

The Concluding Rites

Prayer After Communion

The Communion Rite is concluded with the Prayer after Communion, in which we give thanks for the great gifts we have received in this Mass.

Blessing and Dismissal

To conclude the Liturgy, the Priest blesses the people and the Deacon typically makes use of a formula: *Ite Missa Est* (literally, *It is over, go!*) now translated:

Go forth, the Mass is ended.

This sending (missa) is spoken to a people transformed by the Holy and Living Sacrifice, which they have celebrated and nourished by the Body and Blood of their Savior. There are three more dismissal formulas:

Go and announce the Gospel of the Lord.

or

Go in peace, glorifying the Lord by your life.

or

Go in peace.

The Priest and the Deacon kiss the altar, and with the ministers bow in veneration. Then they leave the church in the same way in which they entered. Often a “closing hymn” is sung as the ministers process from the church.

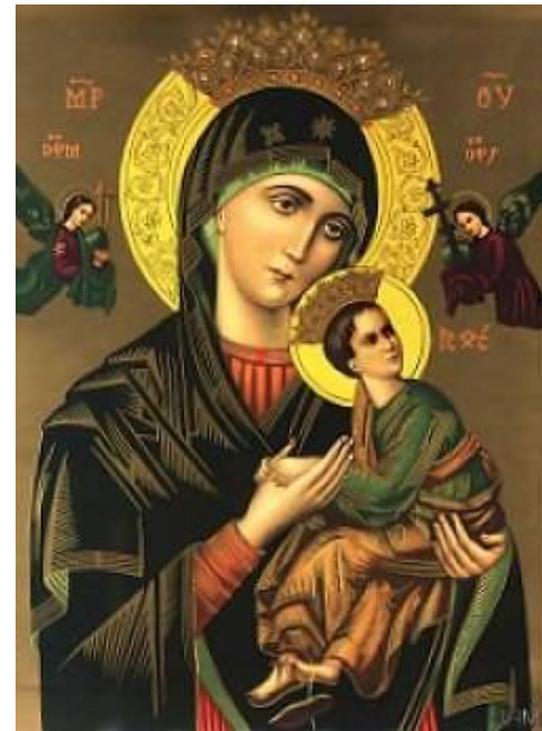
Discussion Questions:

1. Discuss the Eucharistic dimensions of “our daily bread” and deliver us from evil.”
2. Discuss the Breaking of the Bread and the unity of the Church.
3. Discuss the story of the Centurion and our response to the “Behold, the Lamb of God!”
4. Describe the typical way of receiving Holy Communion.
5. What does it mean to receive a blessing?
6. Talk about the dismissal at Mass and our responsibility to the poor of this world.
7. How, practically speaking, can we give thanks after Mass?

The Mass Deconstructed

A Liturgical Catechesis

***THE COMMUNION &
CONCLUDING RITES***



Our Lady of Perpetual Help

Roman Catholic Parish

Scottsdale

The Communion Rite

The Lord's Prayer

The Communion Rite begins with an invitation from the priest to pray the most familiar of all the prayers, the one that the Lord Jesus himself taught us.

As we pray the "Our Father" our request for "daily bread" takes on new meaning in the light of the Bread of Life which we are about to receive. The Eucharist is our daily bread. Its effect is that we may become what we receive. Our daily bread is also the reading you hear and the hymns you sing in church. All are necessities for our pilgrimage

The Rite of Peace

The Lord's Prayer is followed by the Rite of Peace, at the heart of which is a prayer to the Lord Jesus, recalling how when he appeared to his disciples in the Upper Room after the Resurrection his first words to them were "Peace be with you." So we ask the Lord Jesus to deliver us from all anxiety and to grant us that peace which the world cannot give. After the Priest concludes the prayer, he wishes all present the peace of Christ, and then all offer it to those who are standing around them.

The Fraction

One of the most ancient rites of the Mass is the Breaking of the Bread. "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" (1 Cor 10:16b-17). The Priest breaks the bread into pieces so that all might receive from the one loaf, "the many made one body in Christ."

While the Breaking of the Bread is taking place, the Agnus Dei is sung, asking the Lamb who takes away the sins of the world (as we sang in the Gloria) to have mercy on us, and finally, to grant us His peace.

Holy Communion

"Behold the Lamb of God." These words, taken from the Book of Revelation echo John the Baptist's cry before the baptism of Jesus in the Jordan river and look forward to the time when we will sit at the heavenly banquet in the Kingdom of Heaven.

In a very real sense, we participate in those moments when we answer the Priest with the words of the good Centurion. "Lord I am not worthy ..." Like the Centurion who went to Jesus asking that his servant be healed, we know that we are not worthy for Jesus to enter into our lives.

How We Receive Holy Communion

As the assembly receives Holy Communion, a Communion chant or song is sung, by which the faithful praise God in one voice as they process together to receive their Eucharistic Lord.

The reception of Holy Communion is one of the most intimate moments in the life of every Catholic. To prepare to receive Holy Communion we pray fervently on the most holy mystery we are about to receive. But even before we come to church, we confess our sins and receive absolution in the Sacrament of Penance, especially if we are aware of any serious sins. For at least an hour, we fast from eating anything at all.

As you approach the minister to receive the Body and Blood of Christ, bow your head as a sign of veneration of the Body and Blood. The minister will hold the Host and Cup before you and say, "The Body of Christ / The Blood of Christ," to which you respond, "Amen." Christians have spoken this "Amen" with conviction and faith. Be a member of Christ's body, so that your *Amen* may be authentic.