



Understanding the Catholic Mass: Deeper Meanings



Memorable Quotes from the DVD
Take, Eat and Drink:
Drawing Deeper Faith Through Understanding the Mass

Produced by Good News Ministries of Tampa Bay, Inc.
Available from Good News Studios
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In the Introductory Rites of Mass, singing, first of all, takes us *out* of ourselves.

During the Apostolic Greeting, we are entering into something *bigger* than ourselves.

In the Act of Penitence, take ownership. Take *responsibility* for your own actions.

The Gloria is meant to inspire *awe*.

At the start of the Liturgy of the Word, "We enter into the Spirit in *silence* and then the Holy Spirit speaks." – St. Paul (paraphrased from Romans 8:25-26)

During the Liturgy of the Word, God is doing. He is speaking to us and our response is to *listen*.

Pray the Word. And then, let God set you on *fire* with His love.

The Creed "is the *scripture* reduced to one page." – Fr. Jeremy Driscoll

The Creed "is not a loyalty oath. It is a statement of praise, more *oriented to glorifying* God than to providing information." – John Baldovin

In the Prayer of the Faithful, we are moved *beyond ourselves* and we're asking God to do something *for others*.

"For Catholics, the Eucharist is not simply a way of worshipping God, it is the privileged means of experiencing the presence of Christ Jesus and participate in his work of redeeming the world." – John Baldovin

Eucharist, the Holy Sacrifice of the Mass, is an *activity*. Something is *happening!* God is doing something in *Christ*, by the power of the *Holy Spirit*. What God is doing is saving the world.

Eating, drinking, encountering Christ is the form of *Redemption*. "If eating is the form of the Fall, it is also the form of Redemption." – Normal O. Brown.

In the Eucharistic Prayer, the priest prays over the chalice and says, "This is the blood of the covenant, poured out for you and for many for the forgiveness of sins." The words "for many" allows for us to have the free will to cooperate with what God did in Christ Jesus by the power of the Holy Spirit.

Transubstantiation: "Heaven kisses Earth." – Matt Maher

"Behold the Lamb of God!" It's Christ that we're *adoring* here, in front of you. Right here, right now. We're *encountering* Christ.

At the end of Mass, we are *sent forth* on mission to do something: to *glorify* the Lord by our life.

Eucharist isn't just a private encounter with the Lord. It's meant to invigorate us and send us back differently. To send us back strengthened, renewed, invigorated to face the challenges of living the Christian life day in and day out." – Fr. Richard Hilgartner

"Christ has no body now on earth but yours, no hands but yours, no feet but yours. Yours are the eyes through which to look at Christ's compassion to the world. Yours are the feet with which he is to go about doing good, and yours are the hands with which he is to bless us now." – St. Teresa of Avila