

INTRODUCTION

"The best method of assisting at Mass is to unite with the priest in offering the Holy Sacrifice, and to receive Holy Communion." This statement is the answer to Question 364 in the *Revised Baltimore Catechism, No. 2*. To guide pupils to achieve this objective is the purpose of this text. Emphasis is placed on the thought of those prayers and parts of the Ordinary that can be understood by the pupil and which will help to make him an active participant during Holy Mass, and assist him in carrying its spirit into everyday life.

Units and lessons follow exactly one of the requirements for Fifth Grade in *A Course of Study in Religion for the Elementary Schools*. However, teachers will find that the text is appropriate for Grades 5—8.

Explanations and study lessons are so presented that the book is easy to follow. It gives not only content for study but a method of study. Suggestions for the teacher to use in guiding discussions are given in the KEY leaflet, together with semester examinations.

The author recommends the following:

1. The presence of pupils at Holy Mass, on one or more week days, at the time a new lesson is being studied.
2. The practice of guiding pupils to put the different prayers of the Ordinary into their own words and in a short form.
3. A brief review on Fridays, looking forward to Sunday Mass, of all previous lessons, and in terms of what the pupil should do at particular prayers and parts.
4. Drill, to give pupils automatic facility with the order of prayers and parts.
5. The encouragement of pupils to memorize different prayers of the Ordinary.

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THE HOLY SACRIFICE OF THE MASS



THE PRAYER PART OF THE MASS OF THE CATECHUMENS

We speak to God:
We confess that we have sinned.
We beg His mercy.
We praise Him.
We speak to Him of our needs.

THE MASS OF THE CATECHUMENS:

The Mass of the Learners

We prepare to unite with the priest in offering the Holy Sacrifice.

THE INSTRUCTION PART OF THE MASS OF THE CATECHUMENS

God speaks to us:
He speaks to us in the Epistle.
He speaks to us in the Gospel.
He speaks to us in the sermon.

THE OFFERTORY IN THE MASS OF THE FAITHFUL

We give to God:
We offer the bread.
We offer the wine.
We offer ourselves.

THE MASS OF THE FAITHFUL:

We unite with the priest in offering the Divine Victim of Sacrifice, and we receive God's Gift to us.

THE CANON IN THE MASS OF THE FAITHFUL

We give to God:
The bread and wine are changed into the Body and Blood of Christ.
Jesus Christ, the Son of God, offers Himself to God.
We unite with the priest in offering Jesus, the Divine Victim, to God.

THE COMMUNION PART OF THE MASS OF THE FAITHFUL

God gives to us:
Jesus, the Son of God, gives Himself to us as food for our souls.

The best method of assisting at Mass is to unite with the priest in offering the Holy Sacrifice, and to receive Holy Communion.

Answer to Question 364 in the Revised Baltimore Catechism, No. 2.

UNIT ONE INTRODUCTORY LESSONS



Lesson I. The Meaning of Sacrifice

Holy Mass is a sacrifice. It is the greatest sacrifice ever offered.

What is a sacrifice? A sacrifice is a gift offered to God alone.

Men have almost always offered sacrifices to God. They do so to show that they owe everything to God. God made all things. He is the Lord of all.

The word *victim* is the name for the gift offered in sacrifice.

The victim of sacrifice is offered to God by a priest. But the victim is also the gift of those present at the sacrifice. The victim of a sacrifice is destroyed in some way. This is done to show that it is offered to God.

The victim of a sacrifice is not only a gift. It is also a sign. It is a sign that those who are offering it are also offering themselves to God.

Sacrifice makes those holy who offer it.

Study Lesson I.

Exercise 1 Perfect Score 12 My Score _____

Fill in the missing words.

1. A sacrifice is a gift o _____ to God alone.
2. Since the beginning of the world men have almost al-
ways offered s- _____ to God.
3. They do so to show that they o _____ everything to God.
4. The word v _____ is the name for the gift offered
in sacrifice.
5. The victim of a sacrifice is d _____ in some
way.
6. This is done to show that it is offered to G _____.
7. God is the Creator and Lord of a _____.
8. A sacrifice is offered by a p _____.
9. The victim is the gift of all p _____ at the
sacrifice.
10. The victim of sacrifice is also a s _____.
11. It means that those who are offering it are also offer-
ing t _____ to God.
12. Sacrifice makes those h _____ who offer it.

Exercise 2 Perfect Score 8 My Score _____

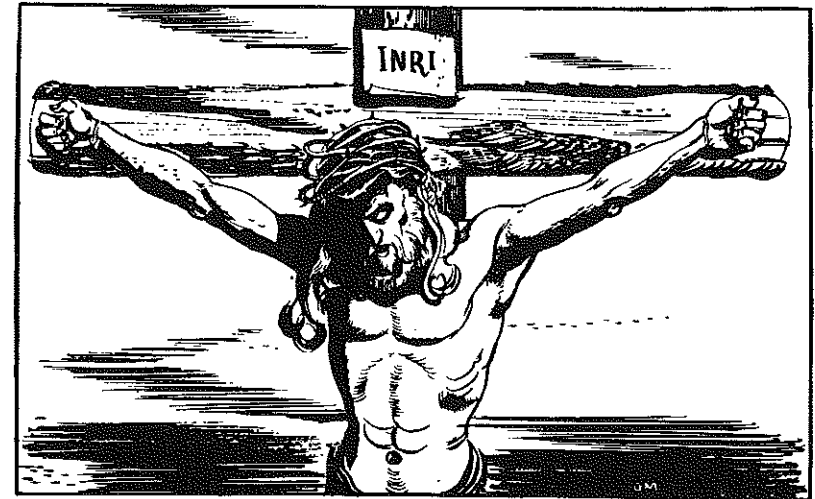
Answer with one or two words.

1. What is the name of the gift offered to God in sacrifice?

2. To whom alone is sacrifice offered? _____
3. Who offers the victim of a sacrifice? _____
4. Who, besides the priest, offer the victim of sacrifice to
God? _____
5. For how long have men been offering sacrifices to God?

6. What does sacrifice make those who offer it? _____
7. What is the victim of sacrifice besides a gift to God?

8. What do those who assist at a sacrifice offer to God
besides the victim? _____



Lesson 2. The Sacrifice of the Cross and
the Sacrifice of the Mass

The *Bible* tells about many sacrifices. Abel offered the finest lamb of his flock to God. Noë offered sacrifice when he came out of the ark. Abraham was ready to obey God and to offer even his son in sacrifice. When an angel stopped Abraham, he offered a ram. From the time of Moses, the priests of the Jews* offered sacrifices for the people.

Saint Paul said that the sacrifices offered by the Jews were a shadow of the good things to come. Saint Paul was speaking of the perfect sacrifice. In this sacrifice Jesus, the Son of God, was and would be the victim.

Jesus offered to God the Father His sufferings and death on the cross. This is called the sacrifice of the cross. On the cross Jesus gained merit and made up for the sins of men.

Every day Jesus makes the same offering that He made on the cross. He again offers Himself to God the Father. He offers His sufferings and death on the cross. He does this in the Sacrifice of the Mass. Our Lord applies to us the merits of His death on the cross. No better victim, no greater gift, could be offered to God. The victim in the Sacrifice of the Mass is Our Lord Himself.

* See Appendix

The Mass is the same sacrifice as the sacrifice of the cross. There is only one difference. The way in which the sacrifice is offered is different. On the cross Our Lord shed His blood. In the Mass there is no shedding of blood. There is no death. Jesus offers Himself to God under the appearances of bread and wine.

The first Sacrifice of the Mass was offered by Our Lord at the Last Supper. He did it in this way. He changed bread and wine into His body and blood. He offered Himself to God the Father. He said: "This is My body which is given for you; this is My blood which is shed for you."

Jesus made the apostles priests at the Last Supper. At that time He gave them the power to change bread and wine into His body and blood. He said: "Do this in remembrance of Me." And the priest does this every day in the Sacrifice of the Mass.

When I pray the Mass with the priest, I offer Jesus to God the Father. I also offer myself to God the Father. During Holy Mass, God the Father wishes to give me a gift. He wishes to give me His Son in Holy Communion. This gift is food for my soul. Our Lord Himself said: "Except you eat the flesh of the Son of man and drink His blood, you shall not have life in you." Our Lord meant the life of grace which I must have to belong to the kingdom of God.

Study Lesson 2.

Exercise 1 **Perfect Score 20** **My Score** _____

Write the missing words in the sentences that follow. Use only words in this list.

appearances	grace	offers
blood	I	power
cross	kingdom	sacrifice
do	life	sacrificed
first	Mass	unbloody
food	myself	victim
give	offered	

1. The Mass is the same sacrifice as the _____ of the cross.
2. On the cross Jesus _____ His sufferings and death to God the Father.
3. This is called the sacrifice of the _____.
4. Every day Jesus _____ to God the Father His body and blood that were sacrificed on the cross.
5. This is called the Sacrifice of the _____.
6. On the cross Our Lord shed His _____.
7. In the Mass Jesus offers Himself in an _____ manner.
8. In the Mass Jesus offers His body and blood which were _____ on the cross.
9. The _____ in the Sacrifice of the Mass is Jesus, the Son of God.
10. Our Saviour said the _____ Mass at the Last Supper.
11. In the Sacrifice of the Mass Jesus offers Himself under the _____ of bread and wine.
12. Jesus gave the apostles the _____ to change bread and wine into His body and blood.
13. Jesus said to them: " _____ this in remembrance of Me."
14. At Holy Mass _____ should offer Jesus to God the Father.
15. At Holy Mass I should also offer _____ to God.
16. During Holy Mass God wishes to _____ me a gift.
17. Our Lord said: "Except you eat the flesh of the Son of man and drink His blood, you shall not have _____ in you."
18. Our Lord was speaking of the life of _____.
19. I need grace to belong to the _____ of God.
20. Holy Communion is _____ for the soul.

Exercise 2 **Perfect Score 15** **My Score** _____

Answer each question with Yes or No.

1. Did Our Lord offer Himself to God the Father at the Last Supper? _____
2. Is the Mass the same sacrifice as the sacrifice of the cross? _____
3. Was the first Sacrifice of the Mass offered by Our Lord on the cross? _____
4. Is Our Lord's offering to His Father the perfect sacrifice? _____
5. Is there a difference between the sacrifice of the cross and the Sacrifice of the Mass? _____
6. Does Our Lord shed His blood in the Mass? _____
7. Does Our Lord die in the Mass? _____
8. Does Our Lord offer Himself to His Father in the Mass? _____
9. Is Jesus the victim in the Mass? _____
10. Were the sacrifices of the Jews as great as the Sacrifice of the Mass? _____
11. Could any sacrifice have a victim equal to the one offered on the cross and in the Mass? _____
12. Do the people offer the Mass with the priest? _____
13. Does the Mass make those holy who offer it? _____
14. Is the Mass offered to different saints? _____
15. Is the Mass offered to anyone but God? _____

Exercise 3 **Perfect Score 10** **My Score** _____

Fill in the missing words.

1. The Mass is the _____ sacrifice as the sacrifice of the cross.
2. The first Sacrifice of the Mass was offered by Our Lord at the _____.
3. On the cross Jesus Himself _____ His sufferings and death to God the Father.
4. The Mass is the sacrifice in which Christ offers Himself to God the Father through the _____.
5. On the cross Jesus shed His _____.

6. In the Mass Jesus offers Himself in an _____ manner.
7. In the Sacrifice of the Mass Our Lord offers Himself under the _____ of bread and wine.
8. The victim of the sacrifice of the cross was _____.
9. The victim of the Sacrifice of the Mass is _____.
10. A sacrifice is the offering of a _____ by a priest to God alone.

Lesson 3. Four Purposes for Which the Mass Is Offered

Holy Mass is a sacrifice offered to God for four particular purposes. These purposes are: to adore Him, to thank Him, to ask for His blessings on all men, and to make up to Him for the sins committed against Him.

THE FIRST PURPOSE

God made us and all things. We belong to Him. He is our Master and Ruler. We owe God the greatest possible honor. This means we must adore Him.

In Holy Mass the greatest possible honor is given to God. In Holy Mass Jesus, the Son of God, is the victim of sacrifice. No greater gift could be offered to God.

The first purpose for which the Mass is offered is to adore God.

THE SECOND PURPOSE

It is very easy to forget to offer thanks to God. Yet we received our life, everything we have, from God. Do you remember the story of Our Lord curing the ten lepers? Only one leper returned to thank Him. Jesus asked, "Where are the other nine?"

Holy Mass is offered to thank God for His many favors. This is the second purpose for which it is offered.

Fill in the missing words.

The Holy Sacrifice of the Mass is offered for four purposes:

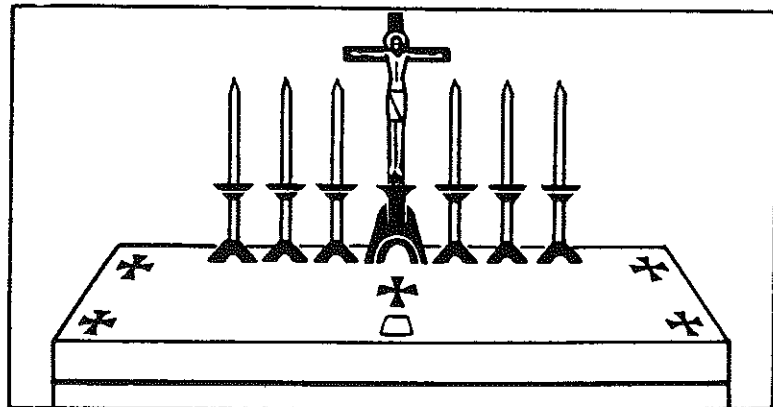
1. To _____ God as our Creator and Lord
2. To _____ God for His many favors
3. To ask God to _____ His blessings on all men
4. To _____ the justice of God for the sins committed against Him

Lesson 4. Externals of the Mass

Externals are those things that one can see. The externals of the Mass are the objects used during Holy Mass that you can see. The Church has exact regulations for all the externals of the Mass.

THE ALTAR

The altar is the most important object in a Catholic church. On the altar the Holy Sacrifice of the Mass is offered. In the tabernacle of the altar the Blessed Sacrament is kept.



If possible, the top of every altar should be a stone slab. There should be five crosses engraved on this slab. The crosses represent the five wounds of Our Lord. There is one cross in the center and one at each of the four corners.

Sometimes, the top of an altar is not a stone slab. Then an altar stone is used. This altar stone may be as small as a large piece of tile. Five crosses are cut into the top of the altar stone. The crosses are just the same as on a large stone altar.

In the altar stone, or in the top of a stone altar, there is a small box. The box is made of lead. It contains relics of at least two saints who were martyrs.

The altar is always covered with three white cloths of linen. The first two cloths need cover only the top of the altar. Over these cloths a much longer one is placed. This cloth reaches to the floor on both sides. It is the real altar cloth.

Only three things are necessary on an altar. These three things are a crucifix and two candles. The candles must be made of beeswax. They are placed on each side of the crucifix.

The priest reads from a large book during Holy Mass. This Mass book is called the *Missal*. It is on the right side of the altar when Mass begins. The *Missal* is placed on a book rest.



The water and wine for Mass are put in two cruets. The cruets are little pitchers. They are used with a small dish. The cruets and dish are placed on a table near the altar. Sometimes they are placed on a shelf. When used, this little shelf is on a wall near the altar. At the side of the cruets there is a small white finger towel. This is used by the priest to dry his fingers.

