

Notes from the Liturgist, Ace Tupasi

The Communion Rite

This is the last part of the Mass "The Communion Rite." Even though we are going to end the Mass in the church, our Mission begins once we go out from the church. We are sent then as our Mission begins... we go and share what we have received with our brothers and sisters.

The Lord's Prayer. This prayer reminds us that God is our Father and that we depend on him for everything.

The Sign of Peace. We exchange a sign of unity and communion with one another and with God.

Communion. Following the Lamb of God prayer asking for God's mercy, we receive the Body and Blood of the Lord in Holy Communion. We, though many, become one body in Christ. Each of us is empowered to share in the life and work of Christ, to bring him to all we meet.

The Concluding Rites

Following a blessing, the priest or deacon commissions those assembled to live out the challenges of the Gospel, bringing Christ to the world and also discovering him there.

For our own reflection...

What is your life's purpose? What might your mission be as Christ's disciple?
Compare the Mass to the family table, where a family comes together to nourish and embrace each member as part of the family unit.

What, including food, is brought to the table?

How does each person contribute and participate?

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