

MIDDLE SCHOOL EDGE

THE MASS-

Watch the following in this order:

[Video 1](#)

[Video 2](#)

READ Part 1 (below)

[Video 3](#)

READ Part 2 (below)

ANSWER and submit in Google: <https://forms.gle/Hhp4PYrQMVCzvPQf7>

PART 1

Why are we Catholic?

Main reason: **MASS**- The Catholic Mass is like NO other church service (besides Orthodox and a few others but for the sake of this, we are unique) that is why it is important to **understand as best we can, what is going on during the Mass**. If not, it wouldn't matter where we went on Sunday as long as we were praising God- **but it does matter**.

Our **Catholic Mass is like friends gathering for a meal**. It begins w/ gathering together, telling stories and catching up, then moving to the dinner table and finally parting. That is the same structure that our Mass follows, that Jesus' last supper follows.

Mass is like combining HOLY THURSDAY, GOOD FRIDAY & EASTER SUNDAY into one holy ritual. There is a lot going on that we are participating in; we listen to scripture, we respond, we stand, we sit we kneel we sing, we shake hands. We are active and we participate.

However, there's a LOT going on during the **Mass that we cannot SEE w/ our eyes**. The more important stuff that is going on we cannot visually see. When was the first Mass celebrated? It was celebrated on Holy Thursday at Jesus' Last Supper. What did Jesus do to the bread and wine at Passover? He changed it into his Body and Blood. Could the **Apostles SEE that it was his body and blood**? No- they knew because he told them. However, his apostles SAW his body on the cross and blood he shed- right before their very eyes.

The **same thing happens at Mass each day**. Christ changes ordinary bread and wine into his body and blood. We cannot visually see it happen nor does it look like blood and flesh, but we believe it is because he told us.

Christ is present in the Mass in 4 special ways: in the **priest** (because he is ordained and acting as Christ), the **congregation** (we are baptized people so Christ is in us), **scripture** (it is the inspired word of God) and in the Eucharist (it is Jesus' body and blood). At Mass we live out what happened on those 3 special days: What happened each of these days? **1st EUCHARIST; DEATH; RESURRECTION**- The center of our Catholic Mass is the celebration of the Eucharist. It is during this part of the Mass that we celebrate the **Last supper, Holy**

Thursday, and Jesus is BORN on the altar right in front of us and no sooner that he is born that he died as on good Friday. It doesn't end there; we celebrate the **Resurrection of Jesus** -

Who is present at the Mass? When we go to Mass and receive the Eucharist we are then connected to the Body of Christ in a VERY profound way. We are connected to **everyone else who is receiving the Eucharist** and who has ever received the Eucharist because it is Christ who is living in us. We are also connected to all those who have gone before us. **All the saints in Heaven and to Christ himself.** When we go to Mass we are in kind of a time warp- we leave earth and enter into the Heavenly reality which we cannot see. But like the air we breathe that we cannot see, the angels, saints and God are all present with us in those moments. It is utterly profound and impossible to believe w/o faith.

[watch video](#)**

Part 2: Sharing the Meal

We have greeted each other warmly, we have listened to some great stories about our ancestors and about Jesus. We heard in the homily what God might be wanting us to know right now. Together we professed what we believe and we prayed for our church and the world. Now we set the **table, say grace and share food.**

Setting the table: aka: **Preparation of the Gifts**

Back in the day, early **Christians used to have Mass at each other's homes.** They would **read scripture** and then **break bread** together. Once church buildings came to be (because crowds got too large for homes), Christians would bring bread and wine from their homes to be used in Mass. They'd also OFFER it up to the clergy (priests) and to the poor.

Q) What do we bring to Mass today instead of bringing our own bread and wine to offer?

The collection that is taken up is brought down the aisle along w/ the bread and wine and given to the priest- just as it would have been done back in the day. The priest puts the bread and wine on the table (altar). He mixes the water and wine and washes his hands. We end the preparation w/ a prayer over the gifts.

Q) why does he wash his hands?

THE EUCHARISTIC PRAYER

The Eucharistic prayer is the *center of the Mass and the heart of our faith.* This is a big deal. It goes like this:

1) we call upon God remembering how he has saved us 2) we remember Jesus and what he did the night before he died; his passion, death and Resurrection 3) we ask God to continue to work in our lives and pray to become one w/ Him

Now if there's one part of the Mass that you need to pay utter attention to, **it's this part.** The priest leads us through a series of prayers where he asks us **if we are ready to approach this table and receive our Lord in the Eucharist.**

Q) what does the word Eucharist mean?

The priest continues w/ the prayer and we are on our knees . We are brought into God's presence in a very real way- all the angels and saints are present w/ us and they are singing HOLY HOLY HOLY or WOW WOW WOW! They cannot even believe what is happening right now.

Q) when was the first Eucharist?

The priest then calls us upon the Holy Spirit to change these gifts of bread and wine into Christ's Body and Blood. Really truly. The priest recalls the last supper- and we remember that Christ has died, risen and will come again. The Holy Spirit comes 'down' upon the bread and wine & it is during this HOLY consecration of the bread and wine that Christ is actually born before our very eyes, dies before our very eyes and rises before our very eyes, yet our eyes cannot see this happening. *(read this again) Thus Jesus is present here on the altar*

The final part of the Eucharistic prayer is when we pray for unity in our church, we pray for our pope, those who have died and for ourselves. We ask for the saints to pray for us as well.

Q) after hearing this about what happens during the consecration- what are some thoughts you have? Have you ever thought about Jesus being born and dying right there on the altar in front of you?

Q) what do you think the angels thought the first time Jesus did this at the Last supper?

Q) why do we kneel during this time?

The COMMUNION RITE:

Q) what prayer do we say after the Consecration?

Together we pray the Our Father- we are asking for forgiveness, forgiving others and then offering a sign of peace.

Q) why do we call receiving the Eucharist- communion?

COMMUNION: back in the day, God made manna (bread) fall from the sky each day to feed the Israelites when they were in the desert.

Q) how long were they walking through the desert? God gives us food for our journey as well- the Eucharist.

Q) When we approach the Eucharistic Minister- what does he/she say to us as he/she hold the Eucharist up for us to receive? What do you respond?

PART 4: Commissioning

After Communion we are ready to Rock it out in the world. We left our burdens at the door of the Church but now equipped w/ the Eucharist we have the strength to get back out there! The priest again says "the Lord be w/ you"—this time meaning take care!

We receive a blessing from the priest and we close w/ song- praising God for this amazing time we had where we were literally in Heaven w/ God and His angels and saints.

We leave Church carrying something w/ us--- the Eucharist that we allow to change us. Everything that happens during the week has deeper meaning w/ the Mass. As we carry our struggles and trials, we rely more on the Eucharist to get us through these times. It is only in relation to our daily lives that the full meaning of the Mass becomes clear.

When we exit the church, we once again make the sign of the cross w/ the Holy Water.