Liturgy of the Eucharist

The Liturgy of the Eucharist consists of three sections: the Preparation of the Gifts, the Eucharistic Prayer and the Communion Rite. These could be seen as setting the table for the meal, saying the blessing, and sharing the meal together.



The priest, representing Christ the Lord, carries out what the Lord did at the Last Supper and handed over to his disciples to be done in his memory.

The Liturgy of the Eucharist includes:

- Presentation of the Gifts
- Preparation of the Altar
- Prayer over the Offerings
- Eucharistic Prayer
- The Lord's Prayer
- Sign of Peace
- Lamb of God
- Communion
- Prayer after Communion

Preparation —

The Liturgy of the Eucharist begins with the presentation of the gifts. As the ministers prepare the altar, representatives of the people bring forward the bread and wine that will become the Body and Blood of Christ, the same elements which Christ took into his hands. The celebrant blesses and praises God for these gifts and places them on the altar, the place of the Eucharistic sacrifice. In addition to the bread and wine, monetary gifts for the support of the Church and the care of the poor may be brought forward. The Prayer over the Offerings concludes this preparation and disposes all for the Eucharistic Prayer.

The Eucharistic Prayer —

The Eucharistic Prayer is the heart of the Liturgy of the Eucharist. In this prayer, the celebrant acts in the person of Christ as head of his body, the Church. He gathers not only the bread and the wine, but the substance of our lives and joins them to Christ's perfect sacrifice, offering them to the Father. In the Eucharistic Prayer, thanks is given to God for the whole work of salvation, and the offerings become the Body & Blood of Christ. This part of the Mass corresponds to the words and actions of Jesus at the Last Supper. Christ took bread and the cup, gave thanks, broke, and gave them to His disciples saying, "Take and eat, this is My Body. Take and drink, this is the cup of My Blood. Do this in memory of Me."

The center and core of the Mass, the Eucharistic prayer, transports us mystically to the hours from the lifting up of Jesus' own heart to the Father to the moment of His death and resurrection. Every Mass celebrates the same reality: a living memory of the saving sacrifice of Christ in His flesh and blood. These many hours are condensed to a few paragraphs.

Communion Rite —

The Communion Rite follows the Eucharistic Prayer, leading the faithful to the Eucharistic table. The Communion Rite ends with the Prayer after Communion which asks that the benefits of the Eucharist will remain active in our daily lives.

Through the breaking of the Bread and through Communion, we receive from the Lord's Body and the Lord's Blood in the same way that the Apostles received them from the hands of Christ himself.

Sources: www.usccb.org ; https://simplycatholic.com/a-look-at-the-eucharistic-prayers/; http://stjohnv.org/parish/files/2016/01/TheMass-LiturgyoftheEucharist.pdf