

## What's Supposed to Happen for me during Mass?

Saint Bridget Catholic Church Parental Preparation March, 2017

The Eucharist is a powerful celebration, a mighty exchange of our praise and thanksgiving offered to God through Jesus, Jesus gathering us with Him and making us his people again, around the table and Jesus offering us his very presence by the power of his word and his Spirit. (CCC #1358) But the question remains, do we come away from the celebration of the Eucharist more powerful than when we arrived? And can we as parents find the ways to help our children receive the powerful gifts of the Eucharist, from their first sharing in the celebration, through their first communions and beyond?

The Eucharist is supposed to empower those who celebrate it to go forth into the world to be the Body of Christ. "Pope John Paul II writes that the Prayer after Communion, Final Blessing and Dismissal should lead 'all who have shared in the Eucharist' to 'a deeper sense of the responsibility which is entrusted to them.' Returning to their daily lives, Christ's disciples are called to 'make their whole life a gift, a spiritual sacrifice pleasing to God (cf. Rom 12:1). They feel indebted to their brothers and sisters because of what they have received in the celebration' " (*Dies Domini #45*).<sup>1</sup>

"The power that flows through the liturgy, overall, is power focused on a specific goal. It is power for living the Christian life. Although this power is mysterious, we know its source: the Passion, death and resurrection of Jesus Christ, and his sending the Holy Spirit. The power of the Spirit of the Risen Christ is made present to us in the Mass. 'From the liturgy,' the Fathers of the Second Vatican Council wrote, 'and especially from the Eucharist, as from a font, grace is poured forth upon us' " (*Constitution on the Sacred Liturgy, 10*).

Here are examples of the Holy Spirit at work during the Mass. Perhaps you've experienced these or other small, manageable movements of the Spirit? Perhaps with the ability to recognize this power flowing, you'll be able to share it with your children and together move to action in response to this gift!

- Becoming more hopeful; less focused on life's disappointments
- Taking delight in the faith community in your parish
- Becoming inspired by something that is said or done during the liturgy: your heart's on fire
- Seeing sin as not only not attractive, but actually shabby, not who you want to be
- Being moved to compassion for another's suffering
- Feeling your prayer has been heard<sup>2</sup>

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<sup>1</sup> Excerpted from "The Eucharistic Liturgy: Formed, Transformed and Sent"

[http://catholichawaii.org/media/106218/2-](http://catholichawaii.org/media/106218/2-Catholic%20Social%20Thought%20and%20Eucharist%20as%20Mission.pdf)

[Catholic%20Social%20Thought%20and%20Eucharist%20as%20Mission.pdf](http://catholichawaii.org/media/106218/2-Catholic%20Social%20Thought%20and%20Eucharist%20as%20Mission.pdf) Accessed 3/2/17

<sup>2</sup> Rita Ferrone "Eucharist Empowers Catholics for Mission" *Living the Eucharist* Lent, 2017