

The Magnificent Treasures of the Holy Mass

If we only appreciated the immense treasure we possess in the Holy Mass, how happy we would be. We'd look for every opportunity to go to Mass. We would look forward to the hour we would be in the presence of God the Father, God the Son and God the Holy Spirit at Mass. Each part of the Mass would provide anticipation for the time when we'd have Our Lord within us.

The Holy Mass possesses infinite value. It is of priceless worth. The Mass is a wonderful exchange of love...God's love and our love. Pope John Paul states that the "Mass is heaven on earth."

The Mass is a sacred celebration, a holy meal. The Mass is a sacrifice, not a new sacrifice or another sacrifice but it is really the same one that Jesus offered once and for all upon the cross. "The sacrifice of Christ and the sacrifice of the Eucharist are one single sacrifice." CCC#1367

Mass is the representation or the re-presenting of Calvary. The *Catechism of the Catholic Church* states "In the Eucharist the Church is, as it were, at the foot of the cross with Mary, united with the offering and intercession of Christ." CCC#1370. We are there beneath the cross with Mary and John.

On the cross, Jesus Christ offered himself by shedding his Blood. On our altar at every Mass, Jesus sacrifices himself through the priest without shedding his blood. Without the inspiration of the Holy Spirit within us we could never believe these words.

Preparation for mass and the reception of the Holy Eucharist

It is necessary to always prepare ourselves for the Holy Mass. St. Paul strongly suggests we make an examination of conscience.

"Whoever, therefore, eats the bread or drinks the cup of the Lord in an unworthy manner will be guilty of profaning the body and blood of the Lord. Let a man examine himself, and so eat of the bread and drink of the cup. For any one who eats and drinks without discerning the body eats and drinks judgment upon himself." *1 Cor 11:27-29*.

We must also prepare ourselves for the reception of the Sacrament of the Holy Eucharist by observing the fast of the church which consists of not eating anything except medicine for one hour prior to receiving Holy Communion. The *Catechism of the Catholic Church* states:

"Bodily demeanor (gestures, clothing) ought to convey the respect, solemnity, and joy of this moment when Christ becomes our guest." CCC#1387.

We are commanded to keep holy the Lord's Day. Our Lord "Do this in Memory of Me" The greatest way for a Catholic to offer worship to God is through the Liturgy of the Word and the Liturgy of the Eucharist.

The Catholic Church obliges the faithful "to take part in the Divine Liturgy on Sundays and feast days". CCC# 1389

The Catholic Church teaches that it is a grave sin not to attend Mass on Saturday evening or on Sunday unless one is unable to do so due to sickness or lack of transportation or other valid reasons.

When one knows the beauty of the Mass they will find a Mass to attend even if they have to work on Sunday. Anyone who is conscious of having committed mortal sin must receive the Sacrament of Reconciliation before receiving Holy Communion.

What are the reasons for the celebration of Mass? The four reasons for the celebration of the Mass are:

ADORATION of Our Lord

REPARATION for our sins and those of the world.

PETITION God for favors

THANKSGIVING TO GOD for all the graces he has given us.

The word Liturgy means the public worship of the Church. This includes all the rites and ceremonies of the Mass and the sacraments.

Eucharist comes from the Greek word eucharistia, which means thanksgiving. In the most Blessed Sacrament, "the body and blood, together with the soul and divinity, of Our Lord Jesus Christ, and there, the *whole Christ is truly, really, and substantially contained.*" CCC#1374.

When does Christ become present in this sacrament? "It is by the conversion of the bread and wine into Christ's body and blood that Christ becomes present in this sacrament." CCC#1375.

Do you know people who do not want to go to Mass? Have you ever heard anyone say that they are bored at Mass? It is because they don't know what actually takes place at Mass. We could never be bored at Mass. How could we ever be bored while standing beneath the cross of Christ? How can a person be bored being in the presence of the best friend they will ever have?

GREETING

*At the beginning of the Mass we make the **Sign of the Cross**. These words call upon the most holy name of the Father, and of the Son, and of the Holy Spirit as we begin the celebration of the Eucharist. The majesty of the Blessed Trinity is present at the altar.*

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

Amen

In one of the choices of greetings, the priest welcomes us in the name of the three persons of the Blessed Trinity.

The grace of our Lord Jesus Christ and the love of God and the fellowship of the Holy Spirit be with you all.

*We show our union with the Blessed Trinity as we respond to the priest's greeting.
And also with you.*

PENITENTIAL RITE

In preparation to celebrate these most holy mysteries, we call to mind our sins and ask God for his mercy and forgiveness. We want to express sincere sorrow for our sins in order for us to receive the full benefits of the approaching Mystery of our Faith.

After a brief silence, one of three penitential rites are used:

My brothers and sisters, to prepare ourselves to celebrate the Sacred Mysteries, let us call to mind our sins.

**I confess to almighty God,
and to you, my brothers and sisters,
that I have sinned through my own fault
in my thoughts and in my words,
in what I have done,
and what I have failed to do;
and 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.**

Kyrie

The priest and the assembly of the faithful ask for Divine Mercy because we have often offended: the Heavenly Father, who in His power has created us, the Eternal Son -who has redeemed us and the Holy Spirit who has sanctified us. May these words always come from our heart as a petition for mercy from the Triune God.

**Lord have mercy
Lord, have mercy
Christ have mercy
Christ, have mercy
Lord have mercy
Lord have mercy**

Gloria

The Gloria is a prayer of joy and gratitude to God for our Redemption; that is our being delivered from sin so we could obtain eternal life in heaven. The first words of the Gloria are the words the angels sang above the manger of the infant God. We adore Him and praise Him. We bless him and thank him for his glory. We then turn to the Eternal Son enthroned at the right hand of the Father and call upon his mercy. We ask him who was sacrificed for the sins of the

world to take away our sins and receive our prayer. We praise him as the highest King and Lord who lives and reigns from all eternity and who will prepare a throne for us near his own. He who is one with the Holy Spirit in unending glory.

**Glory to God in the highest, and peace to his people on earth. Lord God,
heavenly King, Almighty God and Father,
We worship you, we give you thanks, We praise you for your glory.**

**Lord Jesus Christ, only Son of the Father, Lord God,
Lamb to God, You take away the sins of the world have mercy on us.**

**You are seated at the right hand of the Father:
Receive our prayer.**

**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**

Opening Prayer

The priest invites us to pray silently for a moment.

Let us pray

This prayer, rich in expression and depth of meaning, sums up the theme of the day's celebration. Nearly all prayers at Mass end with the words, "Through Jesus Christ our Lord.." for the Heavenly Father has given us the promise that He will refuse nothing when we ask in the Name of His beloved Son, Jesus.

Liturgy of the Word

First reading

The First Reading from the Old Testament unfolds the teachings of the Patriarchs, and the Prophets that were heralds of the Almighty. They made known his commands and His promises. They foretold of the coming of the Messiah.

At the conclusion of the first reading we answer "Thanks be to God". We are filled with gratitude for God's sacred Word and a willingness to fulfill His commandments.

The Second Reading is taken from the New Testament. Both of these readings prepare our heart and lead it to Christ, who speaks to us in the holy Gospel.

Responsorial psalm

Second reading

Alleluia (God be praised) is said or sung along with a sentence from Scripture as a preparation for the gospel acclamation.

Alleluia OR Gospel acclamation

Before reading the gospel the priest (or the deacon), out of reverence for the sacred words of the Gospel, stands with bowed head before the center of the altar and prays silently: Almighty God, cleanse my heart and my lips that I may worthily proclaim your Gospel.

As we stand, we can silently express our readiness to follow the teachings contained in our Savior's words.

The Lord be with you.

And also with you.

A reading from the holy Gospel according to...

The priest (or the deacon) makes the Sign of the Cross on the book, and then, makes the sign of the cross on his forehead, lips and heart. The faithful, also, complete this action. Silently we pray that the holy Gospel may be: first in our mind, that we may know Our Lord's teachings; secondly, on our lips, that we may without fear proclaim the truths of our holy Catholic Faith, thirdly, in our heart, that we may faithfully live according to the precepts of the holy Gospel.

Gospel

In the Gospel, Christ speaks directly to each one of us. The parables and examples He shows us are filled with lessons for our daily life. They show forth His love, mercy, gentleness, patience, long-suffering and charity. Every action, every word, has its special meaning for each person. At the end of the Gospel the priest (or the deacon) says

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.

This is an expression of our gratitude for the teachings of Our Lord contained in the Gospel. After the reading of the gospel, the priest kisses the book saying silently: "May the words of the Gospel wipe away our sins".

The words of the Gospel, attentively received imparts grace which leads us to contrition for our sins.

Homily

God's word is spoken again in the homily. The priest or deacon teaches the Biblical readings of the day placing them in the context of which they were spoken and provides ways they can be put into practice in our lives.

Profession of Faith

As we profess our faith by reciting the Creed we need to allow the words to fill our hearts with gratitude and joy for these are the same holy truths of the faith which the apostles taught upon learning them from Our Lord. These are the same truths for which martyrs gave their lives:

We believe in One God, The Father Almighty, maker of heaven and earth, of all that is seen and unseen.

**We believe in one Lord, Jesus Christ,
the only Son of God,
eternally begotten of the Father.
God from God, Light from Light
true God from true God,
begotten, not made, one in being with the Father.
Through him all things were made.
For us men and for our salvation
he came down from heaven:
by the power of the Holy Spirit
he was born of the Virgin Mary, and became man.
For our sake he was crucified under Pontius Pilate; he suffered, died
and was buried.**

On the third day He rose again in fulfillment of 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.

**We believe in the Holy Spirit, The Lord, the giver of life,
who proceeds from the Father and the Son.
With the Father and the Son he is worshiped and glorified.
He has spoken through the Prophets.
We believe in one holy catholic and apostolic Church.
We acknowledge one baptism for the forgiveness of sins
We look for the resurrection of the dead
and the life of the world to come. Amen**

The Creed ends with the Hebrew word amen. In Hebrew, amen comes from the same root as the word "believe". This root expresses trustworthiness, faithfulness. The word "Amen" expresses both God's faithfulness toward us and our trust in him. To believe is to say "Amen" to God's words, promises and commandments.

General Intercessions

Liturgy of the Eucharist

Preparation of the Gifts

“The altar represents the two aspects of the same mystery: the altar of the sacrifice and the table of the Lord. It is the symbol of Christ himself, present in the midst of the assembly of his faithful, both as the victim offered for our reconciliation and as food from heaven who is giving himself to us.”CCC#1383.

The gifts -which are to be changed into the Body and Blood of Christ are brought up to the altar. As the priest holds up the paten containing the round, white host, we proclaim God to be blessed forever. In spirit we can place ourselves spiritually on the paten to offer our work, our sufferings and our joys to God in union with this sacrifice of the Mass.

Blessed are you, Lord, God of all creation Through your goodness we have this bread to offer which earth has given and human hands have made.

It will become for us the bread of life.

Blessed be God forever.

We now request an incredible gift... to share in the actual divinity of Christ!

By the mystery of this water and wine may we come to share in the divinity of Christ, who humbled himself to share in our humanity.

Blessed are you, Lord, God of all creation. Through your goodness we have this wine to offer, fruit of the vine and work of human hands. It will become our spiritual drink.

Blessed be God forever.

Our hearts need to be filled with sincere sorrow for our sins as we ask God to receive us and to be pleased with this sacrifice.

Lord God, we ask you to receive us and also to be pleased with the sacrifice we offer you with humble and contrite hearts.

*The **Washing of the Hands** signifies the great purity with which the Holy Eucharist should be approached.*

Lord, wash away my iniquity; cleanse me from my sin.

Every time we go to Holy Mass we offer up Christ himself to the Father. Each one of us can truly say, “Holy Mass is my Sacrifice. United with the priest, we offer in spirit the Sacrifice. This offering is most pleasing to God. We offer ourselves in union with Jesus.

Pray, brethren, that our sacrifice may be acceptable to God, the almighty Father.

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 Church.

At this time our hearts should be turned to God leaving all our earthly cares in his hands.

**The Lord be with you.
And also with you.
Lift up your hearts.
We lift them up to the Lord.
Let us give thanks to the Lord our God
It is right to give him thanks and praise.**

There is not a moment of our life that we should not be filled with gratitude to God always and everywhere.

[Preface](#)

In the Preface we praise the Triune God. We give thanks for His goodness and for all his benefits. With the priest we join our voices with the choirs of angels in giving unending hymns of praise to the Triune God:

**Holy, holy, holy Lord, God of power and might,
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.**

At this moment we unite ourselves with countless hosts of angels who stand before Him to do his will and praise him night and day. Hosanna comes from the Hebrew word meaning “save us”. It is a special exclamation of joy in the salvation God has promised to us. This is the way the chosen people welcomed our Savior and it is the way we now welcome Him in our midst.

“Blessed is he who comes in the name of the Lord.” This is a solemn moment. Behold, the great Lord of heaven and earth is about to descend upon the altar.

EUCCHARISTIC PRAYER III

We listen as the priest, speaking directly to God, proclaims that all life, and all holiness comes from the Father through his son, Jesus Christ by the working of the Holy Spirit. Let us remember that we are so blessed to have the workings of the Blessed Trinity at every Mass.

God has gathered people from every age and in every land to himself so that this perfect offering, the sacrifice of Christ on Calvary will be made present to the glory of God's holy name. At this Sacrifice, the sacrifice of Christ on Calvary is made present and the work of our redemption is carried out. "In this Eucharist Christ gives us the very body which he gave up for us on the cross..." CCC #1366

**Father, you are holy indeed,
and all creation rightly gives you praise.
All life, all holiness comes from you
through your Son, Jesus Christ our Lord,
by the working of the Holy Spirit.
From age to age you gather a people to yourself,
so that from east to west
a perfect offering may be made
to the glory of your name.**

The priest asks the Father to make the gifts of bread and wine holy by the power of the Holy Spirit so that they may become the body and the blood of his son, Our Lord Jesus Christ who commanded us to celebrate this Eucharist. We prepare our hearts in anticipation of Our Lord descending upon our altar.

And so, Father, we bring you these gifts. We ask you to make them holy by the power of your Spirit, that they may become the body and blood of your Son, our Lord Jesus Christ, at whose command we celebrate this Eucharist.

At the Consecration our focus is on the altar where the priest presents to the Most Holy Trinity a glorious gift when he elevates the Sacred Host. We are blessed to be present at a most holy and sublime moment. "The Eucharistic presence of Christ begins at the moment of Consecration..." CCC#1377. The priest says the words of Consecration:

"On the night he was betrayed, he took bread and gave you thanks and praise. He broke the bread, gave it to his disciples, and said: Take this, all of you, and eat it: this is my body which will be given up for you."

*When the priest holds up the Sacred host, we look with reverence on the Sacred Host knowing that Our Savior himself is hidden under the appearance of bread and pray silently as did St. Thomas, "My **Lord and My God**. This Sacred Host is Jesus, the immortal King of heaven and earth, who at the word of the priest has become present upon the altar.*

When supper was ended, he took the cup. Again he gave you thanks and praise, gave the cup to his disciples, and said:

Take this, all of you, and drink from it: this is the cup of my blood, the blood of the new and everlasting covenant. It will be shed for you and for all so that sins may be forgiven. Do this in memory of me.

When the priest holds up the chalice with the precious blood we look with love at the chalice containing the Precious Blood of Jesus and silently pray the words "My Jesus Mercy" The words "This is the cup of my blood..." means the blood in this chalice is the very same blood Jesus shed on the cross two thousand years ago. Precious Blood, cleanse and sanctify me that nothing may ever separate me from you. Change my heart from one that is lukewarm into a heart overflowing with love and gratitude to you.

Let us proclaim the mystery of faith:

Christ has died. Christ is risen. Christ will come again.

We offer this holy and living sacrifice... We offer Jesus Christ alive on our altar. The Church calls to mind the Passion, resurrection, and glorious return of Christ Jesus; she presents to the Father the offering of his Son which reconciles us with him. CCC#1354.

Father, calling to mind the death your Son endured for our salvation his glorious resurrection and ascension into heaven, and ready to greet him when he comes again, we offer you in thanksgiving this holy and living sacrifice.

Look with favor on your Church's offering, and see the Victim whose death has reconciled us to yourself.

Grant that we, who are nourished by his body and blood, may be filled with his Holy Spirit, and become one body, one spirit in Christ.

May he make us an everlasting gift to you and enable us to share in the inheritance of your saints, with Mary, the virgin Mother of God; with the apostles, the martyrs, (Saint of the day) and all your saints, on whose constant intercession we rely for help.

Lord, may this sacrifice,

which has made our peace with you,

advance the peace and salvation of all the world.

Strengthen in faith and love your pilgrim Church on earth;

your servant. Pope...,our bishop...,

and all the bishops, with the clergy and the entire people your Son has gained for you.

Father, hear the prayers of the family you have gathered here before you. In mercy and love unite all your children wherever they may be. Welcome into your kingdom our departed brothers and sisters, and all who have left this world in your friendship. We hope to enjoy forever the vision of your glory, through Christ our Lord, from whom all good things come.

We are speaking directly to God our Father as we call to mind the death his Son went through for our salvation. The word salvation means the result of having been released from death.

Through the passion, death and resurrection of Christ, which brings us life in heaven. God promised the Redeemer, who gave up His life on the cross, yet who rose glorious, so that his followers could enter eternal life.

We offer you in thanksgiving this holy and living Sacrifice. The greatest sacrifice is the very offering of Christ Himself to the Father through the Holy Spirit. It is the very sacrifice of Christ which is perpetuated at each Holy Mass. We again speak to God the Father as we offer this holy and living sacrifice.

By virtue of our union with the Divine Victim on our altars, we can give all honor and glory to God for we give it through Jesus, with Jesus and in Jesus who loves, honors and glorifies the Father in an infinite measure. The Heavenly Father has given us His Son to be our Savior, our Divine Victim, that through Him, with Him and in Him we can return to the Heavenly Father all honor and glory.

**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.
Amen**

“ Jesus Christ himself is the ‘Amen’ He is the definite ‘Amen’ of the Father’s love for us. He takes up and completes our ‘Amen’ to the Father: ‘For all the promises of God find their Yes in him. That is why we utter the Amen through him, to the glory of God.’ ” 2Cor. 1:20. CCC # 1065.

COMMUNION RITE

Lord’s Prayer

**Let us pray with confidence to the Father
in the words our Savior gave us.
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.**

Our Father: *Being the prayer composed by Our Lord Himself, and the model of all prayers, it is fitting the Our Father forms apart of the liturgy of the Mass. This prayer contains all the petitions necessary for salvation.*

“Our Father, who art in heaven,” *who are glorious and exalted forever in heaven.*

“Hallowed be Thy Name” *May your holy Name be acknowledged, adored and glorified by all people.*

“Thy Kingdom Come” *May you always reign over our hearts.*

“Thy will be done on earth as it is in heaven” *“ May your holy will be done by us, and in us.*

“Give us this day our daily bread” *both spiritual and temporal, and especially grant that we may worthily receive the Body and Blood of your only begotten Son, our Lord Jesus Christ.*

May we always hope and rely upon your Providence.

“And, forgive us our trespasses, as we forgive those who trespass against us,” *“ Through your infinite mercy and love, and the merits of your Divine Son, pardon all our sins and offenses; grant us your help, that from our hearts, we may forgive all our enemies and all who in any way have offended us.*

“And lead us not into temptation” *“ Protect us against all the attacks of the enemy that we may overcome them.*

“But deliver us from evil.” *“ We pray God to deliver us from all evils. In reciting this most sacred of prayers let us promise Our Lord to forgive if people have been unkind or injured us. Let us forget and wipe it out of our mind. That is what our Savior has done for us times without number. It is one of the graces He gives us in Holy Mass - the grace of peace and forgiveness.*

**Deliver us. Lord from every evil
and grant us peace in our day.
In your mercy keep us free from sin
and protect us from all anxiety
as we wait in joyful hope
for the coming of our Savior,
Jesus Christ.**

**For the kingdom, the power and the glory are yours,
now and for ever**

Sign of Peace

Jesus is the 'Prince of Peace'. Peace was his word of greeting. It was his blessing. We must have peace with others and peace within ourselves so we can enjoy the true peace of Christ, the peace that surpasses all understanding, the peace which the world cannot give to us.

At the Sign of Peace the priest reminds Our Lord of his promise at the Last Supper of peace to his apostles...

Lord Jesus Christ, you said to your apostles: I leave you peace, my peace I give you. Look not only our sins, but on the faith of your Church, and grant us the peace and unity of your kingdom where you live for ever and ever.

Amen

The peace of the Lord be with you always.

And also with you.

(The priest and the deacon may add:)

Let us offer each other the sign of peace.

And also with you.

The Divine Lamb on the altar is the same as the Divine Lamb on calvary and his Love and merits have the same value before the Eternal Father as at that time. His Sacred Heart is filled with the same fire of love for God and for us that inspired it upon the Cross.

Jesus in our Sacrifice - He has been slain for the atonement of our sins. Let us turn to Him now with loving and grateful hearts. He is the pure Lamb, the holy Lamb, the innocent Lamb whose Blood has redeemed us from our sins

Breaking of the Bread

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.

The priest takes the host and breaks it over the paten. He places a small piece in the chalice, saying silently:

May this mingling of the body and blood of our Lord Jesus Christ bring eternal life to us who receive it.

The priest joins his hands and says silently:

Lord Jesus Christ, Son of the living God, by the will of the Father and the work of the Holy Spirit your death brought life to the world. By your holy body and blood free me from all my

sins, and from every evil. Keep me faithful to your teachings, and never let me be parted from you.

Holy Communion

The priest taking the host, raises it over the paten and says:

**This is the Lamb of God
who takes away the sins of the world.
Happy are those who are called to his supper.**

**Lord, I am not worthy to receive you,
but only say the word and I shall be healed.**

Silently the priest says the words:

May the body of Christ bring me to everlasting life.

The priest consumes the body of Christ.

He then takes the chalice of the precious blood and silently says the words:

May the blood of Christ bring me to everlasting life.

(The priest consumes the blood of Christ.)

As we wait in the pew or as we walk up the aisle, we prepare ourselves to receive Our Lord by saying personal prayers and/or an Act of Contrition and Act of Love:

ACT OF CONTRITION

O my God, I am heartily sorry
for having offended you and
I detest all my sins because of
your just punishments, but most of all
because they offend you my God,
who art all good and deserving
of all my love. I firmly
resolve, with the help of your grace
to confess my sins, to do penance
and to amend my life. Amen

ACT OF LOVE

O my God, I love you
above all things,
with my whole heart and soul,
because you are all
good and worthy of all my love.
I love my neighbor as myself
for the love of you.

I forgive all who have
injured me and
ask pardon of all
whom I have injured.

Prayers After Holy Communion

We go back to our place in church and begin our thanksgiving. The fifteen minutes immediately following Holy Communion should be our most happiest time for we can listen and speak to Jesus heart-to-heart. He is alive within us waiting to give us many graces.

We have received the body and blood, soul and divinity of Our Lord into our heart.

There is no more fitting time to thank God for his favors and ask for his assistance than in the precious moments after Holy Communion. His mercy is open to us.

We adore Jesus, who is in our heart and thank him for having loved and honored us so much with this Holy Communion. We can ask Our Lady to thank Him for us as her thanksgivings were always so filled with love.

We ask Jesus for our needs and the needs of others and for the conversion of sinners. We relate to Our Lord how sincerely sorry we are for our sins that have led us away from him. We continually express the words "I love you." over and over again. The following are prayers of the Church for the time after Holy Communion:

Prayer Before the Crucifix

Behold, O kind and gentle Jesus,
I kneel before you and pray
that you -would impress upon my heart
the virtues of faith, hope and charity,
with true repentance for my sins
and a firm purpose of amendment.
At the same time, with sorrow I meditate
on your five most precious wounds,
having in mind the words which David spoke in prophecy:

"They have pierced my hands and feet. I can count all my bones. "

*Recite one Our Father, Hail Mary, Glory be to the Father
for the Holy Father's intentions*

Anima Christi

Soul of Christ, sanctify me;
Body of Christ, save me;
Blood of Christ, fill my veins
Water from the side of Christ, wash me
Passion of Christ, strengthen me
O good Jesus, hear me
Within your wounds hide me
Separated from you, let me never be

From the evil one protect me
At the hour of death, call me
And close to you bid me
That with your saints, I may be
praising you forever, and ever. Amen

Prayer of the Angel at Fatima

My God, I believe, I adore, I hope in and I love you.
I ask pardon of those who do not believe, adore, hope in, love you.
(Three times)

“The principal fruit of Holy Communion is an intimate union with Christ Jesus.” CCC#1391

The other fruits of Holy Communion are:

“... preserves, increases and renews the life of grace received at Baptism.” CCC#1392

“...separates us from sin” CCC#1393

“...strengthens our charity...and this living charity wipes away venial sins.” CCC#1394

“...preserves us from future mortal sins.” CCC#1395

*“...commits us to the poor. To receive in truth the Body and Blood of Christ given us for
we must recognize Christ in the poorest, his brethren...” CCC#1397*

Prayer After Communion

This beautiful prayer offers thanksgiving for this holy mystery, and often asks that through the sacrament we can foster a love for the Eucharist and for God's holy people.

CONCLUDING RITE

**The Lord be with you.
And also with you.**

Blessing

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

**Go in the peace of Christ.
Thanks be to God.**

*The blessing at the end of Mass contain the blessing of the Father, the Son and the Holy Spirit.
Through this blessing the Spirit of God will enkindle in us the fire of his love, the holiness of*

God will sanctify us, the mercy of God encompass us, and the peace of God take full possession of us.

Those who receive Holy Communion are united more closely to Christ. Through it Christ unites them to all the faithful in one body-the church.

With all the graces we receive during every Mass, we can continue to strive to follow God's holy will according to His Word in Scripture:

I shall strive to love the Lord my God with all my heart,
and with all my soul, and with all my mind. *Matt 22:37, 38*

I shall strive to "love my neighbor as myself." *Matt 22:39*

I will strive to always keep holy the Lord's day. *Lev. 19:30*

I will honor and reverence God's Holy Name. *Ex.20:7*

I shall strive to show patience and kindness. *1 Cor. 13: 4-7*

I shall strive to be "Be merciful, even as your Father is merciful." *Luke: 6:36*

I shall strive not to judge. *Matt. 7:1*

I shall strive to acknowledge Christ before others. *Matt. 10:32, 33.*

I will strive to see Christ in the poorest of the poor.

I shall strive to be pure of heart." *Matt. 5:8*

I shall strive to use words that will not cause others anxiety *Prov. 12:*

I shall strive to use words that will not stir up anger. *Pro. 15:1*

I will strive to set my mind on things that are above, not on things that are on earth." *Col.3:2*

I will strive not "keep foul talk from my mouth" and not to lie. *Col. 3:7-9*

I strive to do good works. *Matt. 16:26-27*

I will strive to take care of the hungry, the thirsty, the stranger, those who are sick, without clothes, and in prison. *Matt. 34-36*

I will strive to deny myself, take up my cross and follow Jesus. *Matt. 16:24*

I will strive to live my life in love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control for these are the fruits of the Spirit. *Gal. 5: 22,23*

I will honor my parents and listen to their teaching. Sir. 3:5, 6, 9

I will strive to keep my life free from love of money and be content with what I have for God said “I will never fail you or forsake you.” *Heb. 13:5-6*

I will strive to accept the sufferings of this present time for “they are not worth comparing with the glory that is to be revealed to us”. *Romans 8:18*

I will strive to “comfort those who are in any affliction” as God comforts us in our afflictions. *2 Cor. 3*

We can take up the duties of our state in life with joy for they have become sanctified through the Sacrifice of Christ in which we offered them. We look at life differently every time we go to Mass. The *Catechism of the Catholic Church* states the transforming effects of the Mass in paragraph 1419: “Participation in the Holy Sacrifice identifies us with his Heart, sustains our strength along the pilgrimage of this life, makes us long for eternal life, and unites us even now to the Church in heaven, the Blessed Virgin Mary, and all the saints.”

Scriptural Quotations taken from Ignatius Bible Revised Standard Version: Catholic Edition

CCC: *Catechism of the Catholic Church*

