

HOLY MASS

'THE HOLIEST ACT OF WORSHIP POSSIBLE ON EARTH'

'The centre of our Christian faith and of the Mass is the love of Jesus Christ who died on the cross for us. We need to focus on Him. The Mass is more than a community meeting, more than a Liturgy of the Word, more than a Communion service. It is also a sacrifice, because it re-presents the very sacrifice that Christ offered on the cross and applies its power. Christ's sacrifice on the cross and the sacrifice of the Eucharist are one single sacrifice.'

'The Eucharist is a memorial in the most profound sense because it makes a past event present for us today and allows its effects to touch us today. This has so many implications.'

'It means that we are brought close to the merciful love of Christ on the cross. We could not be there two thousand years ago, but we can be there through the Mass.' **'The Mass is the holiest place on earth.** There is no distance between us and our loving Saviour.' This truth is awe inspiring!

'The sacrifice of the Eucharist is an *effective* sacrifice, it allows our redemption to be accomplished, and brings graces for the living and the dead. It is a "sacrifice of propitiation" because it brings forgiveness for our daily sins.'

'It means that we can offer our lives, with Christ, to the Father through the Holy Spirit. In this way our lives can become part of His offering on the cross and can become a life-giving sacrifice of love.'

Prayer

Lord our God

teach us to cherish in our hearts

The paschal mystery of your Son

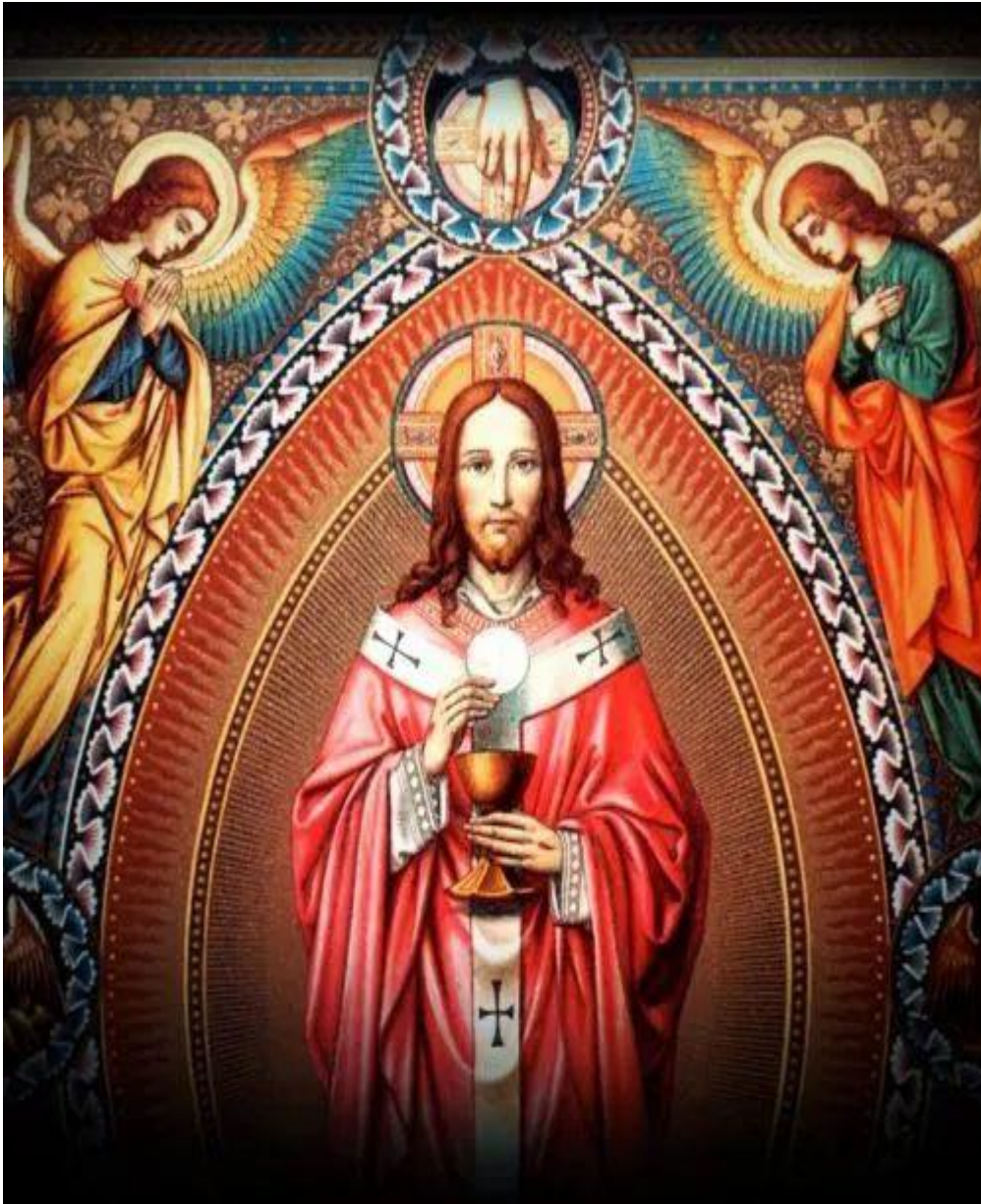
By which you redeemed the world.

Watch over the gifts of grace your love has given us

And bring them to fulfilment in the glory of heaven.

We ask this through Christ our Lord

Amen



We hear the language of sacrifice in the words of consecration that Jesus spoke at the Last Supper.

He said,

“This is my body **which is given for you**”, and

“This cup **that is poured out for you** is the new covenant in my blood.”

The sacrifice of Christ and the sacrifice of the Eucharist are one single sacrifice.

This reflection is with reference to, and with quotations from ‘Meeting Christ in the Eucharist’ by Father Stephen Wang.