



# YEAR OF FAITH

## SEPTEMBER 2022

# THE MASS

***“I don’t get anything out of Mass.”  
“I’m not being fed at Mass.”***

The heart of all religion is worship...what we give to God.  
The heart of worship is sacrifice.  
The point of worship is not to get anything.  
Worship is not about what you get.  
Worship is about what you give.

And even though you are not there to “get,” God gives to us his Word proclaimed in the Liturgy of the Word, and we are given God’s word explained to us in the homily, ***and we receive the Word Made Flesh in the Eucharist.***

At Mass, we “get” to “eat the Flesh of the Son of Man and drink his blood.” (John 6:53) At Mass, we “get” to take Jesus – Body, Blood, Soul and Divinity – into our very bodies. He becomes part of us, one with us. ***It just doesn’t get any more personal than that.***

**Bishop Barron's "The Mass" – Trailer - <https://youtu.be/xCnPHtz0sZA> (1:25)** We can relate with the Lord in all sorts of ways, but there is no more intense, no more privileged way than at the Mass.

**Father Mike Schmitz: Pray The Mass Like Never Before <https://youtu.be/YpUp6zSGCb4> (44:59)** While many people go to Mass every week, few people know what it is to worship. We show up and do our best to “pay attention,” but for too many of us, this just means we watch closely. You have been given a gift that you have most likely left unused. This gift is unused because it is largely unknown. ***This presentation will uncover this unknown and unused gift so that you can stop watching the Mass and start worshipping at Mass.***

**Bishop Barron on the Mass <https://youtu.be/plGXtDR2GCK> (11:23)** Why is the Mass so important? Why is it the “source and summit” of the Christian life?

**Mass, Boring?** <https://youtu.be/ASeGRlghLBM> (2:49) Should going to Mass be like going to the movies? Should entertainment be its highest value? In this engaging talk, Chris Stefanick says if you're looking for the frills of pop culture entertainment in the Liturgy, you're not seeing (the richness of) the Mass.

**Protestant Services and Catholic Mass** - [https://youtu.be/J\\_k2elm6R4](https://youtu.be/J_k2elm6R4) (6:24) As a pastor in the Foursquare Church, Kenny Burchard planned countless Sunday services, which were usually a mix of hymns and praise songs, a sermon, and a few other elements. When he first started exploring the Catholic Mass, he found a few of those same elements there. But he also discovered an internal logic to Catholic liturgy that told the whole story of salvation history, and connected him with Christians around the world, and even across the centuries.

**The Veil Removed – Film** <https://youtu.be/OOLZDaTglaM> The Veil Removed is a short film that reveals the coming together of heaven and earth at Mass, as seen by saints and mystics, revealed by scripture and in the catechism of the Catholic Church.

## Books

**The Bible** – Gospel of John – Chapter 6 - The Bread of Life Discourse. Jesus said to them, “Amen, amen, I say to you, unless you eat the flesh of the Son of Man and drink his blood, you do not have life within you. Whoever eats my flesh and drinks my blood has eternal life, and I will raise him on the last day.”

**A Biblical Walk Through The Mass** by Edward Sri – This book explores how all the prayers, signs, and rituals for the Mass are rooted in Scripture. The more we know about the biblical roots of the Liturgy, the more we will understand the beauty of the Mass. From the time of the apostles, the Mass has been the central act of Christian worship, for the Mass is nothing less than the celebration of the Eucharist that Jesus instituted at the Last Supper, when he commanded his apostles, “Do this in memory of me.”

**The Lamb’s Supper: The Mass As Heaven On Earth** - by Scott Hahn - The Lamb's Supper reveals a long-lost secret of the Church: The early Christians' key to understanding the mysteries of the Mass was the New Testament Book of Revelation. With its bizarre imagery, its mystic visions of heaven, and its end-of-time prophecies, Revelation mirrors the sacrifice and celebration of the Eucharist.

**The Mass: The Glory, the Mystery, the Tradition** by Bishop Donald Wuerl & Mike Aquilina. “The Mass is what Catholics do.” It is the heart of Catholic life for individuals and for the community. The origins of the Mass are found in Jesus’ Last Supper which we can read about in the Gospels of Matthew, Mark and Luke as well as in the New Testament letters of St. Paul to the Corinthians. At the Last Supper, Jesus said, “Do this,” and so *this* – the Mass – is what we Catholics do. **The Mass** prepares readers to participate more fully in the sacred rite at the heart of Catholic life.