

Our Participation in Holy Mass Expresses

In structuring words, sentences and meaningful communication, vowels in the English language are essential. Daily Mass provides the essential elements to our growing and deepening relationship with the LORD.

Adoration of the Majesty of the Triune God

A

Isaiah's vision offers us a glimpse of heavenly worship: "I saw the Lord seated on a high and lofty throne, with the train of his garment filling the temple. Seraphim were stationed above; each of them had six wings: . . . One cried out to the other: 'Holy, holy, holy is the LORD of hosts! All the earth is filled with his glory!'" Similarly, the Book of Revelation describes heavenly worship by all of creation: "The four living creatures, each of them with six wings, were covered with eyes inside and out. Day and night they do not stop exclaiming: 'Holy, holy, holy is the Lord God almighty.'"



In the Eucharistic Preface, the gathered faithful are invited to adore and praise the LORD God in union with the Heavenly Hosts: "**And so with Angels and Archangels, with Thrones and Dominions, and with all the hosts and Powers of heaven, we sing the hymn of your glory, as without end we acclaim: Holy, Holy, Holy Lord God of hosts . . .**"

Perfect Expression of Gratitude and Thanksgiving

E

The invitation of the priest to begin the Eucharistic Prayer—"Let us give thanks to the Lord our God"—clearly indicates that the Holy Sacrifice of the Mass expresses our thanksgiving to God. The priest continues, "It is truly right and just, our duty and our salvation, always and everywhere to give you thanks, Father most holy, through your beloved Son, Jesus Christ, your Word through whom you made all things." By recalling the Paschal Mystery in this sacrifice, the priest expresses: "Therefore, O Lord, as we celebrate the memorial of the saving Passion of your Son, his wondrous Resurrection and Ascension into heaven, and as we look forward to his second coming, **we offer you in thanksgiving this holy and living sacrifice.**"



Intercession for the Church & for the World

I

In the Eucharistic Prayer we intercede 1) for the Church: "Remember, Lord, your Church, spread throughout the world, and bring her to the fullness of charity, together with Francis our Pope and Ronald our Bishop and all the clergy" 2) for the world, "May this Sacrifice of our reconciliation, we pray, O Lord, advance the peace and salvation of all the world" and 3) for the dead, "To our departed brothers and sisters and to all who were pleasing to you at their passing from this life, give kind admittance to your kingdom."



Offering Oneself to the Eternal Father

O

Beginning with "**Lift up your hearts. We lift them up to the Lord**" and continuing to the doxology, "Through him, and with him, and in him, O God, almighty Father, in the unity of the Holy Spirit, all glory and honor is yours, for ever and ever," the entire Holy Sacrifice of the Mass expresses the offering of ourselves with Christ to the Father, as the priest prays, "**May he make of us an eternal offering to you.**"



U

Union with God and His Church

As the Sacrament of Holy Union, the Church prays, "**Look kindly, most merciful Father, on those unite to yourself by the Sacrifice of your Son, and grant that, by the power of the Holy Spirit, as they partake of this one Bread and one Chalice, they may be gathered into one Body in Christ, who heals every division.**"

