

Mass Moments

Fall Series: Intro Rites



Intro: In “Year 2” of our Archdiocesan Synod centered on the Holy Eucharist, Fr. Eilen begins a preaching series today on *What Happens At Mass*. Together, we will examine some of the powerful ritual words, signs, symbols, and actions that invite each of us to encounter anew this awesome mystery and sacrament where heaven comes down to earth and earth unites with heaven.

Key Points - September 15

- The mystery and sacrament of the Mass invites and draws each of us to encounter the Holy Trinity in the Word of God and in the Body and Blood of Christ.
- “*To do Eucharist (Mass) is to be Church*” (*What Happens at Mass*, pg. 10). Hence, Mass begins long before the Opening Rites. To worship is to prepare our mind and heart to give thanks, to receive grace, and to be sent to do the works of God.
- Our focus to know, receive, and live *What Happens At Mass* is dependent on the degree that we more fully, consciously, and actively participate in the Eucharistic Liturgy as the “Source and Summit” of the Christian life.

Reflection Questions

- Reflect on and discuss the word “mystery.” What does this word mean to you? How can our preparation for Mass help uncover the mystery we experience there?
- The fruitfulness of our participation at Mass is revealed by our faith in action - particularly as it relates to loving God and loving our neighbor as our self in little ways each day, beginning in marriage and family. Give an example how you have experienced this love in your life.
- Reflect and discuss with your family your experience of Mass: before, during, and after.

Resources for the Whole Family

Recommended resources this week - scan the QR code to view resources for this series on our website:

- *What Happens at Mass* - Intro & Chapter #1
- Talk from Fr. Mike Schmitz at the Eucharistic Congress
- Book For Children: *The Sacred that Surrounds Us*

