

Sunday Missal for Young Catholics

2018 – 2019

I want to know Jesus better.

This missal will help you take part in the Mass on Sundays and important feast days. Pages 2 to 31 contain the words and explain the gestures that are the same for every Mass. The rest of the book gives you the readings and prayers for each Sunday of the year.

Look over the readings with your family before you go to church. This is an excellent way to use this book and a wonderful way to prepare for Mass.

The most important thing about this little book is that it will help you to know Jesus better. Jesus came to bring God's love into the world. And his Spirit continues to fill us with love for one another.

We hope the short notes in this book will help you to participate more fully in the Mass. May the Mass become an important part of your life as you grow up, and may the readings and prayers you find in this missal inspire you to love and serve others just as Jesus did.



WHAT WE NEED TO CELEBRATE THE MASS

The **altar** is the table where the priest consecrates bread and wine. The **priest** makes Jesus present and acts in his name.



A group of Christians.
You are a Christian by your baptism.



One **cruet** contains water, while the other cruet contains wine.

Holy vessels



chalice ciborium paten

Bread and wine

The Mass is the commemoration of what Jesus did during the Last Supper with his disciples, before he died. The bread is shaped like a small disc and is called a "host."



The **ambo** is the place where the word of God is proclaimed.

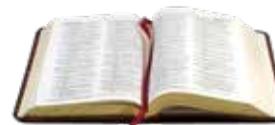
THE FOUR MAIN PARTS OF THE MASS

On the following pages you will find the words that the priest says and the responses we say together during each part of the Mass. You will also find explanations and responses to many questions that people ask about the Mass.



The Introductory Rites

The Lord brings us together.
We ask God for forgiveness.
We give glory to God.



The Liturgy of the Word

We listen to the word of God.
We profess our faith.
We pray for the whole world.



The Liturgy of the Eucharist

We offer bread and wine to God.
We give thanks to God.
We say the Lord's Prayer.
We share the peace of Christ.
We receive Jesus in communion.



The Concluding Rites

The Lord sends us forth to live the gospel.

The Lord Brings Us Together

We come together in church with family, friends, neighbors, and strangers. We are here because Jesus has invited us to be here.

When the priest comes in, we stand and sing. Then we make the sign of the cross along with the priest.

Priest: In the name of the Father, and of the Son, and of the Holy Spirit.

Everyone: Amen.

Sometimes, the words can change a bit, but usually the priest will say:

Priest: The grace of our Lord Jesus Christ, and the love of God, and the communion of the Holy Spirit be with you all.

Everyone: And with your spirit.



Questions

Why do we celebrate Mass on Sunday?

Jesus rose from the dead on Sunday, the day after the Sabbath. This is why Christians gather on that day. Over time, people started to call it “the Lord’s day.”

Why do we celebrate Mass in a church?

Churches are built specially for Christians to gather in. If needed, Mass can be celebrated in other places: a home, a school, a plaza, a jail, a hospital, a park...

Why do we need a priest to celebrate Mass?

We believe that Jesus is present in the person of the priest when Christians gather for the Mass. He presides over the celebration of the Lord’s supper in the name of Jesus Christ.

Gestures

Standing

We stand to welcome Jesus, who is present among us when we gather in his name.

The sign of the cross

With our right hand we make the sign of the cross (from our forehead to our chest, from our left shoulder to our right) and say “In the name of the Father, and of the Son, and of the Holy Spirit.” This is how all Catholic prayer begins.

Singing

This is a joyful way to pray together.



We Pray for the Whole World

This is the moment of the Universal Prayer of the Faithful when we present our **petitions** to God. We pray for the Church, for all of humanity, for those who are sick or lonely, for children who are abandoned, for those who suffer through natural disasters...

After each petition we respond with a phrase, such as:

Everyone: Lord, hear our prayer.

Reader: For the needs of the Church...
 For peace in every country...
 For the hungry and the homeless...
 For ourselves and for all God's children...

What Does It Mean?

Petitions

Petitions are prayers asking for something specific. Each week at Mass, the petitions change because the needs of the world and our community change. We stand for the petitions and answer "Amen" at the end. Sometimes we call these prayers intentions.

Why do we call the Prayer of the Faithful "universal"?

It is a universal prayer because it includes everyone: we pray for all the people of the world.

Why do we take up a collection?

Christians help out with the maintenance of the church building and also help people who are in need. These gifts are brought to the altar with the bread and the wine.



We Offer Bread and Wine to God

The celebration of the Lord's Supper continues at the altar. Members of the community bring the bread, the wine, and the gifts collected to relieve the needs of the Church and the poor. The priest receives the gifts and then with him we bless God for the bread and wine that will become the Body and Blood of Jesus.

We sit down. The priest takes the bread and wine, and lifts them up, saying:

Priest: **Blessed** are you, Lord God of all creation, for through your goodness we have received the bread we offer you: fruit of the earth and work of human hands, it will become for us the bread of life.

Everyone: Blessed be God for ever.

Priest: Blessed are you, Lord God of all creation, for through your goodness we have received the wine we offer you: fruit of the vine and work of human hands, it will become our spiritual drink.

Everyone: Blessed be God for ever.

The priest washes his hands. Then we all stand and the priest says:

Priest: Pray, brothers and sisters, that my sacrifice and yours may be acceptable to God, the almighty Father.

Everyone: May the Lord accept the **sacrifice** at your hands for the praise and glory of his name, for our good, and the good of all his holy Church.

The priest, with hands extended, says a prayer over the bread and wine. He usually ends the prayer by saying:

Priest: Through Christ our Lord.

Everyone: Amen.

December 8

Immaculate Conception of the Blessed Virgin Mary



First Reading (Genesis 3:9-15, 20)

After the man, **Adam**, had eaten of the tree, the LORD God called to the man and asked him, “Where are you?” He answered, “I heard you in the garden; but I was afraid, because I was naked, so I hid myself.” Then he asked, “Who told you that you were naked? You have eaten, then, from the tree of which I had forbidden you to eat!” The man replied, “The woman whom you put here with me—she gave me fruit from the tree, and so I ate it.” The LORD God then asked the woman, “Why did you do such a thing?” The woman answered, “The serpent tricked me into it, so I ate it.”

Then the LORD God said to the serpent:

“Because you have done this, you shall be banned
from all the animals
and from all the wild creatures;
on your belly shall you crawl,
and dirt shall you eat
all the days of your life.

I will put enmity between you and the woman,
and between your offspring and hers;
he will strike at your head,
while you strike at his heel.”

The man called his wife **Eve**, because she became the mother of all the living.

The word of the Lord. **Thanks be to God.**

Responsorial Psalm (Psalm 98:1, 2-3ab, 3cd-4)

**R. Sing to the Lord a new song,
for he has done marvelous deeds.**

Sing to the LORD a new song,
for he has done wondrous deeds;
His right hand has won victory for him,
his holy arm. **R.**

The LORD has made his salvation known:
 in the sight of the nations he has revealed his justice.
 He has remembered his kindness and his faithfulness
 toward the house of Israel. R.

All the ends of the earth have seen
 the salvation by our God.
 Sing joyfully to the LORD, all you lands;
 break into song; sing praise. R.

Second Reading (Ephesians 1:3-6, 11-12)

Brothers and sisters: Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavens, as he chose us in him, before the foundation of the world, to be holy and without blemish before him. In love he destined us for **adoption** to himself through Jesus Christ, in accord with the favor of his will, for the praise of the glory of his grace that he granted us in the beloved.

In him we were also chosen, destined in accord with the purpose of the One who accomplishes all things according to the intention of his will, so that we might exist for the praise of his glory, we who first hoped in Christ.

The word of the Lord. **Thanks be to God.**

Gospel (Luke 1:26-38)

A reading from the holy Gospel according to Luke.

Glory to you, O Lord.

The angel Gabriel was sent from God to a town of Galilee called Nazareth, to a virgin betrothed to a man named Joseph, of the house of David, and the virgin's name was Mary. And coming to her, he said, "Hail, full of grace! The Lord is with you." But she was greatly troubled at what was said and pondered what sort of greeting this might be. Then the angel said to her, "Do not be afraid, Mary, for you have found favor with God. Behold, you will conceive in your womb and bear a son, and you shall name him Jesus. He will be great and will be called Son of the Most High, and the Lord God will give him the throne of David his father, and he will rule over the house of Jacob forever,

and of his Kingdom there will be no end." But Mary said to the angel, "How can this be, since I have no relations with a man?" And the angel said to her in reply, "The Holy Spirit will come upon you, and the power of the Most High will overshadow you. Therefore the child to be born will be called holy, the Son of God. And behold, Elizabeth, your relative, has also conceived a son in her old age, and this is the sixth month for her who was called barren; for nothing will be impossible for God." Mary said, "Behold, I am the handmaid of the Lord. May it be done to me according to your word." Then the angel departed from her.

The Gospel of the Lord. **Praise to you, Lord Jesus Christ.**

Key Words

The **Immaculate Conception** is the day we remember that God kept the Virgin Mary free from sin from the very beginning of her life. God did this for Mary because she was the mother of our Savior, Jesus, and it is through Jesus that all of us, including Mary, are redeemed and saved from sin.

Some stories are true on the inside, even if they are not completely true on the outside. The Church does not teach that the story of **Adam** and **Eve** happened just as it is told in this reading. But it does teach that this story tells us a very important truth about how human beings first turned away from God—and often still do.

When God says "**he will strike at your head,**" the Church believes that God is speaking about Jesus, who will come and save human beings from sin.

Children without parents can be adopted into new families. A similar process of **adoption** happened in our baptism. Through baptism, we have been adopted by God, our heavenly parent. We have become brothers and sisters of Jesus, brothers and sisters to one another, all of us children of God, called to share God's love and life.

Prayer of Saint Dominic

May God the Father, who made us, bless us.
May God the Son send his healing among us.
May God the Holy Spirit move within us
and give us eyes to see with, ears to hear with,
and hands that your work might be done.
May we walk and preach the word of God to all.
May the angel of peace watch over us
and lead us at last by God's grace to the Kingdom.
Amen.

Prayer of Saint Rose Philippine Duchesne

O eternal Father,
we come to you through the heart of Jesus,
who is the way, the truth, and the life.
Through his divine heart,
we adore you for those who do not adore you,
we love you for those who do not love you;
we gratefully acknowledge you to be our God.
Amen.

Prayer of Saint Augustine of Hippo

Breathe in me, O Holy Spirit,
that my thoughts may all be holy.
Act in me, O Holy Spirit,
that my work, too, may be holy.
Draw my heart, O Holy Spirit,
so that I love only what is holy.
Strengthen me, O Holy Spirit,
to defend all that is holy.
Guard me, then, O Holy Spirit,
that I always may be holy.
Amen.

The Peace Prayer inspired by Saint Francis

Lord, make me an instrument of your peace.
Where there is hatred, let me sow love;
where there is injury, pardon;
where there is doubt, faith;
where there is despair, hope;
where there is darkness, light;
where there is sadness, joy.

Divine Master, grant that I may not so much seek
to be consoled, as to console;
to be understood as to understand;
to be loved as to love.

For it is in giving that we receive;
it is in pardoning that we are pardoned;
and it is in dying that we are born to eternal life.
Amen.

Prayer of Saint Clare of Assisi

Blessed are you, my Lord God,
for creating me and giving me life;
and by your death on the cross,
blessed are you, Jesus, for redeeming me
and giving me eternal life.
Amen.

Prayer of Saint Patrick *(Saint Patrick's Breastplate)*

Christ be with me, Christ within me,
Christ behind me, Christ before me,
Christ beside me, Christ to win me,
Christ to comfort and restore me.
Christ beneath me, Christ above me,
Christ in quiet, Christ in danger,
Christ in hearts of all that love me,
Christ in mouth of friend and stranger.

Let Go and Let God

God of peace and acceptance,
things do not often go the way we want them to go.
We can be disappointed,
particularly when we want something really badly
and it doesn't work out.

We pray today to be granted the ability
to accept things that we are not able to change.

We pray for peace of mind and heart.

Please grant us the faith to trust in you.

Help us to follow the words in the Serenity Prayer:

“God, grant me the serenity
to accept the things I cannot change,
courage to change the things I can,
and wisdom to know the difference.”

Amen.

Let's Live the Love of Jesus

Kind God, today we reflect on the gift of your Son.

When we look at his example,
we know that each of us is called to a life
of service and compassion.

He did not associate with the rich and established.

Rather, he chose to spend time with the lowly and the outcast.

Help us to live in solidarity with the people
that Jesus chose to spend time with.

May our actions help create a world where love prevails.

We pray that we have the courage, strength, and wisdom
to respond to this call, fully and completely.

Amen.

Excerpted from Filomena Tassi and Peter Tassi, *365 Prayers for Catholic Schools and Parish Youth Groups* (Twenty-Third Publications, 2016).

Prayer for the Beginning of the School Day

God of wisdom,
you call us to grow in your grace
with hearts to love you,
with souls open to you,
with minds to learn from you.
Help us to see beyond distractions
and keep our vision clear—
a vision of your reign.
Amen.

Prayer at the Closing of the School Day

Loving God,
our creator, our friend,
our companion,
bless our journey of learning.
Refresh our souls and renew
our spirits.

Lead us in paths of wisdom,
compassion and understanding.
Bless us with an enduring love of learning.
May the Holy Spirit flow freely
through the classrooms and halls of our school,
through the rooms and gardens of our home,
through our churches and our nation.
We make this prayer in the name of Jesus.
Amen.

Lisa Freemantle and Les Miller, *Words for the Journey: Ten-Minute Prayer Services for Teachers and Administrators* (Novalis, 2009).

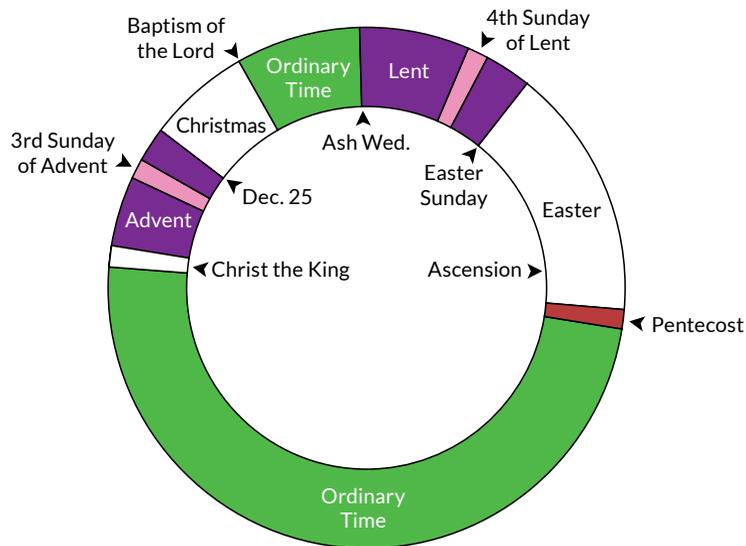


THE LITURGICAL YEAR

The readings for Sunday Mass and feast days change according to the liturgical calendar.

What is the liturgical year?

Throughout the year, Christians celebrate together important moments in Jesus' life. This is the liturgical year. There are five seasons: Advent, Christmas, Lent, Easter and Ordinary Time.



Advent is a time of waiting. It begins 4 Sundays before Christmas. We prepare to welcome Jesus.

Christmas time celebrates the life of Jesus from his birth to his baptism. It includes Epiphany: Jesus welcomes the whole world.

During the 40 days of **Lent** we prepare for the great feast of Easter, the most important moment of the year.

Easter time is a season to celebrate Jesus' victory over death. It lasts from Easter Sunday to Pentecost, when the Holy Spirit comes upon the disciples.

The season in green above is called **Ordinary Time** because the Sundays are arranged using "ordinal numbers." It recounts many of the things Jesus did and said during his lifetime.

SACRAMENTS: A GIFT FROM GOD

Sacraments are rituals through which we receive God's grace. Grace is the gift of God's love and strength, given freely to us to help us lead good and just lives. Sacraments always involve signs appealing to our senses that point to God's saving presence in our lives. Baptism requires water, for example, and when we are confirmed, we are anointed with a special oil called chrism.

The seven sacraments of the Catholic Church are **Baptism, Reconciliation, Eucharist, Confirmation, Marriage, Holy Orders**, and the **Anointing of the Sick**.

Sometimes you will hear people refer to **Sacraments of Initiation, Sacraments of Healing**, and **Sacraments of Service**.

The **Sacraments of Initiation**—Baptism, Eucharist, and Confirmation—help welcome us into a life of faith.

The **Sacraments of Healing** are Reconciliation and the Anointing of the Sick. Reconciliation helps us when our actions have injured our relationship with God, while the Anointing of the Sick helps us physically, mentally, and spiritually when we face illness and suffering.

The **Sacraments of Service**—Marriage and Holy Orders (priesthood)—are linked to our call to serve others.



The sacraments of Baptism, Confirmation, and Holy Orders can only be received once. As Catholics, we believe that when these sacraments are received, they leave a lasting mark—or seal—on the soul.