

# 4. Our duty and our salvation

## Liturgy of the Eucharist

Let us give thanks to the Lord our God.  
It is right and just.



**In spirit and in truth**  
material for small groups

Leader

In spirit and in truth



## Welcome

*What have you noticed in the Celebration of Mass in your parish this week? What questions do you have?*



## Listen to Scripture

*What words, phrases or images strike you in this passage from St Paul?*

### We who are many...?

*Possible responses*

- Knowing the people around me.
- Recognising the names of people prayed for in the intercessions.
- Joining together in the responses and music.
- Our common connection in Jesus.

*Possible Supplementary Questions*

- How has the Mass shaped use into One Body up to this point?

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### How would you describe the Eucharistic Prayer?

*Possible responses*

- Prayerful
- When the Consecration happens.
- Long with many different bits: thanksgiving, praise and prayer

*Possible Supplementary Questions*

- How do you take part?
  - What are you thankful for in your life? Whom do you thank?
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## Listen to Scripture

The cup of blessing that we bless, is it not a sharing in the blood of Christ? The bread that we break, is it not a sharing in the body of Christ? Because there is one bread, we who are many are one body, for we all partake of the one bread.

For I received from the Lord what I also handed on to you, that the Lord Jesus on the night when he was betrayed took a loaf of bread, and when he had given thanks, he broke it and said, 'This is my body that is for you. Do this in remembrance of me.' In the same way he took the cup also, after supper, saying, 'This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me.' For as often as you eat this bread and drink the cup, you proclaim the Lord's death until he comes.

1 Corinthians 10:16–17. 11:23–26

# Our Experience

- 'We who are many form one body, because we all share in the one bread' – how do you experience becoming 'one body' at Mass?
- How would you describe the Eucharistic Prayer?
- What are the different ways we remember something?

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### What are the different ways we remember something?

#### *Possible responses*

- Different things in different ways: a doctor's appointment by a note in my diary; my wedding anniversary by gifts and evoking memories
- There is a difference between remembering for a future event and recalling a past event.
- We keep anniversaries as a focus — the day my mother died is not just about that day but her whole life.
- Significant anniversaries can also be a cause for reflection on my whole life.

#### *Possible Supplementary Questions*

- What are we remembering at Mass?
- How is this memory kept?
- What difference does it make to your participation that you need a sheet to help you remember the words?

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#### *Supplementary Question*

- Do you recognise the 'fourfold action' of 'take, bless, break and share' in the prayer? Can you think of stories in scripture where these actions take place? How do you experience these actions in daily life?



## Read & Reflect

It may be helpful to connect the extract from the Eucharistic Prayer with the passage from 1 Corinthians.

### Which of the Memorial Acclamations do you prefer and why?

#### *Possible responses*

- The first — I like the idea of proclaiming our faith.
- The second — I appreciate the echoes of scripture.
- The second — it is the least changed.
- The third — ‘you have set us free’

#### *Possible supplementary questions:*

- What might be the connection between the acclamation and the preceding text?
- Why might the Acclamation come at this point in the prayer?

### What in particular have you noticed about the new translation of the Eucharistic Prayers?

#### *Possible responses*

- I am not sure I cannot remember the previous text.
- I am not sure about chalice
- I like the image of Jesus’ Blood being poured out for us.

#### *Possible supplementary questions:*

- Which words & actions in the Mass are particularly important for you?  
If in the last section the supplementary question

## Read & reflect

### Extract from Eucharistic Prayer III

For on the night he was betrayed  
he himself took bread,  
and, giving you thanks, he said the blessing,  
broke the bread and gave it to his disciples, saying:

TAKE THIS, ALL OF YOU, AND EAT OF IT,  
FOR THIS IS MY BODY,  
WHICH WILL BE GIVEN UP FOR YOU.

In a similar way, when supper was ended,  
he took the chalice,  
and giving you thanks he said the blessing,  
and gave the chalice to his disciples, saying:

TAKE THIS, ALL OF YOU AND DRINK FROM IT,  
FOR THIS IS THE CHALICE OF MY BLOOD,  
THE BLOOD OF THE NEW AND ETERNAL COVENANT,  
WHICH WILL BE Poured OUT FOR YOU AND FOR MANY  
FOR THE FORGIVENESS OF SINS.

DO THIS IN MEMORY OF ME

The mystery of faith.

We proclaim your Death, O Lord,  
and profess your Resurrection  
Until you come again

or

When we eat this Bread and drink this Cup,  
we proclaim your Death, O Lord,  
Until you come again.

or

Save us, Saviour of the world,  
for by your Cross and Resurrection  
You have set us free.

## Our Experience

- Which of the Memorial Acclamations do you prefer and why?
- What in particular have you noticed about the new translation of the Eucharistic Prayers?
- At the end of the Eucharistic Prayer what are we saying 'Amen' to?

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about the four fold shape has been reflected upon it might be helpful to note how it is found here.

### At the end of the Prayer what are we saying 'Amen' to?

#### *Possible responses*

- the words of the priest
- everything that has been said.
- to our prayers which the priest has articulated?

#### *Possible supplementary questions*

- How is the Eucharistic Prayer the 'centre and summit' of the Mass?
- How is it the 'action of the whole Church'?

#### *Supplementary questions:*

- How might the various elements of the Prayer (for example, thanksgiving and intercession) affect how we share meals at home?

In spirit and in truth



## Act

See Notes



## Prayer

See Leader's notes.

### Gather

- Light a candle(s) and/or time of silence:  
*In the name of the Father...  
Let us begin our time of prayer  
with a few moments silence.*
- Sing a setting of the *Holy, Holy*

### Listen

- to 1 Corinthians reading again

### Respond

- Time of silent reflection
- Sing one of the Memorial Acclamations
- Offer intercessions following the pattern of the Eucharistic Prayers: praying the Church Universal and local and for those who have died.
- The Lord's Prayer

### Sending Forth

- Leader:  
*The Lord bless us, and keep us  
from all evil,  
and bring us to everlasting life.*
- All: *Amen*

# Act

- This week pay particular attention to the Eucharistic Prayer. Try to do it by listening rather than by following along with the words. Make a note of anything that strikes you, to share with the group when you next meet.

# Prayer

Holy, Holy, Holy Lord God of hosts.  
Heaven and earth are full of your glory.  
Hosanna in the highest.  
Blessed is he who comes in the name of the Lord.  
Hosanna in the highest.

**Liturgy  
Office**  
ENGLAND  
& WALES

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