

Mass Moments

Easter Series: Liturgy of the Eucharist

Key Points - June 1



THE EUCHARISTIC PRAYER - Part IV: The Liturgy of the Eucharist

The Eucharistic Prayer: Anamnesis, Second Epiclesis, Intercessions, Doxology, and Great Amen

ANAMNESIS: After the Mystery of Faith, the priest prays the Anamnesis, Greek for “Memorial.” “Therefore, O Lord, as we celebrate the memorial...” At which we now hear the Lord’s command, “Do this in memory of me.” So, we remember the deeds of Jesus in the past and stand ready to greet him when he comes again in glory. The priest then says to the Father, “We offer you in thanksgiving this holy and living sacrifice” as our communion in Christ, our share in his Priesthood.

SECOND EPICLESIS: “Grant that we, who are nourished by the Body and Blood of your Son and filled with His Holy Spirit, may become one body, one spirit in Christ.” This second Epiclesis (call) of the Holy Spirit, strengthens us to remember that we who receive the Eucharist may become like Christ.

INTERCESSIONS: We are instilled with confidence that he will answer our intercessions (prayers) (epiclesis) to become one body in Christ in union with the saints, the Universal Church represented by the pope and local bishop/s, the deceased, and all the people of God.

DOXOLOGY: The priest in elevating the Body and Blood of Christ offers them to God the Father as a pure and holy sacrifice: “Through him, and with him, and in him, O God, almighty Father, in the unity of the Holy Spirit, all glory and honor is yours, for ever and ever.” In that one supreme moment, the Church, in union with Christ Jesus, offers his Body and Blood to the Father as the atonement due to sin for the salvation of the world and the glory of God. This is our ultimate Communion in the holy sacrifice of Christ, wherein the whole world is reconciled to God the Father.


THE GREAT AMEN: The assembly cries out as One Body in Christ with a resounding “Amen!” This is the assembly’s big moment, the very highpoint of the Mass to affirm – AMEN: I BELIEVE! – to all that the Church believes in the representation of the one same sacrifice of Calvary. In fact, this Great Amen never ends. In our own place and time, we are grafted into this one eternal Amen.



Reflection Questions

1. How do you memorialize significant events in your life? Do you unite them with Jesus in the Mass?
2. How different might your day be if you joined yourself with Christ as a love offering to the Father?
3. Read John 17:21-22. How does Jesus describe “Our communion in his Sacrifice”?
4. When facing the daily joys and challenges of being a disciple-steward of Christ, make it a priority to express your gratitude to God (silently or audibly), your Amen, as a way of accepting his holy will.

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: 
- I Am Here - Jesus meets you in the Eucharist – podcasts, inspirational stories about the Eucharist and Adoration www.iamhere.org

For children: video, HOLY KIDS: Eucharist Series | E2 The Mass



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.
- **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