

1. Let us pray

Preparatory Session

+In the name of the Father
and of the Son
and of the Holy Spirit.



In spirit and in truth
material for small groups

Listen to Scripture

They remained faithful to the teachings of the apostles, to the brotherhood, to the breaking of bread and to the prayers. And everyone was filled with awe, the apostles worked many signs and miracles. And all who shared the faith owned everything in common; they sold their goods and possessions and distributed the proceeds among themselves according to what each one needed. Each day, with one heart, they regularly went to the Temple but met in their houses for the breaking of bread; they shared their food gladly and generously; they praised God and were looked up to by everyone. Day by day the Lord added to their community those destined to be saved.

Acts 2:42-47

Read & Reflect

CELEBRATING THE MASS

1. At the heart of the life of the Catholic Church has always been the celebration of the Eucharist, or the Mass, as Catholics often call it. Taking part in the Mass is the hallmark of the Catholic, central and crucial to our Catholic identity. The first Christians devoted themselves to the teaching of the apostles, to their 'communion' with each other and to prayer, and met together in their homes for 'the Breaking of Bread'. Over the centuries, Catholics in many countries have risked their lives in order to celebrate Mass in times of persecution. Their courageous faith remains an inspiration and example to the Catholic community today. For Catholics now, as in the past, the Eucharist is the source and summit of the whole Christian life. It is the vital centre of all that the Church is and does, because at its heart is the real presence of the crucified, risen and glorified Lord, continuing and making available his saving work among us. The Second Vatican Council reminded us: 'the most holy Eucharist holds within itself the whole spiritual treasure of the Church, namely Christ himself, our Passover and our living bread.'

Act

- Take a few minutes to prepare for next Sunday's Mass – reflecting on your week, and what you bring to the celebration. After Mass, reflect on what particularly stays with you, how you participated, and how the Mass might affect your life and the choices you make this week.

Prayer

O Lord, ruler and guardian of your Church,
pour out, we pray, upon your servants
a spirit of truth, understanding and peace,
that they may strive with all their heart
to know what is pleasing to you
and then pursue it with all their strength.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you
in the unity of the Holy Spirit,
one God, for ever and ever.

or

O God, who have taught the ministers of your Church
to seek not to be served,
but to serve their brothers and sisters,
grant, we pray,
that they may be effective in action, gentle in ministry,
and constant in prayer.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you
in the unity of the Holy Spirit,
one God, for ever and ever.

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