

TEACHING POINTS	THOUGHTS FOR PARTICIPATION
<b>The Procession:</b> We move forward to meet our God. A sign of order.	Pray the Psalm "I will go to the altar of God, the God of my gladness and joy."
<b>Penitential Act and Confiteor:</b> We acknowledge our sins, and so prepare ourselves to celebrate the sacred mysteries.	In the silent pause, we examine our consciences. Beat the breast as a sign of humility and repentance.
<b>Gloria:</b> An ancient hymn of praise. First words are the angels' song at Christ's birth.	Give God glory through Jesus Christ, our Savior. Recall: God's glory is our salvation. Our salvation is in glorifying Him.
<b>Collect:</b> Gathers us and our intentions and offers us and them to God. Focuses our attention on the mystery we celebrate at this Mass.	Offer our intentions in the silent pause or recall that we are in the presence of God. Say "Amen" as our way of joining in the prayer of the priest.
<b>First Reading:</b> Usually from the Old Testament. Is always related to the Gospel on Sundays. Tells the stories of our salvation.	Recall God's saving works. Think of this as listening to your family story. Respond, "Thanks be to God."
<b>Responsorial Psalm:</b> We respond to God's Word to us in the first reading. We speak to God in words chosen by God.	Sing from your heart. Allow the words to shape your thoughts, so that you allow God to lead you.
<b>Second Reading:</b> From a letter of an Apostle. Helps us understand how to live for Jesus.	Listen attentively; an Apostle is speaking to you. Respond: "Thanks be to God."
<b>Alleluia:</b> Means, "Praise the Lord." We are inviting all creation to join with us in praising the Lord for the new life given us by Christ's Cross and Resurrection.	Sing out joyfully, giving thanks for redemption.
<b>Gospel:</b> We read the account of the life of Christ. Priest reverences the book with a kiss.	Stand to receive the orders of Christ, our King. Sign our forehead, lips, and heart with a cross, praying, "May the words of this Gospel be forever on my mind..."
<b>Homily:</b> The priest explains the meaning of the readings or the feast and applies it to our lives.	Listen attentively. Ask yourself, "What can I do this week to apply the homily to my life?"
<b>Creed:</b> Sums up and hands on the faith. We profess it as a sign of our acceptance of Christ's word.	Recall the faith of the church as you recite the words. Imagine reciting the Creed as polishing the shield of faith.
<b>Prayers of the Faithful:</b> A prayer of petition for the salvation of the world, which is a response to the readings.	Exercise your baptismal priesthood by uniting yourself to the petitions. Say, "Lord, hear our prayer."
<b>Offertory Procession:</b> Some members of the faithful present the bread and wine to the priest.	Sing the hymn. See the bread and wine as your life being presented to the priest to be offered to God.

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<b>Preparation of the Altar:</b> The Sacred Vessels are brought to the altar and arranged.	Resolve to keep your soul as spotless and neat as the vessels which hold Christ's Body and Blood.
<b>Preparation of the Gifts:</b> The priest prays a prayer of blessing over the bread and wine, recognizing them as God's gifts and offering them back to Him. The priest mixes water and wine into the chalice, symbolizing Christ's humanity and divinity.	Place a particular suffering or the "work of your hands" on the paten to be offered and transformed. Thank Christ for letting you share His divinity.
<b>Invitation to Prayer:</b> Priest asks the faithful to pray "that my sacrifice and yours may be acceptable to the Lord our God."	Pray that your sacrifice might be acceptable. Resolve to listen attentively during the long Eucharistic prayer so that you do give God thanks.
<b>Thanksgiving and Preface:</b> We give thanks for our salvation. The prayer afterward recalls the mystery we celebrate that day which is why we give thanks.	At "lift up your hearts," bring yourself to attention, and make an effort to put away any distracting thoughts. Let the prayer teach you what to give thanks for.
<b>Sanctus (Holy, Holy Holy...):</b> Joins our voices to those of the angels in heaven, and their voices with ours. Proclaims God's holiness.	Think of God's perfection and beauty as holiness. Envision the hosts of angels and saints gathered around the altar. Cry "Hosanna" ("Lord, save us!") from your heart.
<b>Epiclesis:</b> The prayer that calls down the Holy Spirit over the gifts of bread and wine, that by His power they may be transformed into the Body and Blood of Christ.	Ask the Holy Spirit to come down and make Christ present in your life, like He did with Mary. Picture the fire of the Holy Spirit falling upon the gifts of bread and wine at Epiclesis.
<b>Institution Narrative:</b> The part of the Mass when the account of the Last Supper is reenacted by the priest, and Jesus's words transform the bread and wine into the Body and Blood of Christ.	Imagine yourself at the Last Supper, hearing Jesus's voice as He celebrates the Eucharist for the first time. At the Consecration, raise your eyes to the crucifix and the Host or Chalice when the priest elevates them, and adore Jesus, speaking to Him simply and form your heart.
<b>Memorial Acclamation:</b> To the priest's invitation, "the Mystery of Faith," we respond in adoration of Christ, now present – Body, Blood, Soul, and Divinity.	Fix your eyes on Jesus in the Eucharist. Adore Him present in the Sacrament of the altar. Recall the Sacrifice of His Cross which saves us.
<b>Oblation:</b> Offers the Body of Christ (both eucharist and the Church) to the Father as a living Sacrifice. Recalls the Saints who are united to Christ in Heaven.	Offer your whole life to God as a living sacrifice, knowing you are the Body of Christ. Thank the saints in heaven praying for you.
<b>Intercession:</b> Unites the three states of the Church together and prays for the pope and bishops, the baptized, and the souls in purgatory.	Recall any intentions you may have to offer God. Pray for any loved ones who have died.

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<p><b>Doxology:</b> A prayer of praise of God's glory as Trinity at the end of the Eucharistic Prayer</p>	<p>Pray the Great Amen, recalling that it means both "it is true" and "so be it." God is glorified, and we become a living sacrifice.</p>
<p><b>Our Father:</b> At the Savior's command and formed by divine teaching, we dare to say. We call on God as His children in Christ.</p>	<p>Stand before God in humility as his child, resting in his unconditional love. He knows what you need. When you're anxious, allow the embolism ("Deliver us Lord from all evil... Keep us from all anxiety...") to remind you that all our trial swill have an end, since Christ has conquered by His Resurrection.</p>
<p><b>Sign of Peace:</b> Expresses the unity of the Church. Reconciles us with one another before we are made one through Communion.</p>	<p>Genuinely wish peace to your neighbors, letting go of any grudges.</p>
<p><b>Fractio and Agnus Dei (Lamb of God):</b> The priest breaks the Host and mingles a piece of the Host with the Precious Blood, showing unity. The acclamation, "Lamb of God..." recalls Christ's death as our Passover Lamb to save us from sin.</p>	<p>See Christ's Body broken for you, beg His mercy, and ask for the peace of the Resurrection as you see the Host mingled with the chalice.</p>
<p><b>Preparation for Communion:</b> Prayers to be free from sin and to receive eternal life through Holy Communion. There is a longer prayer recited silently by the priest before he raises the Host and proclaims, "Behold..."</p>	<p>In the silence after the Lamb of God, ask the Lord for a fruitful reception of Communion. Look to the raised Host when the priest says, "Behold the Lamb..." and respond to your Risen Lord, "I am not worthy," knowing that He will heal you.</p>
<p><b>Communion:</b> The priest and people are made one with Christ by receiving Jesus in the Eucharist.</p>	<p>When the priest receives, ask Jesus to be with you always. Allow Communion to be a special time of conversation with Christ.</p>
<p><b>Purification of the Vessels:</b> The priest cleanses the vessels used for the Mass to ensure that all particles of the Blessed Sacrament are consumed.</p>	<p>As the priest purifies the vessels, pray that you might be equally careful to reverence the Lord with your whole life.</p>
<p><b>Prayer after Communion:</b> Asks that the graces of Holy Communion fill our lives</p>	<p>Make a concrete resolution to do something that will allow the Communion you've received to change your life.</p>
<p><b>Final Blessing:</b> In the person of Christ, the priest blesses us before sending us out. Sometimes includes a special blessing for the day.</p>	<p>Receive the blessing of Christ to strengthen you in living as His Body.</p>
<p><b>Dismissal:</b> The concluding act of the Mass, which sends us out on a mission.</p>	<p>In thanksgiving, think of a way to "announce the Gospel of the Lord" to others today.</p>

