

The Catholic Mass Booklet



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The Order of Mass

Introductory Rites:

Priest: In the name of the Father, and of the Son, and of the Holy Spirit. [All make the sign of the cross. We make the sign of the Cross for two reasons: we are expressing our desire to be set apart from the corrupt ways of the world, and to invoke God's protection for our lives.] (Matt 28:19; Jn 14:13-14; Acts 2:21; also Ez 9:4-6; Rv 9:4)

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. (2 Cor: 13:13)

All: **And with your spirit** (Gal 6:18; 2 Tim 4:22) [this acknowledges the Holy Spirit's unique activity through the priest during the sacred liturgy by virtue of his ordination.]

Penitential Rite:

Option A:

Priest: Brothers and sisters, let us acknowledge our sins, and so prepare ourselves to celebrate the sacred mysteries. (Ps 51:5)

All: **I confess to almighty God,
and to you, my brothers and sisters,**

- The letters of Paul are already considered "scripture" (2 Peter 3:15-17; cf. 1 Thess 5:27; Col 4:16)

Use of Scripture in Early Christian Worship:

From the very beginning, Christian worship has not only involved the sharing of bread and wine in a ritual meal, but also included readings from the sacred scriptures (as was and is also done in Jewish synagogue services). Early Christians not only read from the Jewish scriptures, but soon also included some writings of Christian leaders:

- James says the books of Moses have been read aloud in Jewish synagogue services for many generations (Acts 15:21)
- Jesus reads from the book of the prophet Isaiah during a synagogue service (Luke 4:16-22, citing Isa 61:1-2)
- The risen Jesus explains the meaning of the scriptures to two disciples on the road to Emmaus (Luke 24:25-47)
- The apostles base their preaching on the scriptures (Acts 2:14-36; 7:2-53; 17:1-11)
- Christians read from the books of “the Law and the Prophets” (Acts 13:15-44)
- Christians sing the Psalms and other hymns in their worship (Col 3:16; Eph 5:18-20)
- The scriptures are applied to all aspects of Christian life (1 Tim 4:13; 2 Tim 3:16-17)

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,

(striking breast say:)

Through my fault, through my fault, through my most grievous fault;

(then continue)

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. (Lev 5:5; Neh 1:5-9; Dan 9:3-19; James 5:16)

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

All: Amen.

Option B:

Priest: Brothers and sisters, let us acknowledge our sins, and so prepare ourselves to celebrate the sacred mysteries.

Priest: Have mercy on us, O Lord

All: For we have sinned against you. (Ps 41:4)

Priest: Show us O Lord, your mercy

All: And grant us your salvation.

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

All: Amen.

Option C:

Priest: Brothers and sisters, let us acknowledge our sins and so prepare ourselves to celebrate the sacred mysteries.

[The following or other invocations may be spoken by the priest or deacon, but the priest always gives the final blessing.]

Priest: You were sent to heal the contrite of heart. Lord, have mercy.

All: Lord, have mercy. (Matt 15:22, 17:15, 20:30-31)

Priest: You came to call sinners: Christ, have mercy.

All: Christ, have mercy. (Ps 123:3)

Priest: You are seated at the right hand of the Father to intercede for us: Lord, have mercy.

All: Lord, have mercy.

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

All: Amen.

Kyrie:

Priest: Lord, have mercy.

All: Lord, have mercy.

Priest: Christ, have mercy.

All: Christ, have mercy.

Priest: Lord, have mercy.

All: Lord, have mercy.

or

- Prophet Elisha feeds 100 men with very little food (2 Kings 4:42-44)
- Jesus feeds 5000 people in Galilee (Mark 6:30-44; Matt 14:13-21; Luke 9:10-17; John 6:1-14)
- Jesus feeds another crowd of 4000 people (Mark 8:1-10; Matt 15:32-39)
- Jesus tells many parables involving meals and banquets (Matt 22:1-14; 25:1-13; Luke 12:35-40; 14:15-24; etc.)
- Jesus has many meals with disciples and others (Mark 2:15-20; 14:3-9; Luke 14:1-14; etc.)
- Jesus shares his Last Supper with his disciples (Mark 14:12-27; Matt 26:17-30; Luke 22:7-39; cf. 1 Cor 11:23-25)
- The Risen Jesus shares a meal with two disciples at Emmaus (Luke 24:13-35)
- The Risen Jesus has breakfast with disciples at the Sea of Galilee (John 21:1-14)
- Early Christians in Jerusalem share in the "Breaking of the Bread" (Acts 2:42-47)
- Early Christians in Troas "break bread" with Paul (Acts 20:5-11)
- Early Christians in Corinth celebrate the "Lord's Supper" (1 Cor 10:16-17; 11:17-34; cf. Rev 19:9)

Biblical Background for the Eucharist:

The word "Mass" comes from the Latin word, "Missa." In the Latin, the faithful were dismissed with the words "Ite, missa est" (literally meaning "Go, she—meaning you, the Church—has been sent"). The word "Missa" is related to the word "missio," the root of the English word "mission." The liturgy does not simply come to an end. Those assembled are sent forth to bring the fruits of the Eucharist to the world. The Mass is not only based on the "Last Supper" that Jesus had with his disciples, but is also influenced by a long history of special meals celebrated by ancient Jews (including Jesus) and early Christians, both before, during, and after the lifetime of Jesus:

- Abraham and Melchizedek share bread and wine (Gen 14:18-20)
- Abraham provides a meal for the Three Visitors (Gen 18:1-8)
- Israelites in Egypt celebrate the first Passover (Exod 12:1-28)
- Israelites annually share Passover meals (Exod 12:43-51; Lev 23:4-14; Num 9:1-14; 28:16-25; Deut 16:1-8)
- Israelites annually celebrate the feast of Unleavened Bread (Exod 12:14-20; 13:3-10; 23:14-15; 34:18; etc.)

Priest: Kyrie, eleison.

All: Kyrie, eleison.

Priest: Christe, eleison.

All: Christe, eleison.

Priest: Kyrie, eleison.

All: Kyrie, eleison.

(You may have heard that some parts of the Catholic Mass may be in Latin. The above is the exception, which, when recited, is in Greek, the original language of the New Testament.)

Gloria:

All: Glory to God in the highest, (Luke 2:14; Rev 4:11, 5:11-14) and on earth peace to people of good will.

We praise you, (Ps 148:13)

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, (Ps 2:7)

Lord God, Lamb of God, Son of the Father, you take away the sins of the world, (John 1:29)

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.

Collect ('käl,ekt): (It is called the collect because in it the priest collects the prayers of the faithful and offers them to God through the words of the Church.)

Priest: Let us pray. [different prayer depending on the liturgical season, saint of the day, or special Mass]

All: Amen. (Neh 8:6; Ps 41:13; Rom 16:27; Heb 13:20-21; Rev 7:16)

[Everyone sits for the first reading, psalm, and second reading]

First Reading:

Lector: A reading from the Book (or Letter, or Acts) of...
[reads the word of God, see hymnal for readings based on day and season]

Lector: The Word of the Lord. (1 Peter 1:25)

All: Thanks be to God! (Rom 6:17; Cor 9:15)

Responsorial Psalm:

[The choir and/or cantor sing or recite the psalm; the people join in the repeated response.]

explanation on the belief, we suggest reading a copy of 'Jesus and the Jewish Roots of the Eucharist' by Brant Pitre.)

Prayer after Communion:

Priest: Let us pray.

[stand]

All: Amen.

Priest: The Lord be with you.

All: And with your spirit.

Priest: May almighty God bless you...

All: Amen.

Blessing: (Gen 28:3; Deut 14:29; Num 6:23-27; Ps 29:11)

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

All: Amen.

Priest: Go in the peace of Christ. or

Go forth, the Mass is ended. or

Go and announce the Gospel of the Lord. (Mark 16:15)

or

Go in peace, glorifying the Lord by your life. (Ps 115:1;

1 Cor 10:31; 2 Thes:1:12) or

Go in peace. (Ex 4:18; Deut 10:11-13; Judg 18:6; 1 Sam 1:17; Mark 5:34; Luke 7:50, 8:48)

All: Thanks be to God!

[Recessional and Closing Song]:

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.

Communion:

[kneel]

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. (Matt 8:8, Luke 7:1-10)

(As Catholics, we believe that, while still maintaining the physical appearance of bread and wine, these works of man have been transubstantiated into the Body and Blood, Soul and Divinity of our Lord Jesus Christ. The priest repeats the words of Jesus at the Last Supper as He instructed us to do. We believe the gift of his Body and Blood is what was prophesied in the Old Testament and what Jesus was speaking of in John 6:22-71. All who have not received their first Holy Communion within the Catholic Church, and any Catholic in a state of grave sin, or those not fully believing in the true presence of Jesus in the Eucharist, are welcome to approach the Eucharistic Minister with their hands crossed over their chest and will receive a special blessing. For a further

Second Reading:

[A second reading is prescribed for all Sundays and major feasts, but not for most weekdays or minor feasts. The lector's introduction and conclusion and the people's response are the same as in the First Reading.]

Gospel Acclamation:

[stand for Gospel reading]

Choir or Cantor: Alleluia! (Many Psalms; Rev 19:1-6)

All repeat: Alleluia!

Choir or Cantor: [verse]

All repeat: Alleluia!

Gospel:

Before the Proclamation of the Gospel:

Priest: The Lord be with you.

All: And with your spirit.

Priest: A reading from the Holy Gospel according to...
[make the sign of the cross on your forehead, over your lips and over your heart; by this we consecrate our thoughts, words, and actions to the Lord that His Word in the Gospel be always in our minds, on our lips, and in our hearts]

All: Glory to you, O Lord!

[Gospel is proclaimed by the Priest or Deacon]

After the Proclamation of the Gospel:

Priest: The Gospel of the Lord. (Ps 24:7-10; 1 Thes 2:12; Tim 4:18)

All: Praise to you, Lord Jesus Christ! [everyone sits for the homily]

Homily: [the homily, given by an ordained minister, is meant to break open the readings and apply them to the lives of the faithful]

Profession of Faith: (Mark 9:24; John 11:27, 14:1; 1John 5:10) on Sundays, Solemnities, and special occasions [stand]

Nicene Creed:

All: I believe in one God, the Father almighty, maker of heaven and earth, of all things visible and invisible. I believe in one Lord Jesus Christ, the Only Begotten Son of God, born of the Father before all ages. God from God, Light from Light, true God from true God, begotten, not made, consubstantial with the Father; through him all things were made. For us men and for our salvation he came down from heaven:

[bow]

and by the Holy Spirit was incarnate of the Virgin Mary, and became man.

[raise from bow]

Priest: Deliver us, Lord, from every evil, graciously grant peace in our days, that, by the help of your mercy, we may be always free from sin and safe from all distress, as we await the blessed hope and the coming of our Savior, Jesus Christ.

All: For the kingdom, the power, and the glory are yours, now and forever. (*Matt 6:13; Rev 4:11, 11:15)

(*The above 'Doxology' is common in Protestant denominations as part of the Lord's Prayer. This text is only found in some manuscripts attributed to Matthew but not in others or the other Gospels. As Catholics, we appropriately include the text in this manner.)

Sign of Peace: (John 14:27, 16:33, 20:19, 20:21, 20:26)

Priest: Lord Jesus Christ, who said to your Apostles: Peace...

All: Amen.

Priest: The Peace of the Lord be with you always.

All: And with your spirit.

Deacon or Priest may add: Let us offer each other a sign of peace. [The ministers and all the people exchange an embrace, handshake, or other appropriate gesture of peace with those near them.]

Agnus Dei/Lamb of God: (John 1:29, 36; Rev 5:6-13, 22:1-3)

[Second half of the Eucharistic Prayer prayed by the priest.]

Doxology and Great Amen:

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.

All: Amen

[stand]

Lord's Prayer:

The text of the Lord's Prayer can be found in Matt 6:9-13; Luke 11:2-4; Mark 14:36; and Gal 4:6)

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

All: 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.

For our sake he was crucified under Pontius Pilate, he suffered death and was buried,
And rose again on the third day in accordance with the Scriptures.

He ascended into heaven and is seated at the right hand of the Father.

He will come again in glory to judge the living and the dead and his kingdom will have no end.

I believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son,

who with the Father and the Son is adored and glorified, who has spoken through the prophets.

I believe in one holy catholic and apostolic Church. I confess one Baptism for the forgiveness of sins. and I look forward to the resurrection of the dead and the life of the world to come. Amen.

Universal Prayer / Prayer of the Faithful:

(Ex 8:29-30 10:17-18; Jer 42:2-4; Acts 8:22-24; 2Kings 20:2-5)

Lector: ...let us pray to the Lord.

All: Lord, hear our prayer. [or a similar response, repeated after each petition] [after these sit for the offertory]

Liturgy Of The Eucharist

Priest: Blessed are you, Lord, God of all creation...

(*silent if congregation is still singing)

All: Blessed be God for ever.

Priest: Blessed are you, Lord, God of all creation...

All: Blessed be God for ever. (Gen 14:20, Ps 62:20, 68:35)

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

[stand]

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.

Eucharistic Prayer:

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 (Sanctus):

(Reference to the Sanctus can be found in the following texts: Isa 6:3; Rev 4:8; Mark 11:10; Matt 21:9; Luke 19:38)

All: 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.

(Additional reference can be found in: Ps 118:26; Mark 11:9; Matt 21:9; Luke 19:38; John 12:13)

[kneel]

[The first half of the Eucharistic prayer is prayed by the priest. This includes the Words of Institution of the Holy Eucharist. The priest prays the words of Jesus in the Person of Christ (using the first person). At the moment of the elevation of each species (host & chalice) it is no longer bread and wine but the Body and Blood of Jesus Christ.]

Memorial Acclamation:

Priest: The mystery of faith.

All:

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

(1Cor 16:22)

B - When we eat this Bread and drink this Cup, we proclaim your death, O Lord, until you come again. (1Cor 11:26)

C - Save us, Savior of the world, for by your Cross and Resurrection you have set us free. (Matt 8:25; Luke 4:42; Rom 8:21)