

Mass Moments

Spring Series: Liturgy of the Eucharist

Key Points - June 8



The Communion Rite: Our Father and Sign of Peace

- After the Doxology (“through Him-with Him-in Him”) and Great Amen: we rise to begin The Communion Rite, joining as One Body to pray (sing) how Jesus taught us all to pray: “At our Savior’s command and formed by divine teaching, we dare to say: Our Father... ”
- The Lord’s Prayer – A Summary of the whole Gospel – is rooted in our liturgical prayer. Moreover, in praying-not just saying it-we ought to be keenly aware of how the Our Father is preparing and inviting us to give witness of our Communion with God and others.
- In addressing God as “Our Father,” we are aligning our hearts with a Father’s love, thereby desiring what he desires for us. It’s why the Our Father is referred to as the perfect prayer, as it centers our minds and hearts on God’s will for our lives. In other words, The Lord’s Prayer is designed to reorder our life’s priorities, teaching us not only to ask for what we need, but also to ask, above all, that God’s will be done in our lives.
- Immediately after praying the Our Father, the priest prays a prayer for deliverance, “Deliver us, Lord, we pray, from every evil...as we await the blessed hope and the coming of our Savior, Jesus Christ.” We conclude the priest’s expanded petition with a doxology, “For the kingdom, the power and the glory are yours now and forever.”
- The Sign of Peace: recalls Jesus’ words at the Last Supper, “I leave you peace, my peace I give you.” First, the priest implores Christ with a prayer for peace (unity) for the Church, “graciously grant her peace and unity in accordance with your will.”
- Second, the priest turns toward the faithful, “The peace of the Lord be with you always.” To which the people respond, “And with your spirit.”
- Finally, after asking for and receiving the peace of Christ, a peace the world cannot give, and then bestowing it on the faithful, the priest (deacon) directs the people to share with others what they have received as a gift, “Let us offer each other the sign of peace.”
- As a preparation for Communion, we turn to those – next to, in front of, or behind us – to acknowledge our fellowship with them, our unity as brothers and-sisters in Christ, sharing what we ourselves have just received, saying: “Peace be with you.” This “sign of peace” is meant to be a genuine expression of Christian unity, not just a superficial greeting. For we are experiencing, at this very moment, a dimension of our communion, our being joined together as One Body in Christ in preparation for receiving the sacrament of unity – Holy Communion.



Reflection Questions

- The “Our Father” is the prayer given to us by Jesus in the Gospel. Read Matthew 6:9-13 and Luke 11:2-4. Pray it confidently, imitating how Jesus prayed it. Make it a holy habit, not an obligation. Be intentional when praying it. Engage both your mind and your heart in your prayer. For you get out of it what you put into it. Pray it daily, especially when you don’t feel like praying.
- What do you need to be “delivered” from? Pray for this deliverance the next time you are at Mass.
- Peace is one of the fruits of the Holy Spirit that St. Paul lists in his Letter to the Galatians (5:22). How (when) do you experience this kind of peace in your life? Implore the Holy Spirit for this fruit in your own life and the grace-guidance to share this gift with others.

Resources for the Whole Family

- *Book: What Happens at Mass (revised edition) by Jeremy Driscoll, OSB; pages 106 - 120*
- *Catechism of the Catholic Church, CCC 2759 - 2854*
- *Teaching Mass Video Series by The Archdiocese of St. Paul/Minneapolis: [Teaching Mass: Session 7 – Communion Rite](#)*



For Families:

- Video: “The Our Father” *Catholic Kids Media*



“The Our Father” word search printable

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.
- **Jesus’ Pilgrimage to Us: Holy Hours Around the Archdiocese**, Thursday, June 19, 2025, 7– 8 PM, Church of St. Michael, Stillwater, MN