

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

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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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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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.