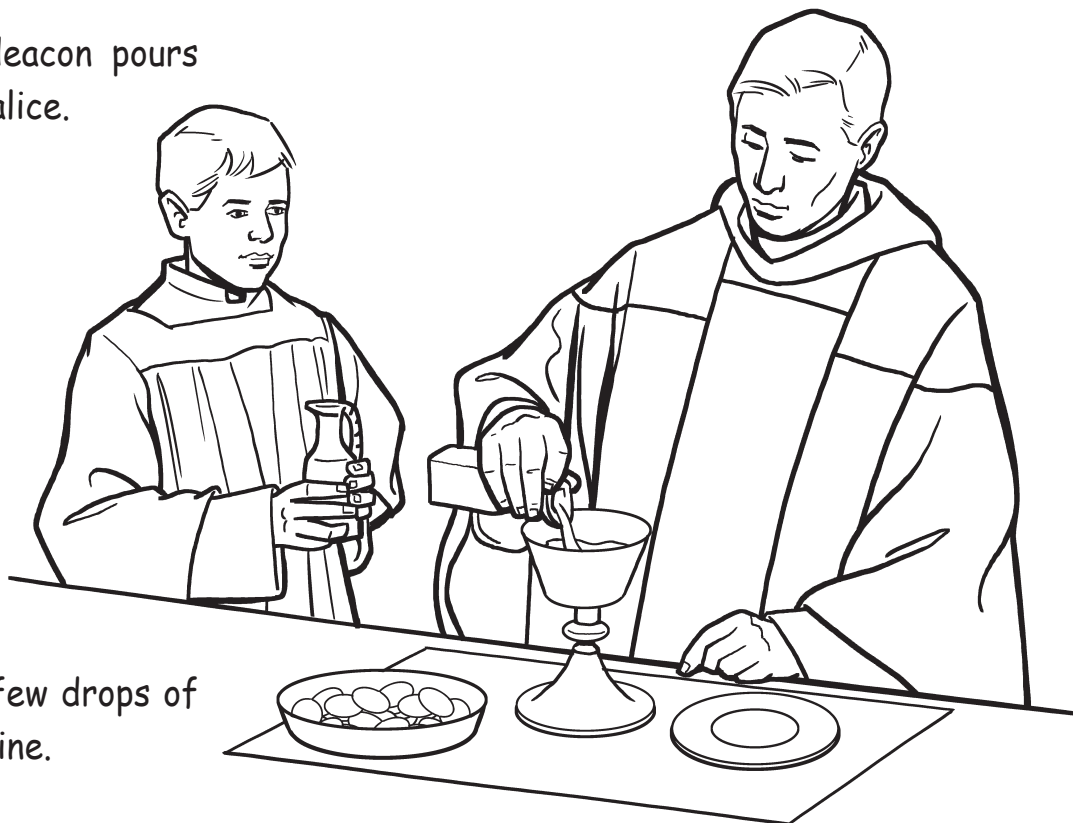
The Offertory

The priest praises God for providing the gifts of bread and wine. He will pray over each separately, but our response is the same both times. First the priest offers God the bread we have made out of the wheat which God has given us, calling it "fruit of the earth and work of human hands."



This bread will become the "bread of life"—the Body of Christ.
Response: **"Blessed be God forever."**

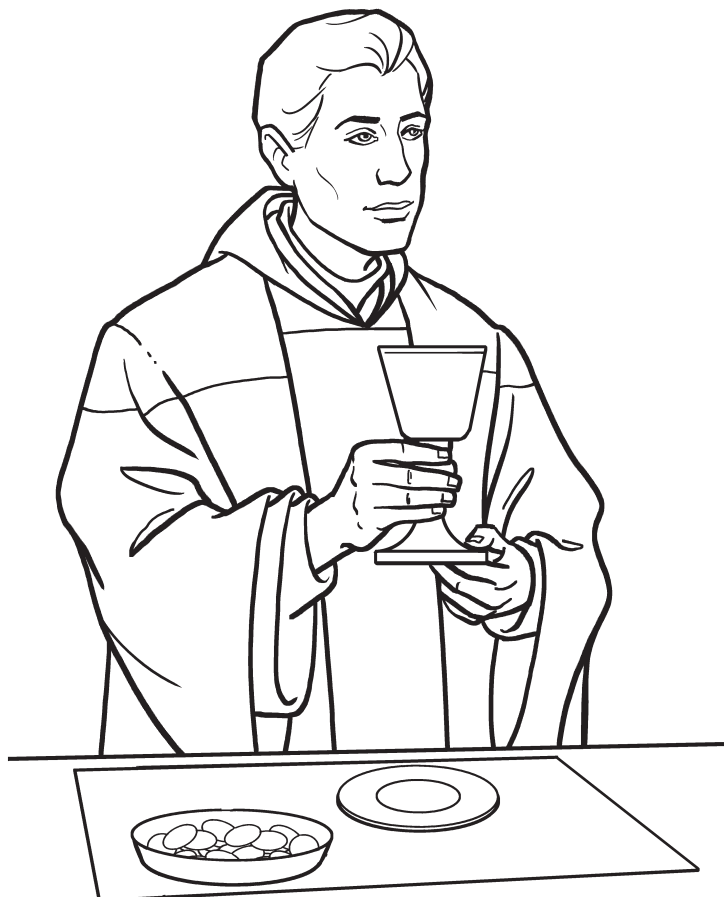
The priest or deacon pours wine into the chalice.



He then puts a few drops of water into the wine.



Again, the priest offers to God what we have made with His gift to us, "fruit of the vine and work of human hands," which will soon become our "spiritual drink"—the Blood of Christ.



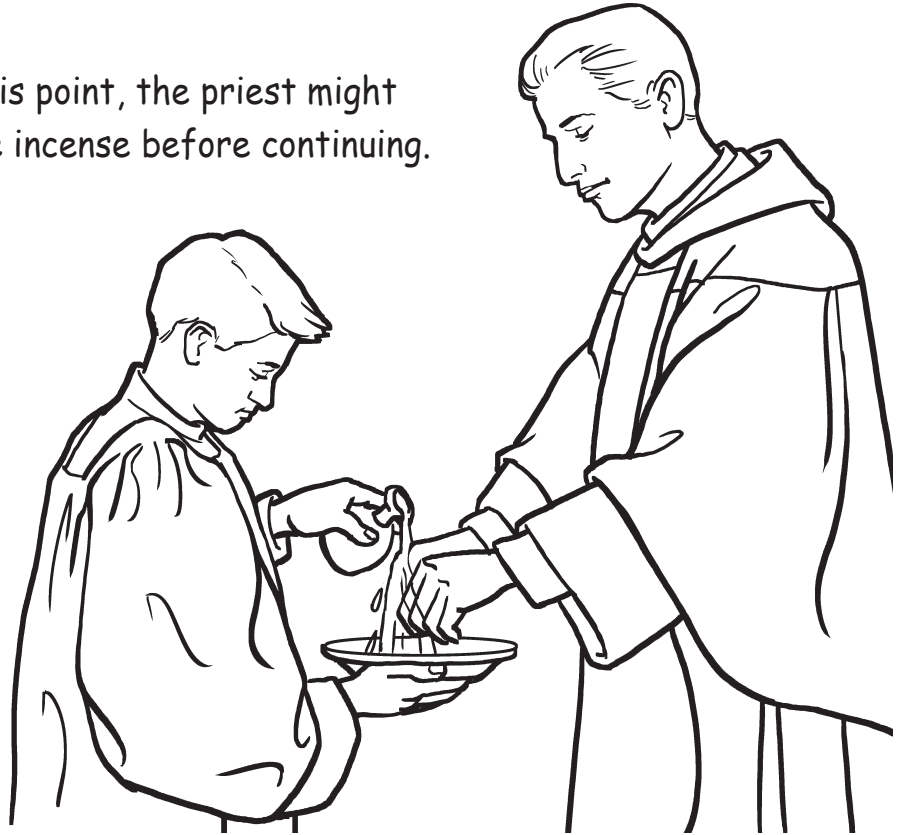
Response: **"Blessed be God forever."**



At this point, the priest might also use incense before continuing.

The priest washes his hands as a sign of reverence for God, praying quietly,

"Wash me, O Lord, from my iniquity and cleanse me from my sin."



The priest faces the congregation, extending and then joining his hands, saying:

"Pray, brethren, that my sacrifice and yours may be acceptable to God, the almighty Father."

STAND and respond:
"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."



The Eucharistic Prayer

The priest begins the long EUCHARISTIC PRAYER during which the bread and wine will be transformed by the power of the Holy Spirit into the Body, Blood, Soul, and Divinity of Christ.



Priest: **"The Lord be with you."**

Response: **"And with your spirit."**

Priest: **"Lift up your hearts."**

Response:
"We lift them up to the Lord."

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

Response:
"It is right and just."

Then, the priest continues with the Preface, which is different for different liturgical feasts. The Preface explains why "it is right and just" that we give thanks to God, and the priest addresses this thanks to God the Father.

Most options for the Preface begin as follows:

**"It is truly right and just, our duty and our salvation,
always and everywhere to give You thanks,
Lord, holy Father, almighty and eternal God,
through Christ our Lord."**

The Sanctus

At the end of the Preface, the priest joins his hands and asks us to pray the very song with which the angels praised God in the book of Isaiah.

Together we say or sing:

**"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."**



Some parishes say the "Holy, Holy, Holy" in Latin because Latin is the traditional language of the church. "Sanctus" means "holy" in Latin.

Then KNEEL.

Watch and listen closely as the priest continues to pray, because the "Consecration"—when the bread and wine are changed into the Body, Blood, Soul, and Divinity of Christ—is getting closer.



Watch and listen: When the priest puts his hands together over the paten and chalice, he asks the Holy Spirit to come down to turn the bread and wine into Jesus' Body and Blood. You might hear a bell ring to alert the congregation that the miracle of the Consecration is about to happen.

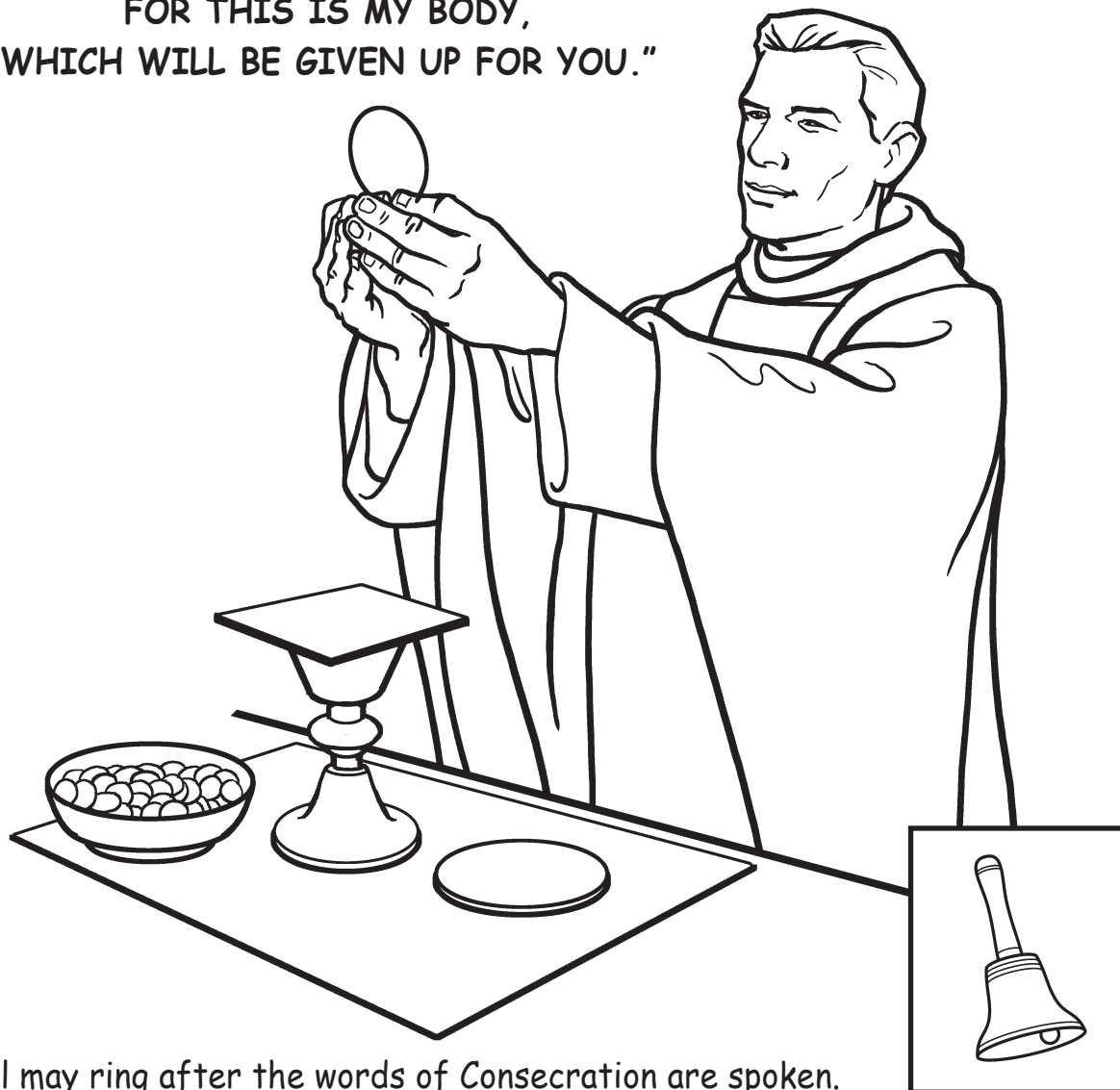


The Consecration

The priest then tells the story of the Last Supper and speaks the words of Jesus. It is really **Jesus Himself** speaking through the priest and changing the bread and wine into **His Body and Blood**.

The priest picks up the large host and speaks the words of Consecration:

**"TAKE THIS, ALL OF YOU, AND EAT OF IT,
FOR THIS IS MY BODY,
WHICH WILL BE GIVEN UP FOR YOU."**



A bell may ring after the words of Consecration are spoken.

A good practice when the Host is elevated is to **silently** acknowledge the miracle of the Real Presence of Jesus in the Host: **"My Lord, and my God."**

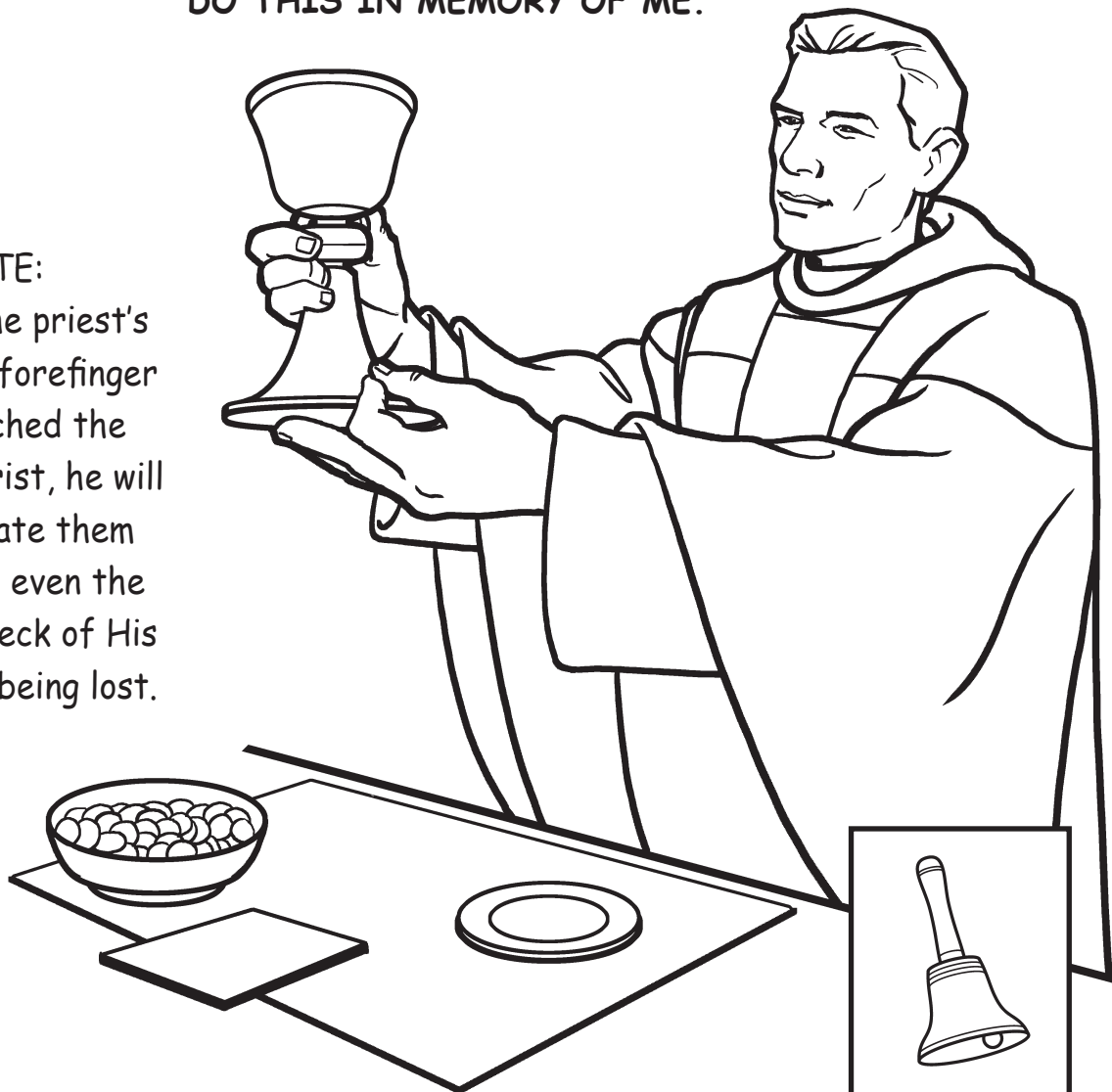
The priest will then genuflect in adoration.

The priest continues the story of the Last Supper, then consecrates the wine with the words of Jesus:

**"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."**

NOTE:

Because the priest's thumb and forefinger have touched the Body of Christ, he will not separate them to prevent even the smallest speck of His Body from being lost.



Again, a bell may ring as the priest elevates the chalice which now contains the Blood of Christ. The priest will then genuflect in adoration.

You could acknowledge the Precious Blood of Jesus by **silently** praying:
"My Jesus, have mercy on me, a sinner."

The Mystery of Faith

After the Consecration, we sing one of the three Memorial Acclamations. These are prayers addressed to Jesus, by which we await His Second Coming.

Priest: **"The Mystery of Faith."**

Respond by listening for which Memorial Acclamation is begun, then join in.



The priest goes on to pray for the Church, the poor souls suffering in purgatory, and for the whole world. He then prays the "doxology," and we respond with the "Great Amen." The doxology is a prayer to the Holy Trinity.

Priest: **"Through Him, and with Him, and in Him, O God, almighty Father, in the unity of the Holy Spirit, all glory and honor is Yours, for ever and ever."**

Response: **"Amen."**

This Amen is called the "Great Amen" because by it we are concluding the Eucharistic Prayer. Sometimes you will sing it, and often the whole congregation will say "Amen" over and over several times! Just listen and follow along!

The Communion Rite

After the great "AMEN" everyone STANDS to pray the prayer Jesus taught us.

Priest: "At the Savior's command and formed by divine teaching,
we dare to say:"

All respond: "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."



Then the priest continues with two prayers asking for protection from evil, sin, and all distress, and that God grant us peace and unity as we await the coming of Christ the King.



When he concludes these prayers, the priest says, **"The peace of the Lord be with you always."** Response: **"And with your spirit."**

The priest or deacon then has the option of saying the following or omitting it:
"Let us offer each other the sign of peace."

If so, then you may turn to those nearest to you and wish them peace. However, this is not a time to have conversations with people around you or to walk around to make the sign of peace with your friends. We are still in church, and it important that we be respectful of Christ's presence there on the altar.

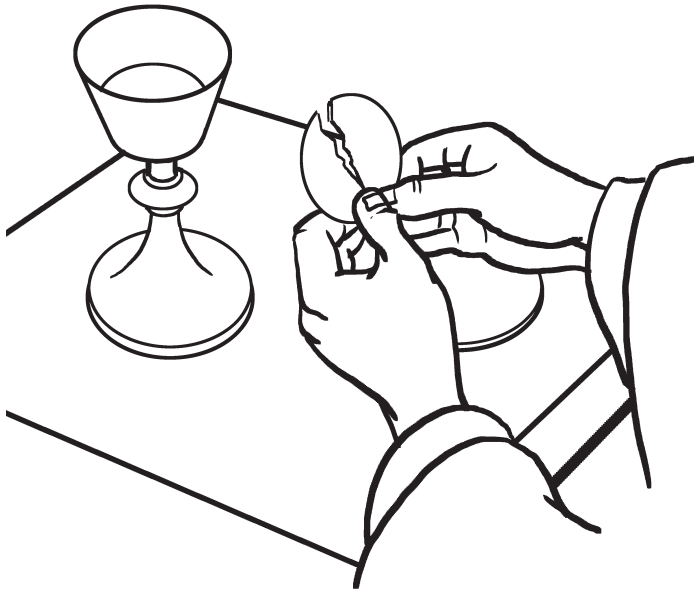
The Breaking of the Bread

Now the congregation prays or sings to Jesus on the altar asking for His mercy and peace.

**"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."**



Pay attention to what the priest does during the Lamb of God prayer.

He reverently breaks the large consecrated Host in half.

He then breaks off a small piece of the Host to drop into the chalice containing the Blood of Christ.

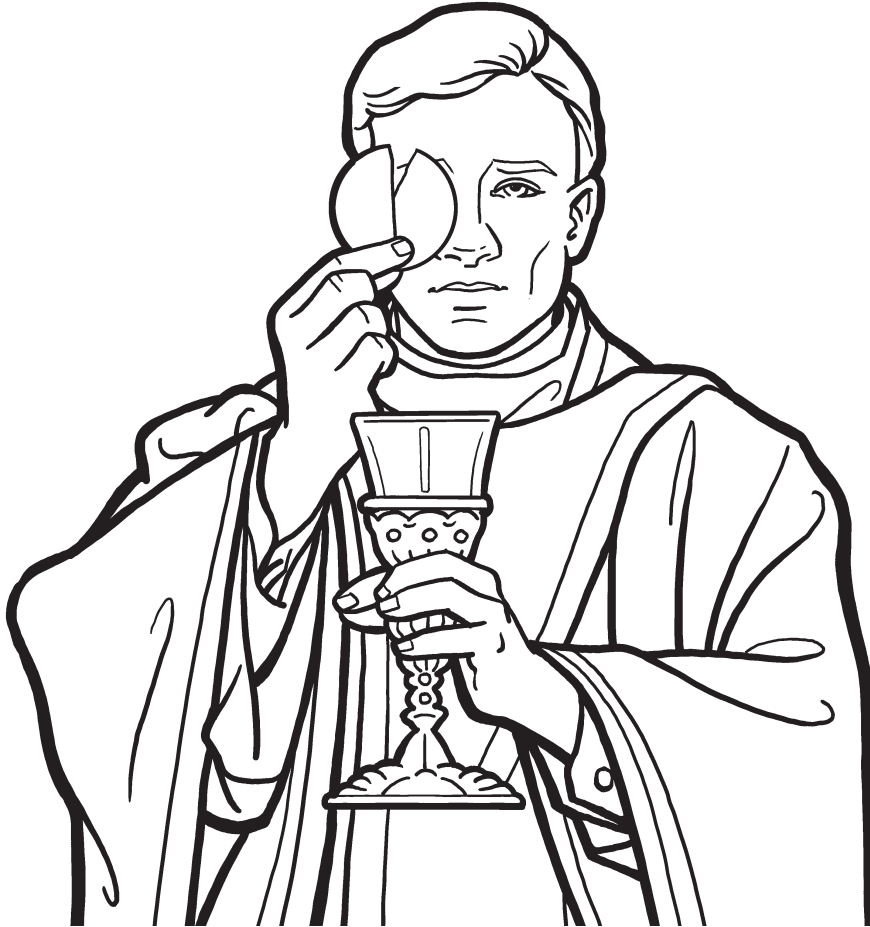
The priest says quietly, **"May this mingling of the Body and Blood of our Lord Jesus Christ bring eternal life to us who receive it."**



Invitation to Communion

The people **KNEEL** and the priest raises the Host and chalice so everyone can make a silent act of faith and sorrow for sins.

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."

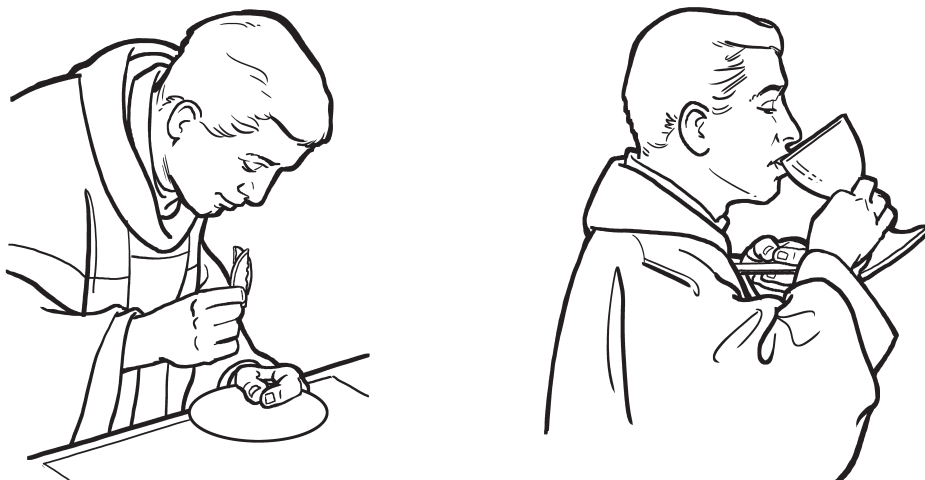


Respond: "Lord, I am not worthy that You should enter under my roof,
but only say the word and my soul shall be healed."

In the Gospel of Matthew, a Roman soldier told Jesus he was unworthy for Jesus to enter "under his roof" in order to heal a servant. He asked Jesus to "just say the word" to heal his servant from afar. Jesus praised the centurion's faith. When we say this response, we are imitating the faith of that centurion.

Holy Communion

The priest reverently consumes the Body and Blood of Christ. He then offers Holy Communion to the other ministers and then to the congregation.



Jesus is really and truly present in the Holy Eucharist so we should approach Holy Communion with reverence. Bow profoundly or genuflect before you receive.



When the minister says, "The Body of Christ," you respond, "Amen."

Sacred Silence

After Communion it is good to remain kneeling for a few moments in sacred silence—adoring Jesus present within you and praying for those you love.



The Concluding Rites

The priest will stand up to introduce the Prayer after Communion.

Priest: "Let us pray."

The congregation STANDS. The priest prays, and all respond: "Amen."



Listen to the Prayer After Communion, it reminds us of the Mysteries we have just celebrated and our mission to witness to Christ by our actions and bring the Gospel to the whole world.

The Blessing



Priest: "The Lord be with you."

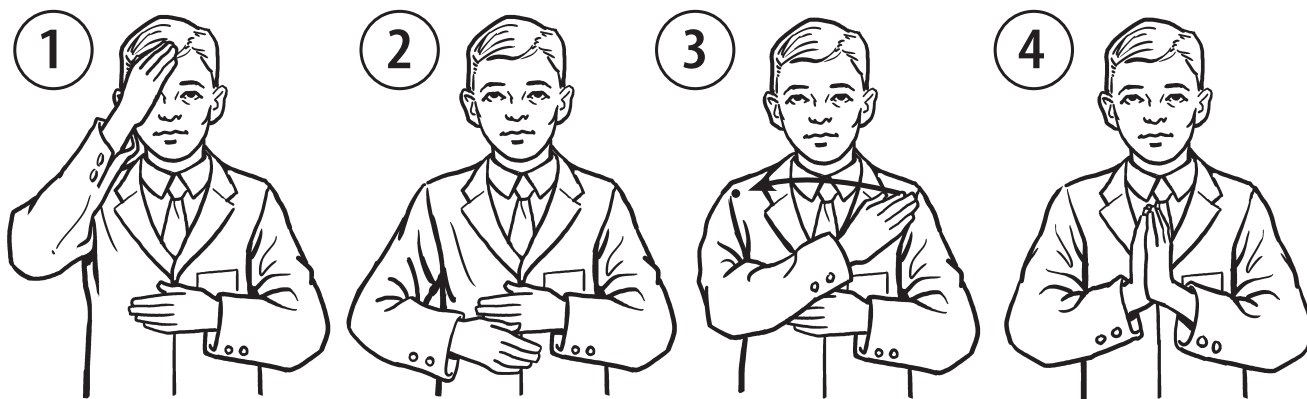
Respond: "And with your spirit."

The priest blesses the people by making the Sign of the Cross while saying:

**"May almighty God bless you,
the Father, and the Son, and the Holy Spirit."**

Make the Sign of the Cross while the priest does and bow your head, because when he blesses you, it is actually Jesus Who is blessing you through him.

Response: "Amen."



The Dismissal

The priest or deacon will pronounce any of four options to end the Mass.
The congregation responds to each of them the same way.

Response: "Thanks be to God."



The priest and deacon will venerate the altar with a kiss, then make a profound bow towards the altar and recess out.

Remember: Mass isn't over until the priest—who represents Christ—has left!
The congregation remains standing until the priest leaves.

St. Michael the Archangel Prayer

In some parishes, the priest or deacon leads the congregation in this prayer from Pope Leo XIII. If not, it is a good prayer to pray silently before you leave.



**"St. Michael the Archangel, defend us in battle.
Be our protection against the wickedness and snares of the Devil.
May God rebuke him, we humbly pray,
and do thou, O Prince of the Heavenly Host, by the power of God,
cast into Hell Satan, and all the evil spirits, who prowl about the world
seeking the ruin of souls. Amen."**