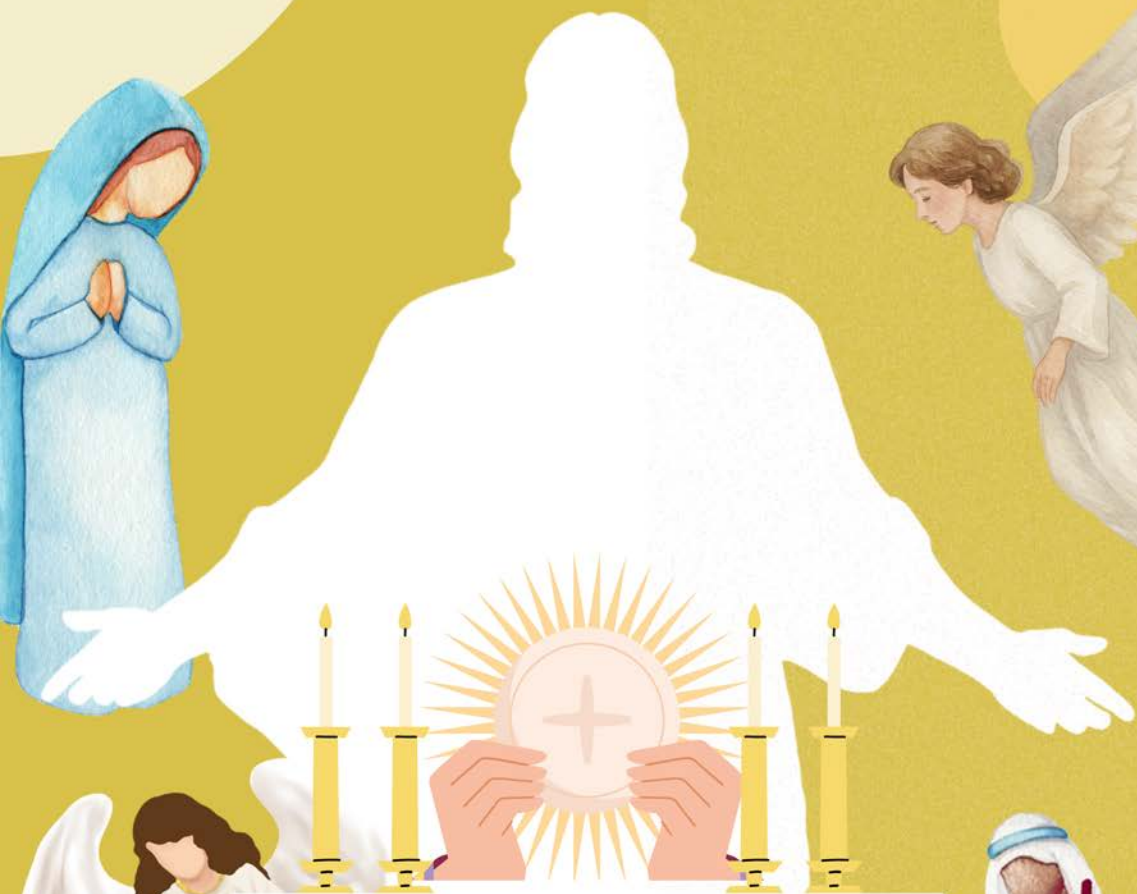




# Food for My Soul



WHAT HAPPENS  
AT MASS



## Food for My Soul



Come along this journey of faith,  
as we explore

**WHAT HAPPENS AT MASS**

**AS A CHURCH**



# Food for My Soul – WHAT HAPPENS AT MASS



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This Sappherald Book

Belongs To



From





The butterfly is used in this book as it is a sign of a new life! It is a reminder of our spiritual journey.

As Catholics, our earthly life has been transformed by dying and rising with Jesus through Baptism.

The Mass awakens this reality within us. And gives us new, beautiful wings to soar into the heavenly light of God's glory.



# Dedication

To The LAMB of God  
Who sits upon the Throne.

"To the one seated on the throne and to the Lamb, be blessing and honor and glory and might, forever and ever!"

– Revelation 5:13

To our priests whose devotion to Jesus, make the Holy Sacrifice of the Mass available to us every day, at every moment, throughout the world!

"For from the rising of the sun to its setting my name is great among the nations, and in every place incense is offered to my name, and a pure offering; for my name is great among the nations, says the Lord of hosts. " – Malachi 1:17

# In Thanksgiving

For God's children, all over the world.

In Matthew 19:14, Jesus said,  
“Let the little children come to me, and do not stop them; for it is to such as these that the kingdom of heaven belongs.”

For Rev. Fr. Gerard Byrne (Parish Priest, Catholic Parish of St. Thomas Aquinas and All Saints), who generously shared his homily on the Knock apparition with the writer. And encouraged the continuation of this book when trials arose.

Disclaimer: Fr Gerard, prior to publication, did not read this book or provide feedback on its content, so this isn't an endorsement from him. Just our gratitude!



# About the Book

Food for My Soul

What Happens at Mass



Have you ever wondered what the big deal is with Mass?

Every Sunday, if you attend with your family and maybe on other days of Celebration like Easter, Christmas, it all seems wonderful.

But maybe, just maybe, sometimes you feel the Mass is not as interesting as you hoped and wonder what the fuss is all about!

Well, this book is about to show you the hidden wonders that are **ACTUALLY HAPPENING** in the **MASS!**

Some of it is real, some of it is our (God-given) imagination in action! But whatever you're about to read is meant to draw you into a deeper understanding of the Mass.

And why the **MASS** is true and pure **SOUL FOOD.**



So to begin, let's take a quick look at two Bible stories.

### OLD TESTAMENT - MOSES & THE ISRAELITES

Moses was sent by God to free the people of Israel from slavery in Egypt. On the night of their freedom, the Israelites ate a Passover meal of a spotless lamb and unleavened bread. They sprinkled the blood of the Passover lamb on their doorposts and lintels and avoided the plague of death.

That night after they obeyed God's command, they were freed by Pharaoh.

They began a journey through the Red Sea and wilderness, into God's Promised Land of Canaan.

Later in their journey through the wilderness, the people were hungry. So God sent them Manna from Heaven to eat. The Manna rained down from Heaven every day and all the people had enough to eat for each day.

Can you imagine how wonderful that must have been?!



So now we go to the New Testament and Jesus.

#### NEW TESTAMENT - JESUS & THE MULTITUDE

Jesus taught a multitude, all day. As evening came, they got hungry and as they were in a deserted place, Jesus told His disciples to feed them. The disciples found a boy with five loaves and two fish which they brought to Jesus.

Jesus multiplied the five loaves and two fish to feed five thousand men and they had twelve baskets full of leftovers.

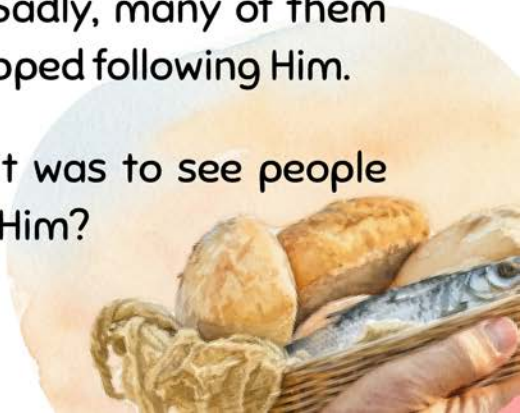
The next day, the multitude looked for Jesus to feed them again. But Jesus told them to desire the food that leads to Eternal Life.

The multitude replied that Moses gave their ancestors bread (Manna) from Heaven to eat.

Then Jesus told them that He was the Living Bread that comes down from Heaven.

The people were amazed! Sadly, many of them didn't believe Jesus and stopped following Him.

Can you imagine how sad it was to see people not believe Jesus and leave Him?





What if I told you that all of these events: the Passover and Manna from Heaven with Moses; Jesus feeding the five thousand and declaring that He is the Living Bread come down from Heaven, has to do with the Mass? And fully point to the sacrifice of Jesus on the Cross?

More so, what if I told you that today many people, sadly still don't believe Jesus' words that He is the Living Bread come down from Heaven and stop following Him because of this.

Now, Jesus is turning to us and asking us, the question that He asked His disciples. "How about you? Do you also wish to go away?"

Let us answer like Peter did on behalf of the faithful disciples, "Lord, to whom can we go? You have the words of eternal life."

And the MASS is the way to stay with Jesus.

So let's be EXCITED as we strap ourselves and journey in exploring this amazing gift from God.

# The Journey Map

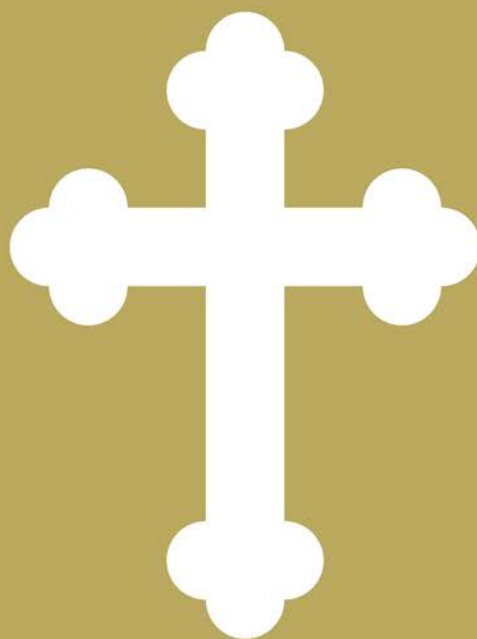
Here's a brief guide to what's inside  
this book

- 1** What is the Mass  
Why the Mass is important and  
What to expect from this journey!
- 2** What Happens Before Mass  
Entrance and Prayer before Mass
- 3** The Parts of the Mass  
The Structure and Spiritual Overview
- 4** Introductory Rites  
Part 1 of the Mass
- 5** Liturgy of The Word  
Part 2 of the Mass
- 6** Liturgy of the Eucharist  
Part 3 of the Mass
- 7** The Concluding Rites  
Part 4 of the Mass

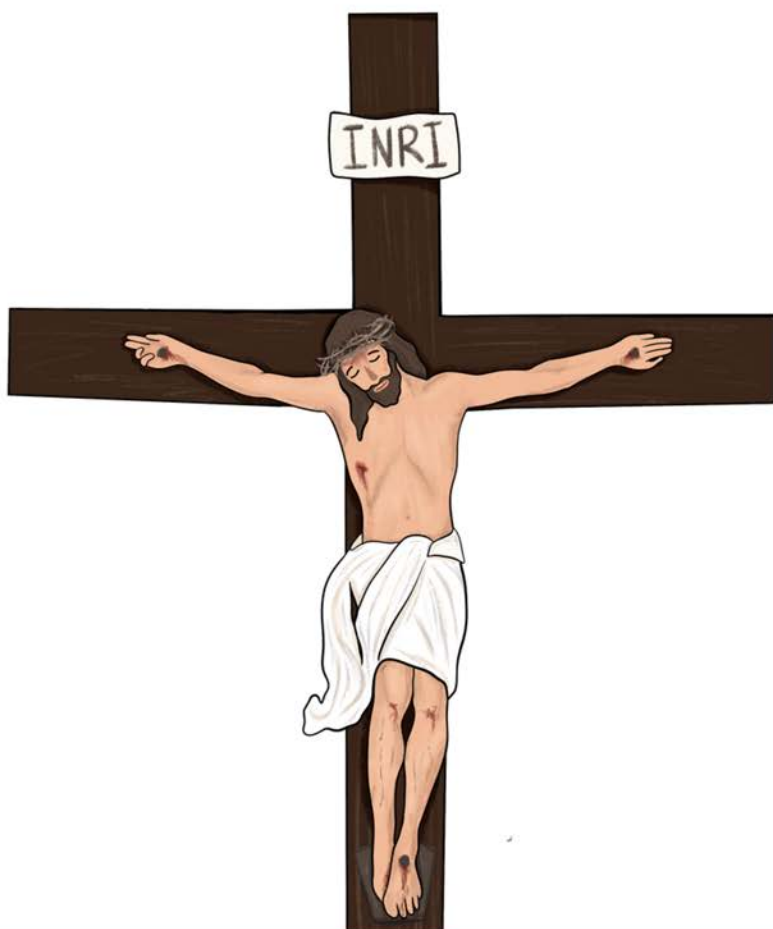


LET'S GO

ADVENTURE



# What is the Mass



“For it was from the side of Christ as He slept the sleep of death upon the cross that there came forth ‘the wondrous sacrament of the whole Church.’

For this reason, the Church celebrates in the liturgy above all the Paschal mystery by which Christ accomplished the work of our salvation”.

– Catechism of the Catholic Church (CCC) 1067

**T**he Mass is a sacrifice offered to God. It is God's love for us, revealed through the sacrifice of His Son Jesus, on Calvary. It is the highest prayer we can offer to God.

**A**t every Mass, all members of Christ's Church, the faithful on earth, the saints in Heaven and the holy souls in Purgatory are united in prayer with Jesus, Who offers atonement for our sins to God as our Great High Priest.

**J**esus said, "Where two or more are gathered in my name, I am there." He presents all of us to the Heavenly Father, Who receives and answers us.

**G**oing through all parts of the Mass is like enjoying a great banquet feast FOR THE SOUL.

**S**o the Mass is true FOOD FOR MY SOUL, as it feeds and nourishes each person with the Word of God and the Body and Blood of Christ.

**T**he Mass was instituted by Jesus Christ at His Last Supper with His disciples. As He ate this last meal with them before He died, He commanded them saying, "do this in memory of me."

**T**his is why the Mass is called the Lamb's Supper or the Marriage Feast of the Lamb.

**T**he Mass reaches the peak at Consecration and when we receive Jesus in the Eucharist. At Consecration, the eternal sacrifice of Jesus on Calvary is made present.

**I**n receiving Holy Communion, we eat the soul food that Jesus gave to us – His Body and Blood. This is a most precious gift that God makes possible through His ordained priests.

**T**his book takes you on a rocket like journey through time and out of space, past the cosmos, and into Heavenly realities, to unveil what happens at Mass.

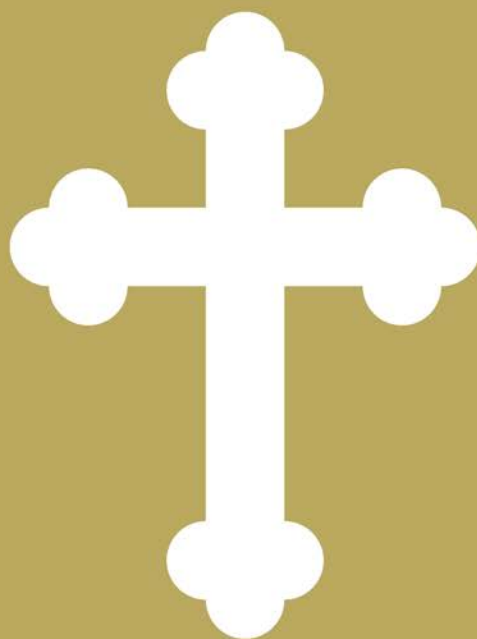
**Y**ou never know where you're going to land, but the wind of the Holy Spirit will stir the rocket's direction as we move through the various parts of the Mass.

So hang on tight!

3-2-1...

**T**he most exciting journey of your life is about to unfold!





# What Happens Before Mass



# Food for My Soul

WHAT HAPPENS

## AT MASS



This book takes you on a journey of a lifetime to explore what is visible and invisible as the Mass is celebrated in YOUR PARISH!

Yes, in your parish and in all parishes around the world, and wherever Mass is celebrated, there is a beautiful sequence of events unfolding before our eyes. And they all lead us to the MAIN EVENT!

But have you ever felt like you don't understand much of what is happening? Well, this book is for you! Join us on this rocket ride, out of space and time, through pages of the bible, and oodles of imagination! Who knows where we're going to land? Hopefully, not with Daniel in the lions' den! Just joking!

Open up to see the Mass unfold like never before!



S A P P H I R E

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