

# AR3-1c The Mass information leaflet

## Going to Mass

As Catholics we are obliged (we should) go to Mass every Sunday to hear the Word of God, and receive strength from the Eucharist.

### The Parts of the Mass

- 1) Introductory rites
- 2) Liturgy of the Word
- 3) Liturgy of the Eucharist
- 4) Communion rite
- 5) Concluding rite

#### 1) Introductory rites

- We are greeted and join in prayer (and sometimes song) to begin the celebration of Mass.
- We bless ourselves to remind us that we spend the mass in prayer and reflection with God.
- We say sorry for anything we have done wrong and ask for forgiveness.

#### 2) Liturgy of the Word

- We hear the first reading from the Old Testament to remind us of the history of our faith.
- We say/sing a psalm to give us encouragement and help in our daily lives.
- We hear the second reading from the Old Testament.
- We praise the word of God with an Alleluia
- We hear the Gospel.
- The Priest says a homily, a short reflection on the gospel to help us understand what God is trying to say to us.

#### 3) Liturgy of the Eucharist

- We praise God and thank him that his son gave his life that we might be saved.
- The bread and wine are brought to the altar during the offertory procession.
- The bread and wine are consecrated and become the Body and Blood of Jesus.

#### 4) Communion rite

- We receive communion, the Body and Blood of Christ to receive Christ into our lives.
- The Eucharist gives us strength and encouragement to live our lives in the image and likeness of God the creator.

#### 5) Concluding rite –

- We pray that through receiving the Body and Blood of Christ that we become more like him.
- The priest blesses us and we receive Gods blessing.
- We sing a final hymn of thanksgiving.