

MY CATHOLIC PRAYER BOOK

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THE HOLY EUCHARIST

At the Last Supper Jesus gave us His Body and Blood. On the night He was betrayed, He took bread in His hands, gave thanks to God, and gave it to His disciples saying: "Take and eat, this is My body." Then He took a cup of wine, again giving thanks, and gave it to His friends, saying: "Take and drink. This is the cup of My blood, which will be shed for you and for all, so that sins may be forgiven. Do this in memory of Me."

Whenever we celebrate the Holy Eucharist, Jesus Christ, who is all good, is with us. With Him, we give God thanks for the blessings of creation, redemption and salvation through prayer. Through Him, we receive God's love and grace, as He draws us together and fills our minds with the promise of life eternal.

In the Holy Eucharist, we remember the mystery of the death and resurrection of Jesus, which recalls the sacrifice He made for us and the powerful love of God that is stronger than death itself. After His resurrection, Jesus' first disciples recognized Him "in the breaking of the bread." Today we recognize Him in this action too. Our celebration of the Eucharist is a privileged time for listening to Him in the scriptures, for receiving Him in the sacrament, and for gathering with others who believe in Him.

THE ORDER OF MASS

THE INTRODUCTORY RITES

When he has arrived at the altar, after making a profound bow with the ministers, the Priest venerates the altar with a kiss and, if appropriate, incenses the cross and the altar. Then, with the ministers, he goes to the chair. When the Entrance Chant is concluded, the Priest and the faithful, standing, sign themselves with the Sign of the Cross, while the Priest, facing the people, says:

Priest: In the name of the Father, and of
the Son, and of the Holy Spirit.

People: Amen.

Then the Priest, extending his hands, greets the people, saying:

Priest: The grace of our Lord Jesus Christ,
and the love of God,
and the communion of the Holy Spirit
be with you all.

People: And with your spirit.

Or:

Priest: Grace to you and peace from God our
Father and the Lord Jesus Christ.

People: And with your spirit.

Or:

Priest: The Lord be with you.

In this first greeting a Bishop, instead of The Lord be with you, says:

Bishop: Peace be with you.

People: And with your spirit.

GLORIA

**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 sins 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,**

THE COMMUNION RITE

After the chalice and paten have been set down, the Priest, with hands joined, says:

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

He extends his hands and, together with the people, continues:

Priest and People:

**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.**



Carl H. Bloch (1834 – 1890). *The Road to Emmaus*,
Copenhagen, Denmark

PRAYERS BEFORE COMMUNION

JESUS, THE BREAD OF LIFE

Father in heaven,
You have made us for Yourself;
our hearts are restless
until they rest in You.

Fulfill this longing through Jesus
the bread of life,
so that we may witness to Him
Who alone satisfies the hungers
of the human family.

By the power of Your spirit
lead us to the heavenly table
where we may feast
on the vision of Your glory
for ever and ever.
Amen.