

What's Going On At Mass

Objective: Most of us go to Mass at least once a week – but do we understand why we are there or what is happening (or why things are happening the way they are happening?)? Perhaps the best question to start with is, “What is the purpose of Mass?”

Song Suggestion: As We Gather At Your Table (Attached, Red 738)

Bible and Catechism Readings:

1 Cor 11: 23-26

For I received from the Lord what I also handed on to you, that the Lord Jesus, on the night He was handed over, took bread, and, after He had given thanks, broke it and said, “This is My body that is for you. Do this in remembrance of Me.” In the same way also the cup, after supper, saying, “This cup is the new covenant in My blood. Do this, as often as you drink it, in remembrance of Me.” For as often as you eat this bread and drink the cup, you proclaim the death of the Lord until he comes.

Acts 20:7

On the first day of the week when we gathered to break bread, Paul spoke to them because he was going to leave on the next day, and he kept on speaking until midnight.

Luke 4: 18-21

He stood up to read and was handed a scroll of the prophet Isaiah. He unrolled the scroll and found the passage where it was written: “The Spirit of the Lord is upon Me, because he has anointed Me to bring glad tidings to the poor. He has sent Me to proclaim liberty to captives and recovery of sight to the blind, to let the oppressed go free, and to proclaim a year acceptable to the Lord.” Rolling up the scroll, He handed it back to the attendant and sat down, and the eyes of all in the synagogue looked intently at Him. He said to them, “Today this scripture passage is fulfilled in your hearing.”

Catechism 1322

The holy Eucharist completes Christian initiation. Those who have been raised to the dignity of the royal priesthood by Baptism and configured more deeply to Christ by Confirmation participate with the whole community in the Lord's own sacrifice by means of the Eucharist.

Catechism 1323

At the Last Supper, on the night he was betrayed, our Savior instituted the Eucharistic sacrifice of his Body and Blood. This he did in order to perpetuate the sacrifice of the cross throughout the ages until he should come again, and so to entrust to his beloved Spouse, the Church, a memorial of his death and resurrection: a sacrament of love, a sign of unity, a bond of charity, a Paschal banquet 'in which Christ is consumed, the mind is filled with grace, and a pledge of future glory is given to us.

Saint: St. John Vianney – the patron saint of parish priests (and co-namesake of a neighboring parish – my home parish – down in Madisonville.)

Vignette: – As a child, Jim's family had a tradition of everyone being present for Sunday dinner. Throughout the week, various work or extra-curricular activities often prevented everyone from being home for dinner at the same time. But his parents agreed to “protect” Sundays for family dinners and socializing afterwards, which evolved into everyone recounting what was going on in their lives and reminiscing about family happenings “of

old". As Jim and his 3 older siblings got older (driving age and beyond), they were challenged to keep up this family tradition. For a period during Jim's junior year in high school, the tradition was only observed probably once a month. At the end of that school year, when everyone was in attendance at the 1st June Sunday dinner, Jim's dad commented that it was so good to have everyone together. He missed various people when they couldn't make it and commented that dynamic, and in fact the family, just wasn't the same.

Questions for Large and Small Group Discussion:

What is your reason for going to Mass?

What do you do to prepare for Mass? What could you do before, during, and after Mass to help you have a better experience?

How does/would it change your disposition if you thought about Jesus, Mary, and all of the angels and saints being in attendance at each Mass with you?

How could (should) your experience at Mass affect the rest of your day, week, life?

Suggested resources:

Quotes by various saints on the Mass <https://liturgyguy.com/2017/04/04/8-saints-on-the-holy-mass/>

Catalina's vision of what happens at Mass

<https://www.michaeljournal.org/articles/roman-catholic-church/item/the-holy-mass>

Action Plan:

Come up with 1 or more things you will do to have a better experience at Mass. Some suggestions:

1. Review the readings for the Mass a few days prior and any reflections that might be available.
2. Arrive to Mass 10 minutes earlier than usual to give yourself a chance to settle into the right frame of mind.
3. Sit in a different section of the church to see if your perspective changes your experience. (Or even attend a different church to see how their procedures might differ from what you're used to.)
4. Read a book or other information explaining the Mass.
5. Take a journal with you and write down things that strike you during the Mass. Reflect on them later during quiet prayer time.
6. Make it a practice to "debrief" the Mass with those with whom you attend – see what you each got out of it.

Author: Steve Von Hoene

AS WE GATHER AT YOUR TABLE

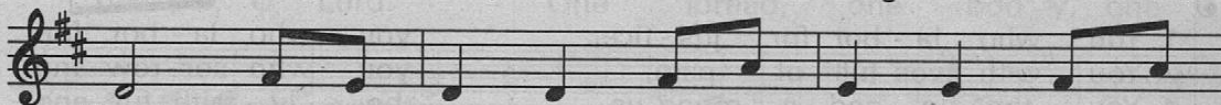
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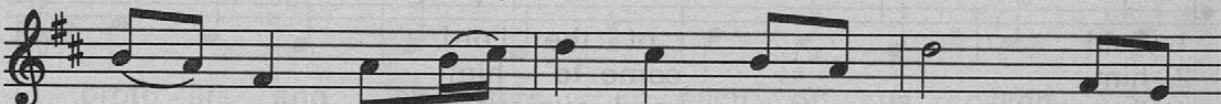
1. As we gath - er at your Ta - ble, As we lis - ten to your
2. Turn our wor - ship in - to wit - ness In the sac - ra - ment of
3. Gra - cious Spir - it, help us sum - mon Oth - er guests to share that



1. Word, Help us know, O God, your pres - ence: Let our
2. life; Send us forth to love and serve you, Bring - ing
3. feast Where tri - um - phant Love will wel - come Those who



1. hearts and minds be stirred. Nour - ish us with sa - cred
2. peace where there is strife. Give us, Christ, your great com -
3. had been last and least. There no more will en - vy



1. sto - ry Till we claim it as our own; Teach us
2. pas - sion To for - give as you for - gave; May we
3. blind us Nor will pride our peace de - stroy, As we



1. through this ho - ly ban - quet How to make Love's vic - t'ry known.
2. still be - hold your im - age In the world you died to save.
3. join with saints and an - gels To re - peat the sound - ing joy.

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Music: J. Wyeth's *Repository of Sacred Music, Part II*, 1813.

GATHERING