

Tuesday Evening Forum  
Series #17: *Inwardly Digest: The Prayer Book as a Guide to a Spiritual Life*  
Week 5: Chapters 8 & 9, The Holy Eucharist  
Tuesday, June 11, 2019



## The Holy Eucharist

### The Essence of the Eucharist

- Sacrifice
- Meal
- Reconciliation

The Eucharist as a sacrifice recalls the giving of Christ himself, an act of love done once for all time. The sacrifice on the cross is the central vehicle of reconciliation.

Eucharist as a meal is about sharing a meal with the Risen Christ, with God to whom we have been reconciled.

In the Eucharistic Rite, we give of ourselves too (pp. 240-1)

### The Shape of the Mass

The “ordinary” of the mass: Kyrie, Gloria, Creed, Sanctus/Benedictus, & Agnus Dei. These do not change from week to week, although some parts may be omitted or replaced in certain seasons. (e.g., Kyrie & Gloria in Lent)

The “proper” of the mass are the things that change weekly (e.g. the lectionary readings and the sentences) and are thematically consistent (in theory).

## The Liturgy of the Word

- Historically, the Eucharistic lectionary was meant to be mystagogical, that is to teach something of the mystery of Christ. The more recent lectionaries try to be catechetical and mystagogical at the same time.
- Three-year cycle: Year A – Matthew; Year B – Mark; Year C – Luke. John is incorporated throughout the year.

## The Liturgy of the Eucharist

- Take
- Bless
- Break
- Give

The offertory represents bringing of our “common” gifts which will be presented to God and made “holy.” (Take)

## The Canon of the Mass (Bless)

- Opening (*Sursum corda*)
- Preface (proper)
- Sanctus (ordinary)
- Narrative & Words of Institution
- Anamnesis (may we never forget)
- Oblation
- Epiclesis – THE SACRAMENTAL MOMENT
- Doxology
- The Great AMEN.

## The Fraction (Break)

## The Distribution (Give)

## Blessing & Sending (Dismissal)

- The word “mass” comes from the dismissal in Latin: *Ite missa est*. “Go, the mass (is ended).”