

Communion

By receiving and consuming the Eucharist we are incorporated into the Body of Christ and the Communion of Saints. We express our desire and our assent to this transformation by saying "Amen" – "So be it."

- Did you sense a deeper awareness of how you are united in communion with Jesus through the Eucharist?
- Did you sense a deeper awareness of how you are united to the Body of Christ present in the people around you, here and there?
- Were you aware of particular individuals who embody God's loving presence for you?
- Were you aware of particular individuals from whom you are estranged by hurt or fear?
- Are you assured or frightened by this *communion*?

Dismissal

"Go, the Mass is ended" – now we are sent forth as individuals and as a community to be the Body of Christ in the world.

- Are you aware of how and where you need to be Christ for the world in your family, the workplace, among friends and neighbors, in the community and the world this week?
- Do you sense how your *common-union* with the Body of Christ in this Eucharist empowers and enables you to do what needs to be done?
- For what are you most grateful as you leave Mass today?
- In what way(s) have you been transformed, strengthened, empowered, reassured or challenged by your participation in the liturgy today?
- Are you better prepared to be a person of faith, hope and love?

"Body of Christ"

Reflective Guide to the Catholic Mass

Use this guide to deepen your appreciation for the Catholic liturgy.

Gathering Rite

The Gathering Rite reminds us that we are all members of God's family – each of us unique, separate and equal, both graced and sinful, but united to one another in a communion as the Body of Christ.

- Did you feel welcome at Mass today? Why or why not?
- Did you feel "present" and "engaged" in what was happening?
- What did you notice about the people around you?
- Were you struck in any way by the environment or music during Mass today?
- Were you struck in any way by the priest's demeanor at Mass today?
- As we confessed to Almighty God and our brothers and sisters, did you recall anything specific that you regret or are sorrowful for?

The Catholic Parishes in Waterloo
Adult Faith Formation

Liturgy of the Word

In the Liturgy of the Word we hear God's Word speaking to us as it has for centuries spoken to God's People. It reminds us of who we are, where we have come from, and where we are going.

- What do you remember about any of the three readings at Mass today?
- Did anything in the readings speak to you or your life's situation?
- Did anything in the homily speak to you or your life's situation?
- Did you gain from the readings a new sense for who you are and what you are called to be?

The Creed and Prayers of Petition

The Creed is a statement of fundamental beliefs of Catholic Christians.

- Did any statement in the Creed particularly speak to you today?
- Were you reminded of any aspects of our faith that you find especially valuable or meaningful?
- Were you reminded of any aspects of our faith that you find troubling or doubtful?

Following the Creed we pray for special needs in our church and world.

- Were you particularly concerned about any of the needs mentioned in the petitions today?
- Did you mentally add any personal needs during this prayer?

Preparation for the Liturgy of the Eucharist

During the preparation for the Liturgy of the Eucharist, we are reminded that we all have gifts for which we should be grateful and generous.

- Did you mentally recall any particular gifts which you are especially grateful for this week?
- Did you mentally recall any recent experiences that you are especially grateful for today?
- Did you remember any gifts or resources which you can generously share with others?

Liturgy of the Eucharist

The Liturgy of the Eucharist re-members God's saving presence throughout human history; it re-presents God's living presence among us in Jesus the Christ.

- Did anything in the Liturgy of the Eucharist speak to you in a special way today?
- Did it remind you in any way of how you have encountered Christ's real presence in your daily experience?
- Could you imagine being really present at the Lord's Supper and hearing his words, *This is my body.... This is my blood.... Do this in memory of me.*
- Are you assured or frightened of the Lord's promise, *Where two or three are gathered, there I am among you?*
- Where or how do you expect or hope to encounter Christ's real presence in the week ahead?
- For whom do you need to be the real presence of the living God revealed to us in Jesus the Christ?