

# 1. Introduction

How we participate  
in the life of Christ  
through the celebration  
of the Mass.

+ In the name of the Father  
and of the Son  
and of the Holy Spirit.

# Listen to Scripture

**N**ow when Jesus heard  
the news of John the Baptist's death,  
he withdrew from there in a boat  
to a deserted place by himself.

But when the crowds heard it,  
they followed him on foot from the towns.

When he went ashore, he saw a great crowd;  
and he had compassion for them and cured their sick.

When it was evening, the disciples came to him and said,  
“This is a deserted place, and the hour is now late;  
send the crowds away  
so that they may go into the villages  
and buy food for themselves.”

Jesus said to them,  
“They need not go away; you give them something to eat.”

They replied,  
“We have nothing here but five loaves and two fish.”

And he said, “Bring them here to me.”  
Then he ordered the crowds to sit down on the grass.

Taking the five loaves and the two fish,  
he looked up to heaven,  
and blessed and broke the loaves,  
and gave them to the disciples,  
and the disciples gave them to the crowds.

And all ate and were filled;  
and they took up what was left over of the broken pieces,  
twelve baskets full.

And those who ate were about five thousand men,  
besides women and children.

Matthew 14: 13–21

## **Our Experience**

- Why do I come to Sunday Mass?
- What do I bring to Sunday Mass that in Christ might become food for all?

# Read & Reflect

## CONSTITUTION ON THE SACRED LITURGY

10. The liturgy is the summit toward which the activity of the Church is directed; at the same time it is the font from which all the Church's power flows. For the aim and object of apostolic works is that all who are made children of God by faith and baptism should come together to praise God in the midst of his Church, to take part in the sacrifice, and to eat the Lord's supper.
  
14. The Church earnestly desires that all the faithful be led to that full, conscious, and active participation in liturgical celebrations called for by the very nature of the liturgy. Such participation by the Christian people as "a chosen race, a royal priesthood, a holy nation, God's own people" (1 Pet 2:9; see 2: 4-5) is their right and duty by reason of their baptism.

In the reform and promotion of the liturgy, this full and active participation by all the people is the aim to be considered before all else. For it is the primary and indispensable source from which the faithful are to derive the true Christian spirit and therefore pastors must zealously strive in all their pastoral work to achieve such participation by means of the necessary instruction.

## GENERAL INSTRUCTION OF THE ROMAN MISSAL

17. It is, therefore, of the greatest importance that the celebration of the Mass or the Lord's Supper be so ordered that the sacred ministers and the faithful taking part in it, according to the state proper to each, may draw from it more abundantly those fruits, to obtain which, Christ the Lord instituted the Eucharistic Sacrifice of his Body and Blood and entrusted it as the memorial of his Passion and Resurrection to the Church, his beloved Bride.
  
18. This will fittingly come about if, with due regard for the nature and other circumstances of each liturgical assembly, the entire celebration is arranged in such a way that it leads to a conscious, active, and full participation of the faithful, namely in body and in mind, a

participation fervent with faith, hope, and charity, of the sort which is desired by the Church and which is required by the very nature of the celebration and to which the Christian people have a right and duty in virtue of their Baptism.

## For Discussion

- 'Participation... of the sort which is desired by the Church and required by the very nature of the celebration' (GIRM 18).  
Describe a celebration of Mass that fully engaged you.  
What was different for you?
- 'It leads to a conscious, active, and full participation of the faithful, namely in body and in mind, a participation fervent with faith, hope, and charity' (GIRM 18)  
In what ways do we take part in the Mass?
- '...to which the Christian people have a right and duty in virtue of their Baptism' (GIRM 18)  
What do I expect of the Church and Mass?  
What does the Church and Mass expect of me?

# Act

- In preparation for next Sunday's Mass.  
What has happened during this week?  
What is most on my mind today?  
Remember and reflect on these things on Sunday in your time of preparation before the beginning of Mass.
- In preparation for the next meeting.  
What at Mass made an impression on you?  
In what ways did last Sunday's Mass suggest how we might live as Christ in the world.

# Prayer

“This is my commandment,  
that you love one another as I have loved you.  
No one has greater love than this,  
to lay down one’s life for one’s friends.  
You are my friends if you do what I command you.  
I do not call you servants any longer,  
because the servant does not know what the master is doing;  
but I have called you friends,  
because I have made known to you  
everything that I have heard from my Father.  
You did not choose me but I chose you.  
And I appointed you to go and bear fruit, fruit that will last,  
so that the Father will give you  
whatever you ask him in my name.  
I am giving you these commands  
so that you may love one another.

John 15: 12–17

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.

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