

A Few Definitions to Help You

From The Nicene Creed:

“I believe”: instead of ‘We believe,’ will now be used to express that not only do we stand together with one voice in professing our beliefs, but that we declare *individually* our profession of faith

From The Nicene Creed:

Our Declaration of Faith

Consubstantial: declared at the Council of Nicea (325), Christ was ‘the same substance of the Father.’ Jesus *is* God, not simply *like* God. The Trinity is comprised of Father, Son and Holy Spirit; three equal Persons in one omnipotent God.

From the Holy, Holy, Holy:

“Holy, holy, holy Lord God of hosts”:



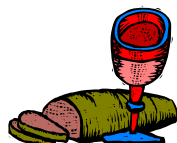
When words have gradations of meaning, we are able to gain a more holographic sense of the subject. In this case, we

understand the word ‘host’ to be indicative of a ‘great multitude,’ rather than the Eucharistic host. Think of hundreds of angels bowing in adoration in front of God at God’s throne!

From Behold the Lamb of God:

As in the Scripture story *The Centurion’s Servant*, we find that our trust and faith in Christ makes all the difference, “**Lord, I am not worthy that you should enter under my roof**”: referring to us as temples of the Holy Spirit. Our hearts are as a ‘house’ which must be in order for Christ to enter it at Holy Communion.

1. [The Catechism of the Catholic Church](http://www.starofthesea.net) (§ 1324)
2. <http://www.starofthesea.net>



The Revised Mass Texts For Youth and Young Adults

By Beth Belcher



The Lord be with you. And with your spirit.

By now you know that there will be changes in the Mass. This may be a daunting thought for you since you may be comfortable with the Mass the way it is. You may feel that this is unnecessary or that you don’t think we need to ‘fix’ something that isn’t broken. But take a moment and ask yourself if you are really getting as much out of the Mass as you would like. Has the meaning of the prayers and responses become routine for you, as the words have blended together in your mind? What would happen if the words were changed just a bit due to a better translation of the Roman Missal, and all of a sudden new meaning took hold in your mind and heart? Perhaps then your relationship with God and others would be altered and you would find sincere joy in your life, your life’s mission and the Good News. Then, what if you could bring this message to the world with greater authenticity and enthusiasm. Whose life would be changed?



Liturgical Prayer is the Prayer of the Church

Our desire to grow in the love of God leads us to know God better. Throughout the ages the people of God have gathered together, joining their voices in prayer and praise to the Father in the most perfect prayer of the Church, the Liturgy. We come to worship, to be healed and to offer ourselves to God *in union* with the Body of Christ. And, by *receiving* the Body of Christ, we then go out into the world to *be* the Body of Christ. We may not realize how central these actions are to our lives, but the prayers and responses of the Mass lead us to these many signs of unity through God's love.

IM the Body of Christ



>Though this may be the first time you have seen changes in the Mass, your parents or other adult mentors have seen changes before. Talk with them about their feelings when facing these changes. Did they find themselves participating more in the Liturgy? Did their

relationship with Christ deepen? How did they come to embrace the changes?

>Social media connects us to friends, and friends of friends around the world. Our world has become a much more intimate place since we can **INSTANT MESSAGE** virtually anyone anywhere. The same is true with our prayerful connection to the Body of Christ. We pray with everyone everywhere when we offer ourselves to God in the Liturgy. The Communion of Saints is the largest spiritual social media site in the world!



>The Mass is steeped in thousands of years of ritual, and unlike other rituals that we participate in, associated with sporting events, music recitals and academic testing, there are no losers, no competition and no scholarship expectations. From our prayerful postures to the words we say, each part is designed to bring us meaningfully closer to Our Lord.



>So, what hasn't changed? The mystery of the Mass, the theology and the Sacrament itself has not changed. By reading the new translations of some of the prayers and responses, you may just be able to connect even more closely to Christ and the mission of the Church!

Txt Msg: Changes in the Text

"The Lord be with you."

We honor and recognize the Holy Spirit who dwells in each of us through baptism. The Spirit is present in a special way in those who are ordained, and so we say, **"And with your spirit."**

Why Do I Have to go to Mass?



Everyone should ask this question! If we *don't* ask the question, then we have no reason to answer why going to Mass should be a priority:

The Eucharist is "the source and summit of the Christian life."⁽²⁾ You may have heard this before, but what does it mean? God is the source of all goodness and gave us His Son so that we may have eternal life. The Holy Eucharist becomes the center of our spiritual life, since Christ nourishes our souls, and dwells in each of us as living tabernacles. The Eucharist is also the summit or peak of our life in Christ, for when we worthily receive Communion, we may access a direct path of forgiveness and transformation of ourselves and our actions in the name of Jesus.

The Second Vatican Council reminded us that the Church is **THE PEOPLE OF GOD** and, as such, we are called to carry the Word of God from the Mass to the world. Our understanding of what the liturgy is expressing helps to convey a richer connection with God. The Jerusalem cross gives us a solid image of our role in the Good News. When we begin at the Center, which is Christ, we can then become like Christ and take the Word with us, to transform the world in which we live.



The Saints, our older brothers and sisters in faith, have guided us throughout generations to show us avenues to live holy lives. Their thoughts about Holy Communion help us to see the importance of full participation in the Mass.

"From the Eucharist comes strength to live the Christian life and zeal to share that life with others," - Blessed Pope John Paul II

"For even as our bodily food is changed into our substance, so the Holy Eucharist transforms us into Jesus Christ." - St. John Baptist de la Salle

"When you look at the Crucifix, you understand how much Jesus loved you then. When you look at the Sacred Host you understand how much Jesus loves you now," - Blessed Mother Theresa of Calcutta (3)

The Mass addresses the deepest longings of our hearts; our desire to be completely wanted, loved, and in union with God. This understanding is never more clear than through the Paschal Mystery, where we experience the love of Christ who died to save us from our sins, and lead us to eternal life. The nuances of the new translations of the Mass help make this unconditional love for us more clear.

May the Lord ...

May the Lord accept the sacrifice at your hands for the praise and glory of his name, for our good and the good of all his holy Church.



It is right ...

Priest: The Lord be with you.

People: And with your spirit.

Priest: Lift up your hearts.

People: We lift them up to the Lord.

Priest: Let us give thanks to the Lord our God.

People: It is right and just.

It is not only 'right' to give God thanks and praise, but in all justice, we owe God thanks for everything that comes our way. We even give thanks for the good which can come out of 'bad' things that happen in our lives.

Holy, holy, holy ...

Holy, Holy, Holy Lord God of hosts.

Heaven and earth are full of your glory.

Hosanna in the highest.

Blessed is he who comes

In the name of the Lord.

Hosanna in the highest.

Behold the Lamb of God



Priest:

Behold the Lamb of God
Behold him who takes away
the sins of the world.

Blessed are those called to
the supper of the Lamb.

All:

Lord, I am not worthy that you
should enter under my roof, but
only say the word and my soul
shall be healed.



*The intimacy of being a guest in someone's home is similar to the idea of inviting Christ under the roof of our hearts. We are temples of the Holy Spirit and should be prepared to receive our Guest with a clean house and open arms so that our souls may be healed.

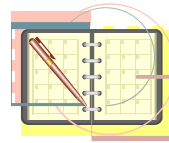
FAMILY MATTERS



Build your Family ...

*As our kids grow, they become more independent. But before they are too far gone, help them to see that the real goal is *interdependence* with God. Faith is not just for Sundays but is lived out everyday. Praying the new Mass texts together as a family helps us to build our interpersonal relationships—especially when our kids take the natural steps towards adulthood.

*As our kids get older and their schedules become increasingly packed with activities, help them to see the respect you have for their lives by asking them to 'pencil in' specific family time. Talk with your family and come up with ideas about a Work of Mercy that you can do together, and then 'ink' it in on the family calendar and each in their own personal planner. After the event, take time to discuss what happened. You may be surprised at your family's amazing insights on service.



Build your Church...

*Build your parish by asking questions to get your family to think about their lives in Christ. Pose questions such as, 'How can you become what you receive in the Eucharist?' or 'How does our parish culture affect your relationship with Christ?'

*Help your family be involved with your parish by joining a ministry team and exposing your family to another aspect of Church besides the Mass.



*Your family is the Domestic Church; the greater Church in microcosm. At home, eat at the table together as often as possible. By building love and union in the family, you may experience a family communion. The stories we tell, the prayers we say and the food we eat help prepare us to love the Mass and understand that we come together as family to be in union with God and each other.



*Remember that building up the family and the Church are works in progress. Keep praying for both!

New Texts

Penitential Acts: Confiteor



I confess to almighty God,
And to you my brothers and sisters,
That I have greatly sinned,
In my thoughts and in my words,
In what I have done, and in what I have failed
to do,
Through my fault, through my fault, through
my most grievous fault;
Therefore I ask blessed Mary, ever-Virgin,
All the Angels and Saints,
And you, my brothers and sisters,
To pray for me to the Lord, our God.

*Why do we need to confess that we have 'greatly sinned'?
Why do we say, 'through my fault, through my fault, through
my most grievous fault'? Because our choice to sin is our own,
no one else's. In this way, we diminish the entire Body of
Christ. Reconciliation brings us back into a loving balance
with God and all of the family of God.

Gloria: A Scriptural Song of Praise

Glory to God in the highest,
And on earth peace to people of good will.
We praise you, we bless you,
We adore you, we glorify you,
We give you thanks for your great glory,
Lord God, heavenly King,
O God, almighty Father.
Lord Jesus Christ, Only Begotten Son,
Lord God, Lamb of God,
Son of the Father,
You take away the sins of the world,
Have mercy on us;
You take away the sins of the world,
Receive our prayer;
You are seated at the right hand of the Father,
Have mercy on us.
For you alone are the Holy One,
You alone are the Lord,
You alone are Most High, Jesus Christ,
With the Holy Spirit,
In the glory of God the Father. Amen.



This Gloria is a more exact translation of
the Latin missal which was updated in
2002, and translated into English for us to
begin using in Advent 2011.

New Words in a Familiar Prayer

The Nicene Creed: Our Declaration of Faith

I believe in one God,
the Father almighty,
maker of heaven and earth,
of all things visible and invisible.
I believe in one Lord Jesus Christ,
the Only Begotten Son of God,
born of the Father before all ages.
God from God, Light from Light,
true God from true God,
begotten, not made,
consubstantial with the Father;
through him all things were made.
For us men and for our salvation
he came down from heaven,
and by the Holy Spirit
was incarnate of the Virgin Mary,
and became man.



For our sake
he was crucified under Pontius Pilate,
he suffered death and was buried,
and rose again on the third day
in accordance with the Scriptures.

He ascended into heaven and is seated
at the right hand of the Father.
He will come again in glory
to judge the living and the dead
and his kingdom will have no end.
I believe in the Holy Spirit, the Lord,
the giver of life, who proceeds
from the Father and the Son,
who with the Father and the Son is adored
and glorified,
who has spoken through the prophets.
I believe in one, holy, catholic,
and apostolic Church.
I confess one baptism for the forgiveness of
sins and I look forward to the resurrection of
the dead and the life of the world to come.
Amen.

*Though still quite familiar, this translation of the Nicene
Creed probably has the most changed wording of all of the
texts. It offers a richer more complete expression of the
original Latin missal, but also gives us a truer
sense of what it is we actually are professing;
what we believe! The complex concepts offer
a solid opportunity to delve into productive
conversation about the Truths of our faith. It
may take some time to memorize the new
wording of this prayer, but it will certainly be
worth it!

