

Mass Moments

Spring Series: Liturgy of the Eucharist

Key Points - May 18



THE EUCHARISTIC PRAYER - The Preface and Sanctus (Holy-Holy-Holy)

Post Offertory and the Preparation of the Altar and Gifts, The Eucharistic Prayer begins with **The Preface**.

A profound dialogue with the People of God and addressed to God the Father leads us to the very center of the Mass and the heart of our Catholic faith. In doing so, the priest initiates a shift in our prayer through three brief, but heart to heart exchanges with all the faithful gathered in prayer:

- **“The Lord be with you... And with your spirit.”** This greeting signals a definite transition to more intense prayer seeking for divine assistance, while acknowledging the priest’s ordained role in leading the sacred action.
- **“Lift up your hearts... We lift them up to the Lord.”** The priest, in the person of Christ, invites us to ascend with him to heaven. This invitation invites us to enter the Eternal Now (The heavenly sanctuary with the Father).
- **“Let us give thanks to the Lord our God... It is right and just.”** This prayer exhorts us to give thanks to God. In reality, our genuine thanksgiving centers us on the Paschal Mystery and our unity with Christ’s risen body.

While the words of **The Preface** vary depending on the day, week, season, memorial or feast being celebrated, it always follows this same structure:

1. We call upon God to help us remember the miraculous deeds of our salvation history to foster a more personal and prayerful gratitude to God the Father.
2. We recall the central event in our history, Jesus Christ, and in particular the memorial he left us on the night before he died. In this we recall his Passion, Death, and Resurrection.
3. After calling to mind all the wonderful saving acts God has done for us in the past, we petition God to continue these deeds of Christ in the present: praying for us to become one Body, one Spirit in Christ.

The Preface: The priest directs our attention to God the Father. In all this, we seek to harmonize our individual and communal voices with those of the angels and saints in genuine praise, engaging with their heavenly song.

SANCTUS (Holy, Holy, Holy): A simple, profound, and ancient hymn rooted in sacred scripture, revealing our participation in these heavenly realities as we stand before God's throne. (**Isaiah 6:1-4; Revelation 4:8**)



Reflection Questions

- **PRAYER:** Either alone or with others, use The Preface dialogue to guide your meditation in 3 steps:
 1. Be aware of God's presence.
 2. Lift your heart often to the Lord.
 3. Give Thanks - Let your prayer of praise flow from a foundation of gratitude.
- Create lists of things you're thankful for from God. Give thanks for one item on the list every day.
- Read Isaiah 6 and/or Revelation 4 slowly, imagining yourself in the worship scene with the angels. Use this experience to deepen your internal active participation in the Mass.
- Before Mass, ask your Guardian Angel for guidance and stay aware of the angels' presence during the Sanctus (Holy-Holy-Holy).

Resources for the Whole Family

- Book: What Happens at Mass (revised edition) by Jeremy Driscoll, OSB
- Book: 7 Secrets of the Eucharist by Vinny Flynn
- Scripture: **Isaiah 6:1-3** and **Matthew 21:1-11**

For children:

- Parts of the Mass Ring for Ages 3 and beyond
- Catholic Sprouts Podcast, The Mass: Eucharistic Prayer



Events at St. Mary's & the Archdiocese

- **Eucharistic Adoration at St. Mary's** – Wednesdays from 8:30 AM – 8 PM in the Notre Dame chapel. Sign up on our website.
- **Divine Will Retreat**, Mary Mother of the Church, Burnsville, MN, Friday, June 6th - 6:00-8:00 pm and Saturday, June 7th - 8:00 am-2:00 pm: Mass at 8:00 am. To register: divinewillmn.com.
- Jesus' Pilgrimage to Us: **Holy Hours Around the Archdiocese**, Thursday, June 19, 2025, 7– 8 PM, Church of St. Michael, Stillwater, MN