

Things to talk about

- Where do you see the clearest connection between what you do at Mass and what you do in the rest of your week?
- How do you witness to Christ? What helps you give that witness? What makes it more difficult?
- Where do you think 'the world' can see 'the Church' at its best? How can that 'best' be supported by you? And by your parish community?



If you wish to gather with others for a more formal time of reflection based on these questions then you might like to download a group reflection resource from www.rcdow.org.uk/liturgy

Things to do

- Take a meditative walk.
 - As you walk look to see as God might see. What is happening? What is there that needs God's mercy and healing?
 - As you walk look to see signs of the Kingdom. What do you see that is a sign of God's goodness and love? What is there that is a sign of people's response to God's love and the Gospel?
 - As you walk where do you find yourself in all of this? What in your life needs God's healing and love? What is there in your life and the way that you try to live that shows your love of God and your welcome of the Gospel?
- Bring your thoughts and feelings with you to your next celebration of Mass - let them inform your thanksgiving and your intercession.
- Find out more about any special mission project of your parish or diocese, or London Citizens, CAFOD, etc.
- Read and reflect Read Mark 7:1-23. Use this to review your priorities and the priorities of your parish.

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Additional resources can be accessed at www.rcdow.org.uk/liturgy

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At Mass so much happens. Sometimes we are aware of it, sometimes it passes us by. Sometimes Mass is so busy, we hardly find time and space to pray. *Praying the Mass* seeks to unite all the members of the Diocese in a time of rediscovering the Mass and its meaning.

This is the last of the leaflets in a series that has been distributed since February. The earlier ones can be read on-line at www.rcdow.org.uk/liturgy. Do take this leaflet home to read and consider it. You might do this in a faith-sharing group, or as a family or with friends. You might even do it by yourself. If you have a ministry at Mass, let it help you look again at what you do and how you do it. But the leaflet is for us all, because the Mass is for us all, and we all have our own particular responsibility for how Mass is prayed in our parishes.

Glorify the Lord by your life

Lord, perfect your Church in faith and love together with Benedict our Pope, Vincent our Bishop, with all bishops, priests, and deacons, and all those your Son has gained for you.

Open our eyes to the needs of all;
inspire us with words and deeds
to comfort those who labour and are burdened;
keep our service of others
faithful to the example and command of Christ.

Let your Church be a living witness to truth and freedom, to justice and peace, that all people may be lifted up by the hope of a world made new.



of Eucharistic Prayer for Masses for Various Needs and Occasions, D. Jesus, the Compassion of God

Living

In my homily at the Mass solemnly inaugurating my Petrine ministry, I said that “there is nothing more beautiful than to be surprised by the Gospel, by the encounter with Christ. There is nothing more beautiful than to know him and to speak to others of our friendship with him.”

These words are all the more significant if we think of the mystery of the Eucharist. The love that we celebrate in the sacrament is not something we can keep to ourselves. By its very nature it demands to be shared with all. What the world needs is God’s love; it needs to encounter Christ and to believe in him.

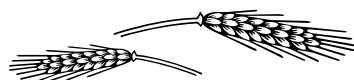
The Eucharist is thus the source and summit not only of the Church’s life, but also of her mission: “an authentically eucharistic Church is a missionary Church.” We too must be able to tell our brothers and sisters with conviction: “That which we have seen and heard we proclaim also to you, so that you may have fellowship with us” (1 Jn 1:3). Truly, nothing is more beautiful than to know Christ and to make him known to others.

Pope Benedict XVI, *Sacramentum Caritatis*, 84.

Praying

The Eucharist can be celebrated without a temple of stones, but there is no celebration of the Eucharistic mystery unless there is a community ‘faithful to the fellowship. Of the Church which is present - whether physically or not, but really - the Eucharist is both the expression and the source.

S. Lyonnet



The Eucharist is the daily meal of us poor Christians, the meal that continually feeds our lives and rebuilds our strength... It is the meal for people who always get hungry again, who never stop being weak... It is the meal for everyday people.

Karl Rahner



He is the bread of life.
Whoever eats life cannot die...
Go to him and be filled,
for he is the bread of life.
Go to him and drink,
for he is the wellspring.
God to him and be illumined,
for he is the light.
Go to him and become free;
for wherever the Lord’s Spirit is,
there freedom is.

St Ambrose of Milan

Celebrating together

The celebration of the Eucharist commits us to the poor and should flow into social action; our active love for the poor and oppressed, the sick and the sad, leads us back to the Eucharist as the source and summit of all we do.

St John Chrysostom challenged those who recognised Christ in the breaking of bread to recognise him also in the broken lives of those around them: ‘Would you honour the body of Christ? Do not despise his nakedness; do not honour him here in church clothed in silk vestments and then pass him by unclothed and frozen outside. Remember that he who said, “This is my body”, and made good his words, also said, “You saw me hungry and gave me no food”, and, “in so far as you did it not to one of these, you did it not to me”. In the first sense the body of Christ does not need clothing but worship from a pure heart. In the second sense it does need clothing and all the care we can give.

cf Catholic Bishops Conference of England and Wales, *One Bread One Body*, 54



Concluding Rites

After the Communion Rite, the Mass closes with a brief Concluding Rite. Its purpose is to send the people forth to put into effect in their daily lives the Paschal Mystery and the unity in Christ which they have celebrated. They are given a sense of abiding mission, which calls them to witness to Christ in the world and to bring the Gospel to the poor.

Dismissal of Commissioned Ministers taking Communion to the Housebound or Sick

It is fitting for Holy Communion to be taken directly from Mass to the sick or those unable to leave their homes.

The Presider will normally speak words of dismissal or missioning over the ministers taking Holy Communion to the sick and housebound. These words may be based on the words of the Communion antiphon, on the readings of the day, or in a simple form such as:

Go now, to our sisters and brothers unable to be with us for reasons of sickness and infirmity. Take to them from our celebration the word of God and Holy Communion, that they might share with us these signs of the Lord’s goodness.

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