



Church Tour and Mass Practicum for O.C.I.A. Inquiry

Tour of the Church

- The Narthex – A “porch” or “vestibule” originally reserved for the unbaptized
- The Nave – A word derived from the Latin word for “ship,” because of its resemblance (in traditional architecture) to the deck of a ship and because the Church is the “Barque (or boat) of Peter” and the “Ark of Salvation.”
- The Transept – The area of seating that crosses the nave. The transept makes the church .
- The Sanctuary – The most sacred place in the church, reminiscent of the “Holy of Holies” in the Temple of Jerusalem.
- The Sacristy – The place where the priest and deacon prepare for Mass and the place where the vestments and sacred vessels are kept.

Liturgical Seasons and Colors

- Vestments – Alb, Cincture, Stole, Chasuble (Priest), Dalmatic (Deacon)
- Advent (Royal Purple)
- Christmas (White)
- Ordinary Time (Green)
- Lent (Roman Purple)
- Holy Week
 - Palm Sunday (Red)
 - The Triduum
 - Holy Thursday (White)
 - Good Friday (Red)
 - Easter Vigil (White)
- Easter Season (White)
- Pentecost (Holy Spirit) and Feasts of Martyrs (Red)

Holy Days of Obligation

- Every Sunday
- January 1 (Mother of God)
- Ascension Thursday (6th Thursday after Easter)
- August 15 (Assumption of Mary)
- November 1 (All Saints)
- December 8 (Immaculate Conception)
- December 25 (Christmas)



Why Go to Mass?

- 1st Commandment – Worship
- 3rd Commandment – Keep Holy the Sabbath
- Justice – Pardon Example
 - How thankful would we be?
 - How much would we owe?
- Love –
 - The Veil Removed
 - Heaven and Earth / Real Presence
 - Relationship
- Spiritual Fuel – Car Analogy

Before Mass / Entering the Church

- Preparation – Review the Readings, Prayer
- The Holy Water Font
- Genuflecting
- Prayer before Communion
- *St. Justin Martyr* – Description of Mass – “First Apology” (ie. A Rational Defense) – 153 A.D.

Introductory Rites

- Entrance Antiphon / Procession
- Reverencing the Altar (Altar Stone)
- Greeting / Sign of the Cross
 - A Profession of Faith – Trinity, Incarnation, the Paschal Mystery
- The Penitential Act – The *Confiteor* / *Kyrie*
 - Mark 10:47 – Bartimaeus
 - Matthew 15:22 – Canaanite woman
 - Luke 18:13 – Tax collector
- The *Gloria* – Glory to God (*Luke 2:13*)
- The Collect (Opening Prayer)



Liturgy of the Word

- First Reading – Old Testament (Except Easter Season – Acts of the Apostles)
- Responsorial Psalm – Songs from the Old Testament
- Second Reading (on Sundays and solemnities) – New Testament Letters
- Gospel Acclamation
- Gospel – Matthew (Cycle A), Mark / John (Cycle B), Luke (Cycle C)
- Homily
- The Creed – Profession of Faith (on Sundays and Solemnities)
- Universal Prayer (Intercessions)

Liturgy of the Eucharist

- The Presentation of the Gifts (the people's offering)
- The Preparation of the Altar
- The Preface (Begins with "Lift up your hearts" ends with the "Holy, Holy")
 - "Holy, Holy, Holy" (*Revelation 4:8, Mark 11:9-10*)
- Eucharistic Prayer (Anaphora)
 - The Epiclesis – "To invoke upon" / "calling down upon")
 - The Institution Narrative – The words of Jesus at the Last Supper
 - *In Persona Christi*
 - The Mystery of Faith
 - The Anamnesis (Greek) – "Memorial"
 - *Zikaron* (Hebrew – "Memorial" / "Being Made Present")
 - We are mystically present in the Upper Room (at the Last Supper) and at the foot of the Cross (one event)
 - What Jesus says at the Last Supper He *does* on the Cross
 - "This is my Body give for you... This is my Blood which is poured out..."
 - The Doxology ("Through Him, with Him and in Him...")
 - The Great Amen
- The Lord's Prayer (*Matthew 6:9-13*)
- Sign of Peace (*John 20:19-21, Romans 16:16*)
- Lamb of God (*John 1:29*)



- Communion
 - Conditions for Worthy Reception of Holy Communion
 - One hour fast from all but water and medicine one hour before Holy Communion
 - Belief in the Real Presence of Christ in the Holy Eucharist
 - State of Grace – No unconfessed Mortal Sin
 - Venial Sin – Wounds our relationship with God
 - Worthy reception of Holy Communion cleanses from Venial Sin
 - Mortal Sin – Breaks our relationship with God
 - Grave Matter – “Serious Stuff”
 - Knowledge
 - Consent
 - Sign of Reverence – Genuflect or Bow
 - How to Receive
 - On the Tongue
 - In the Hand – “Make a Throne for Jesus...”

Concluding Rites

- Prayer After Communion
- Announcements (Optional)
- Greeting and Blessing
- Dismissal – *Ite Missa Est* (Latin) – “Go It is Sent”

After Mass

- Prayer of Thanksgiving
- Formed, Fed and Sent (Discipleship)



Prayer of St. Thomas Aquinas Before Holy Communion

Almighty and ever-living God, I approach the sacrament of your only-begotten Son, our Lord Jesus Christ. I come sick to the doctor of life, unclean to the fountain of mercy, blind to the radiance of eternal light, and poor and needy to the Lord of heaven and earth.

O my God I am heartily sorry for having offended Thee and I detest all of my sins because of thy just punishments but most of all because they offend Thee, my God, who art all good and worthy of all my love. I firmly resolve with the help of thy grace to sin no more and to avoid the near occasion of sin. Amen.

Prayer of St. Thomas Aquinas After Holy Communion

Lord, Father all-powerful and ever-living God, I thank You, for even though I am a sinner, your unprofitable servant, not because of my worth but in the kindness of your mercy, You have fed me with the Precious Body & Blood of Your Son, our Lord Jesus Christ.

I pray that this Holy Communion may not bring me condemnation and punishment but forgiveness and salvation. May it be a helmet of faith and a shield of good will. May it purify me from evil ways and put an end to my evil passions. May it bring me charity and patience, humility and obedience, and growth in the power to do good.

May it be my strong defense against all my enemies, visible and invisible, and the perfect calming of all my evil impulses, bodily and spiritual. May it unite me more closely to you, the One true God, and lead me safely through death to everlasting happiness with You.

And I pray that You will lead me, a sinner, to the banquet where you, with Your Son and holy Spirit, are true and perfect light, total fulfillment, everlasting joy, gladness without end, and perfect happiness to your saints. grant this through Christ our Lord. Amen.