



Diocese of Peterborough



CONFIRMATION

Mass Journal Part II

Name: _____

Parish: _____

Confirmation Saint: _____

Sponsor Name: _____

Confirmation Date: _____

The Eucharist



For Catholics, the source and summit of our sacramental life is the Eucharist. But what does that mean? It means that all graces and every good thing about the Catholic life comes from our celebration of the Mass. And that's a big deal.

The Eucharist is a memorial of Jesus' crucifixion. When He walked the earth, Jesus sacrificed his life on the Cross in place of us so that we might get to heaven one day. Every time we celebrate the Mass, the white wafer becomes Jesus as He was on the Cross 2,000 years ago, making it real and accessible for us, so that the graces of forgiveness on the Cross are always available to us.

Jesus Christ is present at Mass in four places: in the words of the readings and the Gospel; in the Eucharist, the Body and Blood of Christ; in the priest, who acts in the person of Christ; and in you and I, the faithful people gathered there.

Catholics have the obligation to attend Mass on Sundays and Holy Days. Holy Days are Christmas and January 1st, the Solemnity of Mary the Mother of God. To be able to receive Communion, one must be a believing Catholic in a state of grace (that is, you have gone to Confession and have no mortal sin on your soul). You must also fast from all food and drink (except for water and required medication) for one hour before receiving Holy Communion.

Mass Order

The Mass is divided into 4 parts: the Introductory Rite, the Liturgy of the Word, the Liturgy of the Eucharist, and the Concluding Rite.

The Introductory Rite

Entrance Song: A song to praise God and bring the community together, sung as a community as the priest and altar servers enter.

Greeting: All make the sign of the cross as a reminder of our Baptism and belief in the Trinity. The priest say a few words of welcome and sets the tone for the Mass.

Penitential Rite: The priest invites the people to recall their sins and silently repent of them. We use the invocations "Lord, have mercy" and "Christ, have mercy" three times.

Gloria: A joyful prayer, either sung or said, that praises our Trinitarian God.

Opening Prayer: The priest says the opening prayer, specific to the day's readings.

Liturgy of the Word

Readings: There are four readings from the Bible. The first is taken from the Old Testament; the second is usually sung and is from the book of Psalms; the third is from the New Testament; and the fourth is the Gospel, taken from Matthew, Mark, Luke or John.

Homily: The priest speaks about how to apply what we have heard in the readings to our own daily lives.

The Creed: The community professes their belief in the mystery of our Trinitarian God.

Universal Prayers: Prayers of intercession asking for God's help.

Liturgy of the Eucharist

Preparation of the Gifts: The altar is set and the gifts of bread and wine are brought forward. A song may be sung at this time, as we also offer ourselves to God.

Eucharistic Prayer: The high point of the Mass. It begins with the Preface, a prayer of thanksgiving. We then sing the "Holy, Holy, Holy". The priest then consecrates the simple gifts of bread and wine into the Body and Blood of Christ, really and truly present. After the consecration, the priest invites the people to proclaim the mystery of faith, which is usually sung. The Eucharistic Prayer continues with a memorial prayer, a prayer for the church, and a prayer for all who have died.

Amen: A sung response that concludes the Eucharistic Prayer.

Our Father: To prepare for Communion, all stand and join together in praying the Lord's Prayer.

Sign of Peace: The priest invites all present to extend an appropriate sign of peace to each other. Often the words "The peace of Christ be with you" and a handshake are used.

Breaking of the Bread: The Body and Blood are prepared for reception by the congregation. During the breaking of the bread, everyone sings the "Lamb of God".

Holy Communion: Those who are in union with the Catholic Church come to receive Jesus in the form of Bread. They may receive by hand or by tongue, standing or kneeling, as personal piety dictates. During this time, a song is usually sung.

Concluding Rite

The Mass concludes with a blessing and a reminder to do good works, praising and blessing the Lord. A concluding song is sung as the priest and altar servers process out.

REFLECTION 6: THE EUCHARISTIC PRAYER

Date: _____

Time: _____

Priest: _____

Church: _____

Everyone experiences the same Mass, but not everyone's experience of the Mass is the same. What three things stood out to you the most from this Mass? This could be anything from the colour the priest wore, to one of the songs, to something said during the homily, to something that came to you in prayer. Why do you think this stood out to you, or what did it mean to you personally?

1. _____

2. _____

3. _____

During the Eucharistic Prayer we give thanks and praise to God. What are you grateful for today?

When the priest lifts up the host and the chalice, a supernatural phenomenon known as **transubstantiation** takes place. Find the book *Catechism of the Catholic Church*, either in print or online at the Vatican website, and find out what that term means. Write the definition here.

REFLECTION 7: THE SUNG PARTS OF THE MASS

Date: _____

Time: _____

Priest: _____

Church: _____

What three things stood out to you the most from this Mass? Why do you think this stood out to you, or what did it mean to you personally?

1. _____

2. _____

3. _____

During the Eucharistic Prayer, we sing three different prayers together. List them below.

1. _____
2. _____
3. _____

Listen to the words of the prayers we sing. What stands out to you the most and why?

Why do you think that we sing these parts of the Mass rather than just say them? Ask the priest if you're unsure.

REFLECTION 8: THE OUR FATHER AND SIGN OF PEACE

Date: _____

Time: _____

Priest: _____

Church: _____

What three things stood out to you the most from this Mass? Why do you think this stood out to you, or what did it mean to you personally?

4. _____

5. _____

6. _____

Read through the words of the Our Father. Which phrases stand out the most to you and why?

Why do you think we exchange the sign of peace? What are the origins of this custom? You can feel free to look up the meaning behind it if you want.

REFLECTION 10: CONCLUDING RITES

Date: _____

Time: _____

Priest: _____

Church: _____

What three things stood out to you the most from this Mass? Why do you think this stood out to you, or what did it mean to you personally?

10. _____

11. _____

12. _____

The priest usually calls for the congregation to go forth proclaiming good works. Which of the following 'send-offs' did the priest use at this Mass?

- Go forth, the Mass is ended.
- Go and announce the Gospel of the Lord.
- Go in peace, glorifying the Lord by your life.
- Go in peace.
- Other: _____

At this point, you've attended ten Masses in prayerful reflection. Having seen and contemplated all parts of the Mass, which do you think is your favourite or strikes you the most, and why? What have you learned that makes this the most powerful for you?

Prayer to Receive the Holy Spirit

Holy Spirit, come and set upon me the fruits of your Spirit, that I may become the hands, the feet, and the voice of Jesus Christ in the present world.

From this moment I open my heart to you that you may fill me with immeasurable love of God.

By this gift, all who meet me, whether they are lost or have not yet found their way to you, shall come to know and love you.

Lord, my God, you have created me uniquely in your own image that I may always know my incomparable worth.

You took great care in giving me special gifts to serve not only you, Lord, but those around me. This seal, this covenant, this promise is for eternity.

This day I say to you, God, "I choose, I believe, and I will honour the truth and live by it." This journey now laid before me may be difficult at times. While I will try my hardest to never lose sight of you I will rely on the Holy Spirit to guide me back should I stray.

My eternal home is with you, Lord, and through the example of Jesus Christ your Son, Mary the great mother of God, all the angels and saints, as well as the faithful members of the Church including my family and friends who have supported me on this journey, I know I will succeed in serving and loving you. I will never be abandoned.

Your love is clear in the passion and achieved in the resurrection of Jesus.

I will go forth today, a young Confirmed Catholic, and not be afraid to set the world aflame with Christ's love.

Amen!