

Understanding the Mass

The Liturgy of the Eucharist

Each week, we are explaining the different parts of the Mass - what is in the church, what we use in the Mass, and why (and how) we celebrate Mass the way we do.

*Today our topic is the **Liturgy of the Eucharist**.*

We now begin the **Liturgy of the Eucharist**, words which come from the Greek *leitourgia* (“public service for / on behalf of the people”), and *eucharista* (“thanksgiving”).

When we look at the wonderful world God has made and all the good things He has done for us, we are inspired to thank God for His great goodness to us - and we do this in a very special way during the Liturgy of the Eucharist.

When we eat together as a family, we set the table (get everything ready), say grace (bless our food), and eat together. We have special names for these same parts of the spiritual meal that we share in the Mass.

PREPARATION OF THE GIFTS - when we bring the gifts of bread and wine to the altar as a sign of offering all we have to God.

EUCCHARISTIC PRAYER - the most important prayer of the Mass because during the Eucharistic Prayer, the bread and wine become the Body and Blood of Christ.

OUR FATHER - when we pray to God our Father in the words Jesus taught us.



SIGN OF PEACE - when we greet each other as a sign of the peace and love that Jesus wants us to share.

COMMUNION RITE - when we receive the Body and Blood of Jesus Christ and we are united with all the other people who receive Him.

True or false? Circle what you think!

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| The word “eucharist” comes from Ancient Greek. | TRUE | FALSE |
| The Gospel Reading is part of the Liturgy of the Word. | TRUE | FALSE |
| We bring bread and wine to the altar in the Offertory | TRUE | FALSE |
| The Eucharistic Prayer is the most important prayer of the Mass. | TRUE | FALSE |