



Week 3: Give Thanks & Praise

Week	Week's Theme	Part of the mass
28 Oct – 3 Nov	Gather	Gathering & Introductory Rites
4 – 10 Nov	Listen & Respond	Liturgy of the Word
11 – 17 Nov	Give Thanks & Praise	Preparation of Gifts, Eucharistic Prayer
18 – 24 Nov	Receive	Communion
25 Nov – 1 Dec	Go!	Concluding Rites

Looking at the Mass

Introductory Rites

Liturgy of the Word

Liturgy of the Eucharist

- Preparation of Gifts *
- Eucharistic Prayer *
- Communion Rite

Concluding Rites



From the days of the Apostles the Church has celebrated the saving life, death and resurrection of Jesus by carrying out what the Lord did and handed over to his disciples to do in his memory. The Church's Eucharist, in all its rich variety of forms and traditions, has always retained this basic shape: the taking of the elements of bread and wine in the preparation of the gifts, the act of thanksgiving in the Eucharistic Prayer, the Breaking of the Bread, the giving and sharing of the Body and Blood of Christ in Communion.

The Procession with the Gifts is a powerful expression of our participation in the Eucharist and in the social mission of the Church.

The Eucharistic Prayer, the centre and summit of the entire celebration, sums up what it means for the Church to celebrate the Eucharist. It is a memorial proclamation of praise and thanksgiving for God's work of salvation, a proclamation in which the Body and Blood of Christ are made present by the power of the Holy Spirit and the people are joined to Christ in offering his Sacrifice to the Father.

At its heart, the account of the Last Supper is recited. The words of Jesus are now repeated in the context of this prayer of praise. In the power of the Spirit, these words achieve what they promise and express: the presence of Christ and his Sacrifice among his people assembled. Everything for which God has been thanked and praised, all that was accomplished in the history of salvation, is summed up and made present in the person of the crucified and risen Lord.

The Eucharistic Prayer is proclaimed by the priest in the name of Christ and on behalf of us all. We profess our faith and give our assent through dialogue, acclamations and the Great Amen.

Why do we do that...?

As the wine is poured into the chalices, a tiny drop of water is added – why?

In the ancient world, it was common practice to add water to wine. Over time, this took on a symbolic meaning during mass.

Firstly, it reminds us that, in Jesus, God humbly took on a human form: the wine represents the Divine and the water the human nature.

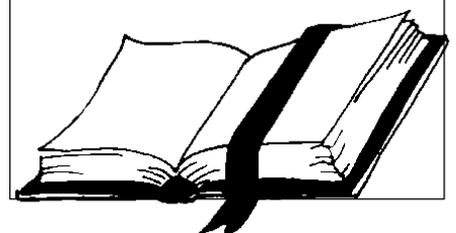
Secondly, the mingling of water with wine symbolises our own sharing in Christ's divine nature, thanks to our participation in his death and resurrection through Baptism.

SCRIPTURE CORNER

I will bless you day after day and praise your name for ever.

You are great, Lord,
highly to be praised,
your greatness cannot be measured.
Psalms 145(144):2-3

Holy, holy, holy
is the Lord of hosts;
the whole earth is full of his glory.
Isaiah 6:3



In Communion With Christ

Many people recognise things in life that they are thankful for – success, love, life. But as Christians we not only know we have things to be thankful for, but also that we have someone to be thankful to: namely God - Father, Son and Spirit.

'Eucharist' comes from the Greek for thanksgiving

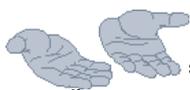
The word 'Eucharist' comes from the Greek for thanksgiving. Eucharist, then, is not only something we do at Mass, but is in a sense how we ourselves are to be. Christians are called to be eucharistic people at all times – thanking God for the gift of creation and life, and for the salvation won for us in Christ.

The liturgy helps us by giving us words and rituals to make an offering of thanksgiving. But to participate fruitfully in the Mass, we need to make these words and rituals truly our own and let this liturgical thanksgiving flow from the Mass into the rest of our lives too. For this reason it is sometimes said that the liturgy is a rehearsal for right living.

The liturgy names the general blessings in our lives – we alone can be more specific: giving thanks, for example, for my health, my work, my opportunities. Sometimes we find ourselves in difficult circumstances – bereavement or sickness, or situations of discrimination. Even there, with effort, we can come to see things to give thanks for – the gift of friendship enjoyed; the sense that there is more to us than our illness; our recognition that we can work against injustice and live in hope of something better. Giving thanks not only helps us to acknowledge what is good, but opens us up to receive more deeply and fruitfully the goodness of God's gift to us.

'It is truly right and just, our duty and salvation, always and everywhere to give you thanks, Father most holy, through your beloved Son, Jesus Christ...' (Preface to Eucharistic Prayer II)

The liturgy is a rehearsal for right living



A PRAYER FOR OUR PARISH

Father, pour out your Spirit on our parish
and grant us a new vision of your glory,
a new experience of your power,
a new faithfulness to your word
and a new consecration to your service,
that your love may grow among us
and your kingdom come,
through Christ, our Lord.

AMEN



DURING MASS TODAY...

- ✠ Make a special effort to listen to the words of the Eucharistic Prayer
- ✠ As you sing the 'Holy, Holy', imagine you are joining in with all the angels and saints in heaven praising God!

With your child:

- ☺ Encourage them to focus when the priest holds up the host and chalice - say quietly: "My Lord and my God", because Jesus is really alive and is here!

This week's suggestions:

- End each day by reflecting on the good things that have happened and thank God for them.
- When things are going badly or you feel low, look for something positive and thank God for it. (If you can't think of a positive, ask God to help you find something!)
- Read through this leaflet again and reflect on what it is saying.
- Say the Prayer for our Parish every day.

With your child, why not try...?

- saying "Thank you" to God before each meal for the food you are about to eat - just use your own words and keep it simple (maybe something like: "Heavenly Father, thank you for this food and for everything you give us" or even just "Thank you, God!")