

Understanding the Mass

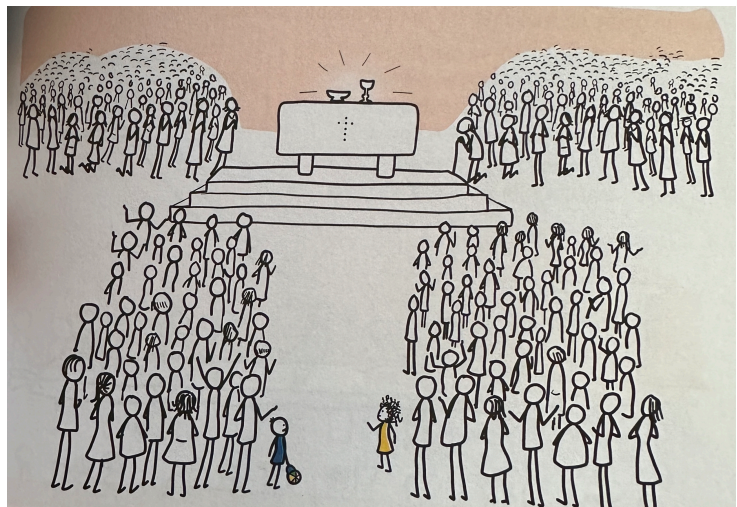
What is the Mass?

Welcome to **Understanding the Mass**, a weekly series for everyone in our parish community where we explain the different parts of the Mass - what is in the church, who is involved in the Mass, and why (and how) we celebrate Mass the way we do.

All around the world Catholics celebrate the Mass. You are probably reading this at Mass right now. So why do we come to Mass? And why is the Mass a celebration?

The person in charge of the Catholic Church for all of England and Wales, Cardinal Vincent Nichols, explains to us:

"The Mass is a celebration of the life, death and resurrection of Jesus. Jesus, who is truly human and truly God, is able to bridge the gap between us and God.



Going to Mass, joining in the prayer of the Church, is the most important thing that Catholics do. It is so important that in times of persecution people have given up all they owned, all their belongings and even their very lives, in order to go to Mass."

At the Last Supper, Jesus blessed the bread and the wine and said the very special words: "This is my Body" and "This is my Blood".

As Catholics, we believe Jesus' words turned the bread and wine into His Body and Blood. This is a **mystery**, something that is difficult for us to fully understand, but which we believe because of our faith in God.

We also believe that every time the priest says the words of Jesus during the Mass, the bread and the wine that we offer becomes the Body and Blood of Jesus as well.

1. Who is at Mass with you today? _____
2. Who are you going to pray for at Mass today? _____
3. What are you going to thank God for at Mass today? _____