

WELCOME TO
THE MASS

A Visitor's Guide to the
Source and Summit of the Catholic Faith



CHRIST THE REDEEMER PARISH

WELCOME.

Thank you for sharing your time of worship with us.

We are so pleased to have you here!

This booklet will guide you through the Mass and give you some helpful pointers. Of course, if you still have any questions after the Mass, feel free to approach any of the priests.



The Eucharist is the full realization of the worship which humanity owes to God, and it cannot be compared to any other religious experience.... The risen Lord ... calls the faithful together to give them the light of His Word and the nourishment of His Body as the perennial sacramental wellspring of redemption. The grace flowing from this wellspring renews mankind, life, and history.

-Saint John Paul II



A couple of reminders before we begin...

You have now entered a place of worship. We ask that you please silence your phones and other electronic devices so the beeping or buzzing won't distract you and others from praying and participating fully in the Mass.

We also welcome *you* to participate in the Mass—join us in singing the hymns (the lyrics are up on the screen or in the green hymnals), and saying the responses and prayers along with the rest of the church (they are **red** in this book).

As Catholics, we believe in the Real Presence—that is, that the Eucharist *is* the Body of Christ. Thus, the Church places a high regard on the importance of the Eucharist. If you are not Catholic, or for another reason not prepared to receive Holy Communion, you are still most welcome to participate in the Mass—and when communion time arrives, we invite you to come up to the altar with the others and place your hand over your heart to receive a blessing.

Now let's begin...

INTRODUCTORY RITE

Processional

STAND

The Mass begins with the Processional Hymn or Entrance Antiphon led by the choir as the Priest and Concelebrants process in with the altar servers. The boards in the front display what songs we are singing—JS for JourneySongs and CBW for the Catholic Book of Worship.

Sign of the Cross and Welcome

Mass begins with the Sign of the Cross.

PRIEST: In the name of the Father, and of the Son, and of the Holy Spirit.

All: Amen.

PRIEST: *(A greeting, such as)* May the grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit be with you all.

All: And with your Spirit.

Confiteor (The Penitential Act)

We come into the presence of God and recognize the times that we have failed to love God and the people in our lives.

I confess to Almighty God, and to you my brothers and sisters, that I have greatly sinned—in my thoughts, in my words, in what I have done, and in what I have failed to do.

Through my fault, through my fault,
through my most grievous fault,
therefore I ask blessed Mary ever-Virgin,
all the Angels and Saints, and you, my brothers and sisters, to pray for me to the Lord our God.

Kyrie

We turn to God to ask Him for His mercy as we enter into the celebration of Mass. This will be sung or spoken in either Greek or English.

Kyrie eleison.	Lord have mercy.
Christe eleison.	Christ have mercy.
Kyrie eleison.	Lord have mercy.

Gloria *(Latin Lyrics: JS 169)*

The Rite continues with a great hymn of praise, the Gloria, testifying to God's greatness and His deservedness of our worship and devotion. The Gloria is not sung during Advent or Lent.

Glory to God in the highest, and on earth peace to people of good will. We praise you, we bless you, we adore you, we glorify you. We give you thanks for your great glory, Lord God Heavenly King: O God Almighty Father.

Lord Jesus Christ, only begotten son, Lord God Lamb of God, Son of the Father, you take away the sins of the world, have mercy on us. You take away the sins of the world, receive our prayer. You are seated at the right hand of the Father, have mercy on us.

For you alone are the Holy One, You alone are the Lord, You alone are the Most High, Jesus Christ, with the Holy Spirit, in the glory of God the Father. Amen.

Collect → *Turn to TODAY'S MASS in the Sunday Missal*

PRIEST: Let us pray.

The priest invites us to pray, and expresses the theme of the day's celebration. This prayer is found in the dated part of the Sunday Missal, marked henceforth as →TODAY'S MASS.

LITURGY OF THE WORD

*The Liturgy of the Word invites us to listen to and reflect on God's Word from Scripture, encouraging us to believe and follow Christ. All of the Sunday Mass readings can be found in →**TODAY'S MASS** in the Missal. Old Testament readings point to and prepare us for Christ; New Testament readings speak about Him directly and express his teachings.*

SIT

First Reading

After the reading:

READER: The Word of the Lord.

All: Thanks be to God.



Responsorial Psalm

The people repeat the response sung by the cantor the first time and then after each verse.

Second Reading (only at Sunday Mass or special Masses)

After the reading:

READER: The Word of the Lord.

All: Thanks be to God.

Gospel Acclamation

Jesus speaks to us in the Gospel. We stand and prepare for His message with the Alleluia.

CANTOR: Alleluia.

All: Alleluia.

STAND

During the season of Lent, the Alleluia is not sung. Instead, the below is sung:

CANTOR: Praise to you, Lord, King of eternal glory.

All: Praise to you, Lord, King of eternal glory.



Gospel

PRIEST OR DEACON: The Lord be with you.

All: And with your spirit.

PRIEST OR DEACON: A reading from the Holy Gospel according to (Matthew, Mark, Luke, or John)

All: Glory to you, O Lord.

*The Gospel is proclaimed. At Sunday Mass, it can be found in →**TODAY'S MASS** in the Sunday Missal.*

Following the Gospel:

PRIEST OR DEACON: The Gospel of the Lord.

All: Praise to you, Lord Jesus Christ.

Homily

SIT

The Priest speaks about the messages in the readings and the Gospel and invites us to respond to Christ through the life we lead.

Profession of Faith *(Next page)*

STAND

After the homily at Sunday Masses, we, as a people, express our acceptance of God's message and summarize our faith by proclaiming a Creed handed down from the early Church. You are invited to pray the Creed with us.

Nicene Creed

I believe in one God, the Father almighty, maker of heaven and earth, of all things visible and invisible.

I believe in one Lord Jesus Christ, the Only Begotten Son of God, born of the Father before all ages. God from God, Light from Light, true God from true God, begotten, not made, consubstantial with the Father; through him all things were made. For us men and for our salvation, he came down from heaven, *and by the Holy Spirit was incarnate of the Virgin Mary and became man.*

BOW

For our sake he was crucified under Pontius Pilate, he suffered death and was buried, and rose again on the third day in accordance with the Scriptures. He ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead and his kingdom will have no end.

I believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is adored and glorified, who has spoken through the prophets.

I believe in one, holy, catholic, and apostolic Church. I confess one Baptism for the forgiveness of sins and I look forward to the resurrection of the dead and the life of the world to come. Amen.

OR:

Apostle's Creed

I believe in God, the Father almighty, Creator of heaven and earth,

and in Jesus Christ, his only Son, our Lord,
*who was conceived by the Holy Spirit,
born of the Virgin Mary,*

BOW

suffered under Pontius Pilate, was crucified, died and was buried; he descended into hell; on the third day he rose again from the dead; he ascended into heaven, and is seated at the right hand of God the Father almighty; from there he will come to judge the living and the dead.

I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.



Universal Prayer (Prayers of the Faithful)

We unite with one another to pray for today's needs in the Church and the world. The Priest gives the introduction, and the Deacon or other reader reads the invocations.

After each invocation:

All: Lord, hear our prayer.

After all the invocations, the priest concludes the Universal Prayer, after which we say:

All: Amen.

→ SIT

LITURGY OF THE EUCCHARIST

The Eucharist is the central part of the Mass and source and summit of the Catholic faith. In this part of the Mass, we see the transformative love of God and experience Jesus' sacrifice for us as the bread and wine are transformed into the Body and Blood of Christ.

Presentation and Preparation of the Gifts

SIT

The bread and wine, representing the people's offering to God, are brought up to the altar while an offertory hymn is sung.

If an offertory hymn is not sung, the Priest will say his prayers of praise to God out loud. After both prayers, we respond:

All: Blessed be God forever.

Invitation to Prayer

STAND

The Priest invites us to pray as we begin the Eucharistic prayer.

PRIEST: Pray, brethren, that our sacrifice and yours may be acceptable to God, the almighty Father.

All: May the Lord accept the sacrifice at your hands, for the praise and glory of his name, for our good and the good of all His holy Church.

Prayer Over the Offerings

The Priest prays in our name and asks God to bless and accept the gifts we offer Him. This prayer can be found in →TODAY'S MASS in the Sunday Missal.



EUCHARISTIC PRAYER

Preface Dialogue

PRIEST: The Lord be with you.

All: And with your spirit.

PRIEST: Lift up your hearts.

All: We lift them up to the Lord.

PRIEST: Let us give thanks to the Lord our God.

All: It is right and just.

Preface

The Priest prays a unique Preface depending on the season. All the Prefaces are found on pg. 22 of the Sunday Missal.

Hosanna (Sanctus) *(Next Page)* [Latin Lyrics: JS 170]

The Sanctus represents the hymn of praise that the angels sing constantly at God's throne. (Isaiah 6:3) We join the Angels and Saints in Heaven in praising God.

Holy, Holy, Holy Lord, God of hosts.
Heaven and earth are full of your glory.

Hosanna in the highest.

Blessed is he who comes in the name of the Lord.

Hosanna in the highest.

The Eucharistic Prayer

KNEEL

A Eucharistic Prayer is prayed by the priest. All Eucharistic Prayers can be found beginning on pg. 23 of the Missal. A normal Sunday Mass usually uses Eucharistic Prayer #2 or #3.

In the Eucharistic Prayer, the bread and wine are transformed (transubstantiation) into the Body and Blood of Christ by the priest laying his hands over the gifts. He will then elevate the host and the chalice. All of these essential acts during this solemn part of the Mass are indicated by the ringing of bells.



Memorial Acclamation

PRIEST: The mystery of faith.

All: **A. We proclaim your Death, O Lord, and profess your Resurrection, until you come again.**

OR

B. When we eat this Bread and drink this Cup, we proclaim your Death, O Lord, until you come again.

OR

C. Save us, Saviour of the world, for by your Cross and Resurrection you have set us free.

Concluding Doxology

The Eucharistic Prayer continues according to the missal, and concludes with the following:

PRIEST: Through him, and with him, and in him, O God, almighty Father, in the unity of the Holy Spirit, all glory and honour is yours, for ever and ever.

All: Amen.

The Lord's Prayer

STAND

PRIEST: At the Saviour's command and formed by divine teaching, we dare to say:

All: Our Father, who art in heaven, hallowed be thy name; thy kingdom come; thy will be done on earth as it is in heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil.

PRIEST: Deliver us, Lord, we pray, from every evil, graciously grant us peace in our days, that, by the help of your mercy, we may be always free from sin and safe from all distress, as we await the blessed hope and the coming of our Saviour, Jesus Christ.

All: For the kingdom, the power and the glory are yours now and forever.

Sign of Peace

We are a community of Christians. The Sign of Peace is an opportunity for us to express, deepen, and restore our peaceful unity with our neighbours before receiving the Body of Christ.

PRIEST: *(Following a prayer)* The peace of the Lord be with you always.

All: And with your Spirit.

DEACON OR PRIEST: Let us offer each other the sign of peace.

All: *Turn to your neighbours and offer a spoken “peace be with you” or a handshake.*

Lamb of God *(Latin Lyrics: JS 174)*

Lamb of God, you take away the
sins of the world, have mercy on us.

Lamb of God, you take away the
sins of the world, have mercy on us.

Lamb of God, you take away the
sins of the world, grant us peace.



Invitation to Communion

KNEEL

We prepare now to encounter Christ in the Eucharist.

PRIEST: Behold the Lamb of God, behold him who takes away the sins of the world. Blessed are those called to the supper of the Lamb.

All: Lord, I am not worthy that you should enter under my roof, but only say the word and my soul shall be healed.



Communion

KNEEL or SIT

We now receive Christ in the Blessed Eucharist. For those who are not Catholic or those who are not properly prepared, you are welcome to come up and receive a blessing by placing your hand over your heart. Otherwise, you may pray quietly in your pew.

Prayer After Communion

STAND

PRIEST: Let us pray.

*The priest prays in our name that we may live the life of faith now that we have been strengthened by Christ himself. The Prayer can be found in →**TODAY'S MASS** in the Sunday Missal.*

All: Amen.

CONCLUDING RITE

Solemn Blessing

PRIEST: The Lord be with you.

All: And with your spirit.

PRIEST: May almighty God bless you, the Father, and the Son, and the Holy Spirit. *(Make the sign of the Cross.)*

All: Amen.

Dismissal

PRIEST OR DEACON: *[with some variation of:]* Go in peace, glorifying the Lord by your life.

All: Thanks be to God.

Recessional

A recessional hymn is sung, led by the choir.

Thank you for joining us for Mass! We invite you to reach out and say hello to the priests before leaving. If you want to connect further, please email us at office@ctrwestvan.ca.

Thanks for coming!
We'd love to see you again and connect.

Our regular Sunday Mass times are
9 a.m., 11 a.m., and 5 p.m.

Connect with us and contact our priests by:

Email: office@ctrwestvan.ca

Phone: 604-922-1371

Flocknote: www.flocknote.com/ctrrcav

Facebook: www.facebook.com/ctrwestvan

Website: www.ctrwestvan.ca



This book is yours to keep.
Do not hesitate to let us know if you have any
questions! God bless.



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