



Anchor Family Faith Formation

04/23/2025



Welcome! Please take this time to check in with the people at the table.

How was their week/day?
How are they doing?

Announcements

- Happy Easter Octave! Celebrate all week!
- Summer Programs: Sign up today!
 - Totus Tuus-June 16-20th
 - VBS-July 14-18th
- SPY1/OCIA1 Meeting-Sunday, April 27, 12:30-2:00pm
 - Bring Bibles
- SPY2/OCIA2 Meeting-Sunday, April 27, 2:30-4:00pm
 - Pick your pew for the Sacrament Mass
 - Family Service Projects Due
- May Crowning Sign up
- We need Anchor Catechists for next year. Will you consider being one?
- Magnificat Moms Date Night: May 31, 6PM



*The Art of
Participation
Mass/Sacraments*





Opening Prayer/Scripture:

“On the day before he was to suffer, he took bread in his holy and venerable hands, and with eyes raised to heaven to you, O God, his almighty Father, giving you thanks, he said the blessing, broke the bread and gave it to his disciples, saying:

Take this, all of you, and eat of it, for this is my Body, which will be given up for you.

In a similar way, when supper was ended, he took this precious chalice in his holy and venerable hands, and once more giving you thanks, he said the blessing and gave the chalice to his disciples, saying:

Take this, all of you, and drink from it, for this is the chalice of my Blood, the Blood of the new and eternal covenant, which will be poured out for you and for many for the forgiveness of sins. Do this in memory of me.”

The Holy Mass: what it is

- The Mass is not about us. But it really is! But it really isn't.
- The Holy Sacrifice of the Mass: the unity of Calvary and the Wedding Feast of the Lamb
- The remembrance of the events of our Salvation which makes us present to the actual event (anamnesis) - the high point is the Consecration
 - The Passion, Death, and Resurrection of our Lord (connected to specific points in the Mass)
 - The readings: Christ present in the Word of the Scriptures
 - The setting of the altar & offertory: a key point for participation
 - The Eucharistic Prayer: the high point of the Mass
 - The mingling: Resurrection
 - The reception of the Holy Eucharist: we receive the Risen Lord
 - Elements of the Wedding Feast: the intimacy and unity of the soul (and the entire person) with our Lord

General Ideas of Participation Leading to Practical Implications

- “In liturgical celebrations each person, minister or layman, who has an office to perform, should do all of, but only, those parts which pertain to his office by the nature of the rite and the principles of liturgy.” (SC 28)
- Characteristic elements of the Liturgy:
 - Sobriety: in regard to the human passions and anthropology
 - Simplicity (not simplification): to show fully by the means of signs and symbols the full reality of what is contained therein
 - The participation of the Presider vs. that of the congregation
 - The ministerial priesthood and the priesthood of the baptized
 - What the priest does is proper to him and is not something that should be taken as normative for those participating in the Holy Mass
 - It is characteristic of the priesthood to offer sacrifice and, in the context of the Mass, to make Christ’s sacrifice one’s own.
 - The responses of the Mass and the meaning of “Amen”
 - Participation and assent of Faith (assent to the whole content of Faith)

How to Participate: A Few Practicalities

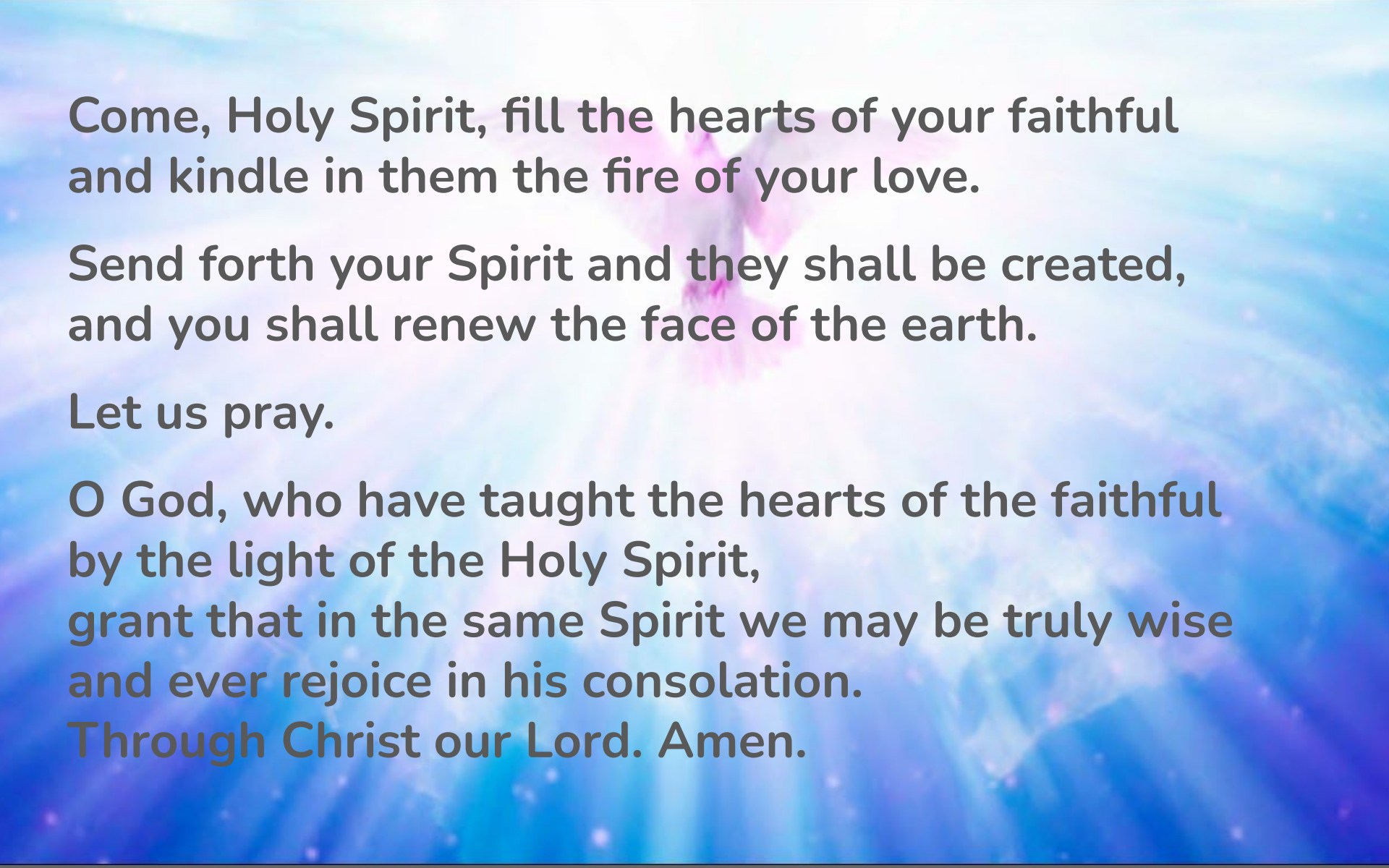
- Remote preparation - the most important for the reception of the graces available in the Holy Mass
- Actual participation: internal and external as sources of renewal for one another
 - Watching, listening, smelling, tasting, touching - the incorporation of all of the senses
 - Gestures, responses, attention - what about families with children?
- The reception of the fruits in Holy Communion
 - I become what I receive - my reception corresponds to my disposition

Table Discussion Questions:

1. How do I view the Mass? Is it more about me or more about God?
2. Personally, how well do I participate in the Holy Mass right now? What do I do well and what can I improve?
3. As a family, how well do we participate in the Holy Mass right now? How well do we prepare? What are we doing well and what could we do better?
4. When I think of participating at Mass, is there a temptation to activism? Is there a temptation to passivity? How can I (or we) address this to have a balanced approach to our specific parts in the liturgy, especially given our particular circumstances in family life?

Resources:

- Instruction *Redemptionis Sacramentum* from Pope St. John Paul II
- Second Vatican Council *Sacrosanctum Concilium*
- *The Spirit of the Liturgy* by Pope Benedict XVI (Cardinal Ratzinger)
- *The General Instruction of the Roman Missal*
- *Christ the Life of the Soul* by Bl. Columba Marmion
 - This is more on the Sacramental view of the soul, from which springs my participation in the Sacramental Life of the Church
- *Leisure, The Basis of Culture* by Josef Pieper
 - This work is more on the theoretical level which forms the heart, from which our actions come



Come, Holy Spirit, fill the hearts of your faithful
and kindle in them the fire of your love.

Send forth your Spirit and they shall be created,
and you shall renew the face of the earth.

Let us pray.

O God, who have taught the hearts of the faithful
by the light of the Holy Spirit,
grant that in the same Spirit we may be truly wise
and ever rejoice in his consolation.
Through Christ our Lord. Amen.