

Preparing for Sunday Mass

In preparation for Sunday Mass spend some time reflecting on your life in the last week.

- For what do you want to give God thanks and praise?
- What in your life needs the nourishment of Word and Sacrament?

After Mass on Sunday choose one of the readings from the Liturgy of the Word and use it for your prayer in the coming week.

- Where does the reading challenge you to be a more faithful follower of Christ?
- Where in this reading does the Lord speak encouragement to you?



The liturgy is the source and summit of the whole Christian life.

The liturgy is the summit toward which the activity of the Church is directed; at the same time it is the fount from which all the Church's power flows.

SACROSANCTUM CONCILIUM 10

*They told their story
of what had happened on the road
and how they had recognised him
at the breaking of the bread.*

LUKE 24:35



God our Father,
in all the churches scattered
throughout the world
you show forth the one, holy, catholic
and apostolic Church.
Through the gospel and the eucharist
bring your people together
in the Holy Spirit
and guide us in your love.

Make us a sign of your love for all people,
and help us to show forth
the living presence of Christ in the world,
who lives and reigns with you
and the Holy Spirit,
one God, for ever and ever.
Amen.

**Liturgy
Office**
ENGLAND
& WALES

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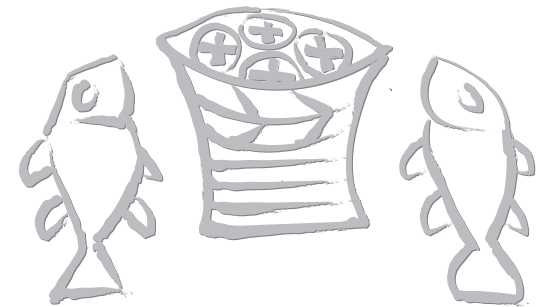
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M001

General Instruction of the Roman Missal an Introduction



*Though holy in its origin, the
People of God nevertheless grows
continually in holiness by its conscious,
active, and fruitful participation in
the mystery of the Eucharist.*

GIRM 5

What is the General Instruction?

The *General Instruction* is a guide for the preparation and celebration of Mass.

It is where the Church gives directions about the preparation of people's hearts and minds and of the places, rites, and texts for the celebration of the Most Holy Eucharist.

cf. *General Instruction of the Roman Missal* (GIRM) 1

Everything is to be done to help those who come together to celebrate Mass to *a conscious, active, and full participation of the faithful both in body and in mind, a participation burning with faith, hope, and charity, of the sort which is desired by the Church and demanded by the very nature of the celebration, and to which the Christian people have a right and duty by reason of their Baptism.* GIRM 18

A new edition of the *General Instruction* was published by the Holy See in March 2002 and an English translation in June 2003.

It builds on the Church's 30 years experience of celebrating the revised Order of Mass.

- It highlights best practice.
- It further implements the directives of the Second Vatican Council.
- It re-emphasises the need for liturgy which is prepared well and celebrated by the whole assembly in a way which is reverent and worthy.

The publication of the *General Instruction* provides us with a fresh opportunity to consider:

- How does our parish prepare to celebrate its liturgy?
- How do we celebrate Mass together in this parish?
- How does the liturgy feed us to live as Christ in the world?

The ministry of the whole assembly

- To gather forming one body
- To hear the word of God
- To join in prayer and song
- To offer the sacrifice together
- To participate together at the Lord's table
- To be sent out to do good works, while praising and blessing God

GIRM 96, 90