

# Mass Moments

## Easter Series: Liturgy of the Eucharist

### Key Points - May 25



#### THE EUCHARISTIC PRAYER - Part III: The Liturgy of the Eucharist

##### **Confessing God's Glory, 1<sup>st</sup> Epiclesis, Institution Narrative-Consecration, Mystery of Faith**

**After the assembly sings Holy-Holy-Holy**, all the people kneel while the priest alone remains standing and, with outstretched arms, again takes up the prayer directly addressed to God the Father, indicating clearly that the whole body directs its prayer to the Father only through its head, Christ. In other words, we go to the Father through the Son (Jesus) in the Holy Spirit. At this solemn moment, kneeling is the humble gesture of adoration in the United States, sanctioned by centuries of practice.

**In the Eucharistic Prayers I, II, III, IV**, the priest, in various ways, confesses God and acknowledges His glory, i.e. "so that from the rising of the sun to its setting / a pure sacrifice may be offered to your name" (EP: III). The language is poetic and noble, recalling the wonders of creation, and the great deeds God has worked in salvation history. "If we acknowledge to the Father what He has done for us, we will come quickly to the Son and the Spirit He has sent us" (What Happens at Mass, Pg. 82.)

**The plan of God is to equip us for offering a pure sacrifice to the glory of his name.** Understanding the word "**sacrifice**" is essential for us to begin to grasp what is happening throughout all four Eucharistic Prayers, for we are preparing to offer a sacrifice. In this "spiritual worship" our bodies are a living sacrifice through, with, and in Christ's one offering to the Father.

**1<sup>st</sup> Epiclesis: there is a notable shift, a strong plea, an act of "calling down upon"**. The priest, in stretching out his hands over the gifts, asks the Father to send the Holy Spirit upon the bread and wine transforming them into the Body and Blood of the Son.

**Institution Narrative (Consecration):** the priest repeats Christ's words (Last Supper) over the bread: "Take this, all of you, and eat of it, for this is my Body, which will be given up for you." The priest raises the consecrated host before the people and Father. Likewise with the cup of wine, the priest repeats Christ's words: "This is the chalice of my blood, the blood of the new and eternal covenant, which will be poured out for you and for many for the forgiveness of sins. Do this in memory of me." The chalice is raised before the people and Father. The priest genuflects in adoration, since the Spirit has transformed the gifts (bread and wine) into Christ's Body, Blood, Soul, and Divinity.

**"The Mystery of Faith."** An exclamation of awe and wonder is proclaimed what our faith perceives is hidden under the appearances of bread and wine, i.e. "We proclaim your Death, O Lord, and profess your Resurrection until you come again." Each of the three possible responses mentions the past event of Jesus' Death, the present reality of his Resurrection, and his future coming in glory.



# Reflection Questions

- The word Eucharist means Thanksgiving. Count the number of times you hear references to “thanks” or “thanksgiving” during the Mass.
- Locate the Institution Narratives in: Matthew 26:26-29, Mark 14:22-25, Luke 22:14-23, and 1 Corinthians 11:23-26. What scriptures do you hear during the particular Eucharistic Prayer: I, II, III, IV?
- Knowing we can join our own offerings and sacrifices to Christ, what are some things from your own life that you could hand over to God to be transformed?

## 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
- Teaching Mass Video Series The Archdiocese of St. Paul/Minneapolis:
- Teaching Mass: Session 5 – Eucharistic Prayer Part 1



### For children:

[www.cultivatingcatholics.com](http://www.cultivatingcatholics.com) - Parts of the Catholic Mass for kids and printable activities.



## 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](http://divinewillmn.com).
- **Holy Hour for Synod 2025**: Be My Witnesses Assembly, Cathedral of St. Paul, Friday, June 6, 7 - 8 PM. All are welcome to join the bishops in prayer for the coming of the Holy Spirit upon all Synod 2025 members.
- **Jesus' Pilgrimage to Us: Holy Hours Around the Archdiocese**, Thursday, June 19, 2025, 7– 8 PM, Church of St. Michael, Stillwater, MN