

The Holy Mass

A guide to understanding, celebrating, and participating wholeheartedly.

The Word of God and Bread of Life

Christ gathers his people and shares his
Paschal Mystery with us.



What Is the Mass?

The Eucharist is the sacramental memorial of Jesus' death and Resurrection.

We gather

The Church comes together in Christ's name to hear God's Word and give thanks.

It is more than...

A social gathering, a talk, or a distant memory: Christ acts in his Church today.

He gives us his love

The Mass unites praise, Scripture, offering, and Holy Communion.

The Eucharist is the source and summit of Christian life.

One Celebration • Four Parts

The Liturgy of the Word and the Eucharist form one act of worship.

01 • INTRODUCTORY RITES

We gather and prepare our hearts.

02 • LITURGY OF THE WORD

We listen as God speaks to us.

03 • LITURGY OF THE EUCHARIST

Christ offers himself and gives himself to us.

04 • CONCLUDING RITES

We are blessed and sent forth.

You can follow these four parts every Sunday.

We Gather and Prepare

The celebration begins by bringing us together as one people in prayer.

Entrance and Greeting

Entrance procession and song; the Sign of the Cross and the priest's greeting.

Penitential Act

We acknowledge our sins and trust God's mercy; we pray the Kyrie.

Gloria

We praise God; the Gloria is normally omitted in Advent and Lent.

Collect

The priest gathers our intentions in prayer. We answer "Amen."

We prepare to hear the Word of God.

God Speaks to Us in the Readings

The community listens to Scripture, reflects on it, and responds.

First Reading

Often from the Old Testament. We respond: "Thanks be to God."

Responsorial Psalm

We repeat the response as we pray with the psalm.

Second Reading

Normally proclaimed on Sundays and solemnities.

Gospel

We stand. Before listening, we trace three small crosses.

God's Word deserves our attention and silence.

The Gospel Has a Special Place

We stand to welcome the Good News of Jesus Christ.

Acclamation

We sing “Alleluia”; during Lent, we use another acclamation.

Proclamation

The deacon or priest announces the words and deeds of Jesus.

Homily

It helps us understand Scripture and live it every day.

Listening attentively is also a way to participate.

We Respond to What We Hear

After hearing God's Word, we profess our faith and pray for others.

Profession of Faith

On Sundays and solemnities, we profess our faith, usually with the Nicene Creed.

Prayer of the Faithful

We pray for the Church, the world, those who suffer, and our needs.

Our Response

"Lord, hear our prayer," or another response announced at Mass.

Our faith becomes a prayer for everyone.

We Prepare the Lord's Table

Bread, wine, and the gifts of our lives are offered to God.

Presentation of the Gifts

Bread and wine are brought to the altar; an offering may be collected.

Our Own Offering

We offer our work, joys, and difficulties from the past week.

Prayer over the Offerings

The priest asks God to receive the gifts of the assembly.

"Blessed be God for ever."

The Heart of the Mass

We give thanks and enter into Christ's Paschal Mystery.

Praise and Thanksgiving

The Preface and "Holy, Holy, Holy."

Epiclesis and Consecration

We invoke the Holy Spirit; the priest speaks Jesus' words.

Memorial and Intercessions

We recall Christ's Passover and pray for the Church, the living, and the dead.

Doxology and Great Amen

The priest praises the Father; the assembly responds in faith: "Amen."

We join through responses, silence, and adoration.

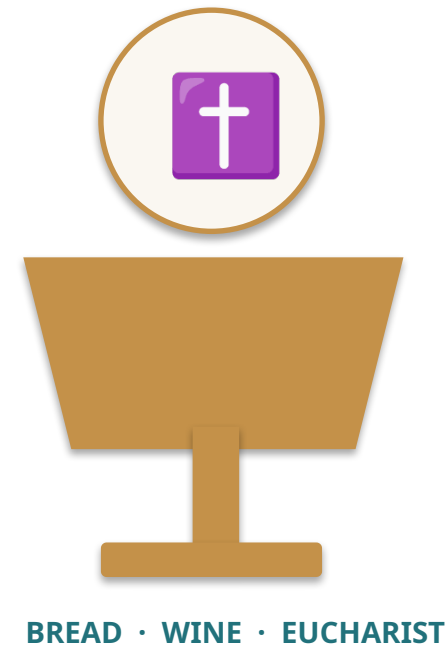
Christ Becomes Present

At the consecration, the bread and wine become his Body and Blood.

The Real Presence

The priest speaks the words of Jesus at the Last Supper.

The Eucharist makes Christ's one sacrifice sacramentally present.



BREAD · WINE · EUCHARIST

If you are able, kneel; contemplate, be silent, and adore.

We Prepare to Receive Jesus

Our hearts are prepared for communion with Christ and his Church.

Our Father

We ask for daily bread, forgiveness, and deliverance from evil.

Sign of Peace

We express the communion and peace we receive from Christ.

Lamb of God

We ask for mercy and peace while the bread is broken.

Invitation

“Behold the Lamb of God...” / “Lord, I am not worthy...”.

Communion is a gift we receive in faith.

Holy Communion

Those who are properly prepared approach with reverence.

As We Receive

The minister says: "The Body of Christ." We answer: "Amen."

After Communion

We return to our seats, pray quietly, and give thanks.

Prayer after Communion

We ask that Communion bear fruit in our lives.

Our singing expresses our union with Christ and the community.

If You Have Not Made Your First Communion

Your presence at Mass is valuable right now.

Participate Joyfully

Listen, sing, respond, and pray with the community.

Wait to Receive Communion

Receive the Eucharist once you are properly prepared and your parish confirms you may.

Pray from Your Place

You may express your desire to be united with Jesus in prayer. Ask your catechist any questions.

You do not have to know everything to start walking with Christ.

Blessing and Sending Forth

The celebration continues through the way we live.

Prayer after Communion

The priest asks that the gift received may transform our lives.

Final Blessing

The assembly receives God's blessing.

Dismissal

"Go in peace." We are sent to share the Gospel.

Mass inspires us to serve at home, at school, and in the world.

Your Body Prays, Too

Participation is both inward and outward: we listen, respond, and sing.

Standing

We show respect and readiness; we stand for the Gospel.

Sitting

We listen to the readings and the homily.

Kneeling

We adore during the Eucharistic Prayer, as local norms prescribe and as we are able.

Responses and Song

We say “Amen,” respond, sing, and also keep silence.

If you are unsure, follow the community calmly.

Participating with Respect

Our actions help everyone find space to pray.

Before Mass Begins

Arrive on time and silence your phone.

During the Readings

Listen to Scripture and the homily; avoid talking.

During Prayer

Join the responses and songs; keep silence when appropriate.

If You Need to Leave

Leave quietly and with respect for others.

Mass is a prayer we share.

Dress Simply and Respectfully

We honor what we celebrate without judging other people's clothing.

Keep It Simple

Choose clean, comfortable clothing suited to a place of worship.

Some Options

A shirt or blouse, comfortable pants or skirt, and appropriate shoes.

Try to Avoid

Offensive messages or distracting clothing; follow your parish's guidance.

The goal is to pray respectfully, not to impress others.

Responses You Will Hear

Do not worry if you do not know all the words at first.

“And with your spirit.”

Our response to the priest’s greeting.

“Thanks be to God.”

After the first and second readings.

“Praise to you, Lord Jesus Christ.”

At the end of the Gospel proclamation.

“Amen.”

We affirm our faith and our prayer.

You will also hear: “May the Lord accept the sacrifice...” and “Lord, I am not worthy...”

Which Part of Mass Speaks to You?

An open conversation after the lesson.

Remember

Which part of Mass do you understand better today?

Ask

What word, gesture, or response would you like to understand better?

Choose an Action

What can you offer to God this week?

Come, listen, ask, and pray: the Lord welcomes you.

Sources for Further Learning

Texts to explore with your catechist as you grow in faith.

Catechism

Catechism of the Catholic Church §§1322–1419; especially §§1324–1327 and 1345–1355.

The Roman Missal

General Instruction of the Roman Missal, Chapter II; Order of Mass.

USCCB

Order of Mass; Guidelines for the Reception of Communion; preparation for the Eucharist.

This guide does not replace your parish's instructions.