

My Mass Book



Name: _____

Class: _____

The Introductory Rites

Entrance Procession

We all **STAND** and sing a hymn or say the *entrance antiphon* as the altar servers, deacon and priest process into the *sanctuary*. The deacon brings forward the *Book of the Gospels*.

Greeting

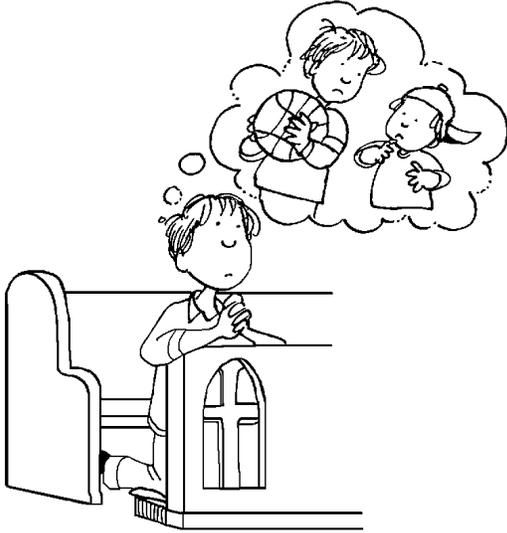
In the name of the Father, and of the

Son, and of the Holy Spirit _____

The Lord be with you.

Penitential Rite

We ask with confidence for God's forgiveness of our sins using one of these forms:



**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,**

- we strike our breast - (3x)

**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.**

May almighty God have mercy on us,
forgive us our sins,
and bring us to everlasting life.

Amen.

Or the priest can lead us in pray or song with

Lord, have mercy _____

Christ, have mercy _____

Lord, have mercy _____

Gloria

After the Penitential Rite and before we hear God's Word from the Bible we sing a hymn of praise called the Gloria. The words come from the angels words of praise when Jesus was born (Luke 2:14). This is not done during Advent and Lent (times when the priests wear purple) to remind us that these are times of penance and preparation for the great Feasts of Christmas and Easter. This is often sung.

**Glory to God in the highest,
And on earth peace to people of good will.**

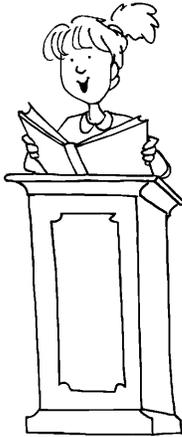
**We praise you, we bless you, we adore you,
we glorify you,
we give you thanks for your great glory,
Lord God, heavenly King,
O God, almighty Father,
Lord Jesus Christ, Only Begotten Son,
Lord God, Lamb of God, Son of the Father,
you take away the sin of the world,
have mercy on us;
you take away the 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.**



Amen.

The Liturgy of the Word

On Sundays we hear three readings from the Bible and join in proclaiming the Responsorial Psalm that is also taken from the Bible. The First Reading is normally taken from the Old Testament and the Second from the Epistles. Generally a **Lector** will read these. The responsorial psalm is often sung. We sit to listen to these readings and during the responsorial psalm.



After the first two readings: The Word of the Lord

Before the Gospel we stand and sign the Alleluia. We also bless ourselves before the Gospel, making the sign of the cross on our forehead, lips and over our hearts, praying that Jesus' words will

guide our thoughts, words and actions.

DID YOU KNOW? ALLELUIA COMES FROM THE HEBREW "HALLELU YAH" THAT MEANS "PRAISE THE LORD".

WHENEVER A DEACON IS PRESENT HE ALWAYS READS THE GOSPEL.

At the Gospel: The Lord be with you

A reading from the holy Gospel according to ...

After the Gospel: The Gospel of the Lord

The priest or deacon then shares his *homily* with us.



Following the homily we stand together to express our faith using the Creed handed down for over 1600 years! While we say the underlined part we bow our heads.

Instead of the Niceno-Constantinopolitan Creed, especially during Lent and Easter Time, the baptismal Symbol of the Roman Church, known as the Apostles' Creed, may be used.

Apostles' Creed

I believe in God,
the Father almighty,
Creator of heaven and earth,
and in Jesus Christ, his only Son, our Lord,
*At the words that follow, up to and including the Virgin Mary,
all bow.*

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.

DID YOU KNOW? WE USE TWO CREEDS. THE NICENE CREED IS NORMALLY SAID AT MASS AND THE APOSTLES CREED IS SAID WHEN WE PRAY THE ROSARY.

Prayers of the Faithful

The final part of the Liturgy of the Word is the prayers of the faithful. We pray for the needs of our Church both world wide and locally. We ask God to be with them and help them in some way.



For the sick of our parish
that God may strengthen
them we pray to the
Lord. _____

The Liturgy of the Eucharist

Preparation of the Gifts



The gifts are brought forward, bread, wine and water along with the collection. They symbolize our offering of our week's work and the bread, wine and water will be used in preparing for communion. The priest begins by offering a prayer of blessing over the bread and then the wine. Both begin with "Blessed are you Lord, God of all creation..." We respond:

The Priest then says: Pray, brethren that our sacrifice may be acceptable to God, the almighty Father. We 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.

Amen

Eucharistic Prayer

This prayer of thanksgiving (that's what Eucharist means, "to give thanks") is a prayer of thanks and praise to God for all He is and has done for us. It begins with

The Lord be with you

Lift up your hearts

Let us give thanks to the Lord

The priest then says the opening prayer called the "preface" it ends with the priest upon us to join the angels in singing of God's glory as we say or sing:

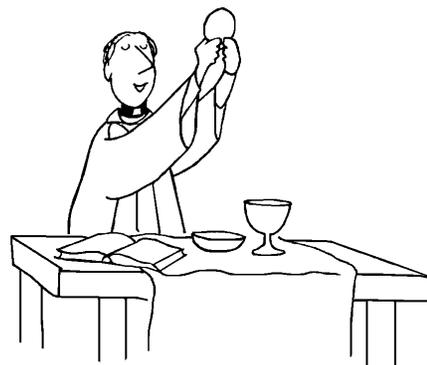
Holy, Holy, Holy Lord, God of hosts,

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.

We then kneel as the priest continues the Eucharistic prayer. The high point comes at the *consecration*. First the priest prays for the coming of the Holy Spirit while extending his hands over the bread and wine. This is called the *epiclesis*.



Next he says the words that Jesus gave us at the Last Supper when he gave us the Eucharist. “Take this all of you and eat it: this is my body which will be given up for you.”

He then takes the cup and says, “Take this, all of you and drink from it: this is the cup of my blood...Do this in memory of me” During the

consecration we believe that the bread and wine become Jesus’ body and blood, just as he told us.



Memorial Acclamation

After the consecration the priest then says,

Let us proclaim the mystery of faith.

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

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

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

After some additional prayers asking God to watch over us and the whole church the priest proclaims: Through him, with him, in him, in the unity of the Holy Spirit, all glory and honor is yours, almighty Father, for ever and ever.

We then say or sing the **Our Father**.

The priest then leads us in a short prayer after

which we say:

For the Kingdom, the power, and the glory are yours, now and forever.

Sign of Peace.

First the priest says: The peace of the Lord be with you always.

_____ Then we offer each other a sign of peace.

The priest breaks the host as we say:

**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.**

We kneel and the priest then leads us in a final
prayer before communion: This is the Lamb
of God who takes away the sins of the

world. Happy are those who are called to his supper. We respond: Lord, I am not worthy that you should enter under my roof, but only say the word and my soul shall be healed.

Communion

As the person ahead of you receives communion you should make a simple bow as a sign of reverence to Jesus. You can receive in your hand or on your tongue. When you come to receive Communion the priest, deacon or Eucharistic Minister will say:



Body of Christ _____

If you choose to receive from the cup the Eucharistic Minister will say:

Blood of Christ _____

When you return to your place take time to say a special prayer to Jesus asking Him to help you during the coming week.

Concluding Rite

The Lord be with you _____

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

The Mass is ended go in peace to love and serve the Lord.

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

Our Father

Our Father, who art in heaven,
hallowed be thy name; thy
kingdom come; they 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. Amen

Hail Mary

Hail Mary, full of grace, the Lord
is with you; blessed are you
among women, and blessed is the
fruit of thy womb Jesus.

Holy Mary, mother of God, pray
for us sinners now and at the
hour of our death. Amen.

Sign of the Cross

In the name of the Father, and of
the Son, and of the Holy Spirit.
Amen.

Glory to the Father

Glory be to the Father, and to the
Son, and to the Holy Spirit, as it
was in the beginning, is now and
ever shall be. Amen.