

The Eucharist,  
the Mass,  
the Lord's Supper  
the Communion...



What's it all about?

BASICALLY - Two liturgies in one

# Word & Sacrament



# Four sections:



Preparation

Word

Sacrament

Departure  
(or  
Sending)





## 2. WORD

HEBREW BIBLE *the roots of our faith*

NEW TESTAMENT *the 'final word' through Scripture*

SERMON *challenge, growth*

ANTHEM *time to reflect...*

CREED *summarising our common faith*

INTERCESSION *setting our needs before God*

### 3. SACRAMENT

THE PEACE      *getting right with each another*

OFFERTORY      *bringing our sacrifices to God*

EUCCHARIST      *(thanksgiving)*

EPICLESIS      *invoking the Holy Spirit*

FRACTURE      *breaking of the bread - 'do this...'*

AGNUS DEI      *(Lamb of God) - asking for mercy*

DISTRIBUTION      *food for our spiritual journey*

## 4. DEPARTURE

NOTICES

*our common life*

PRAISE

*putting God in the centre*

BLESSING

*strength for our journey forth*

SENDING

*living what we have experienced*

“The DIP” by Seth Godin  
(Author & Business Guru)

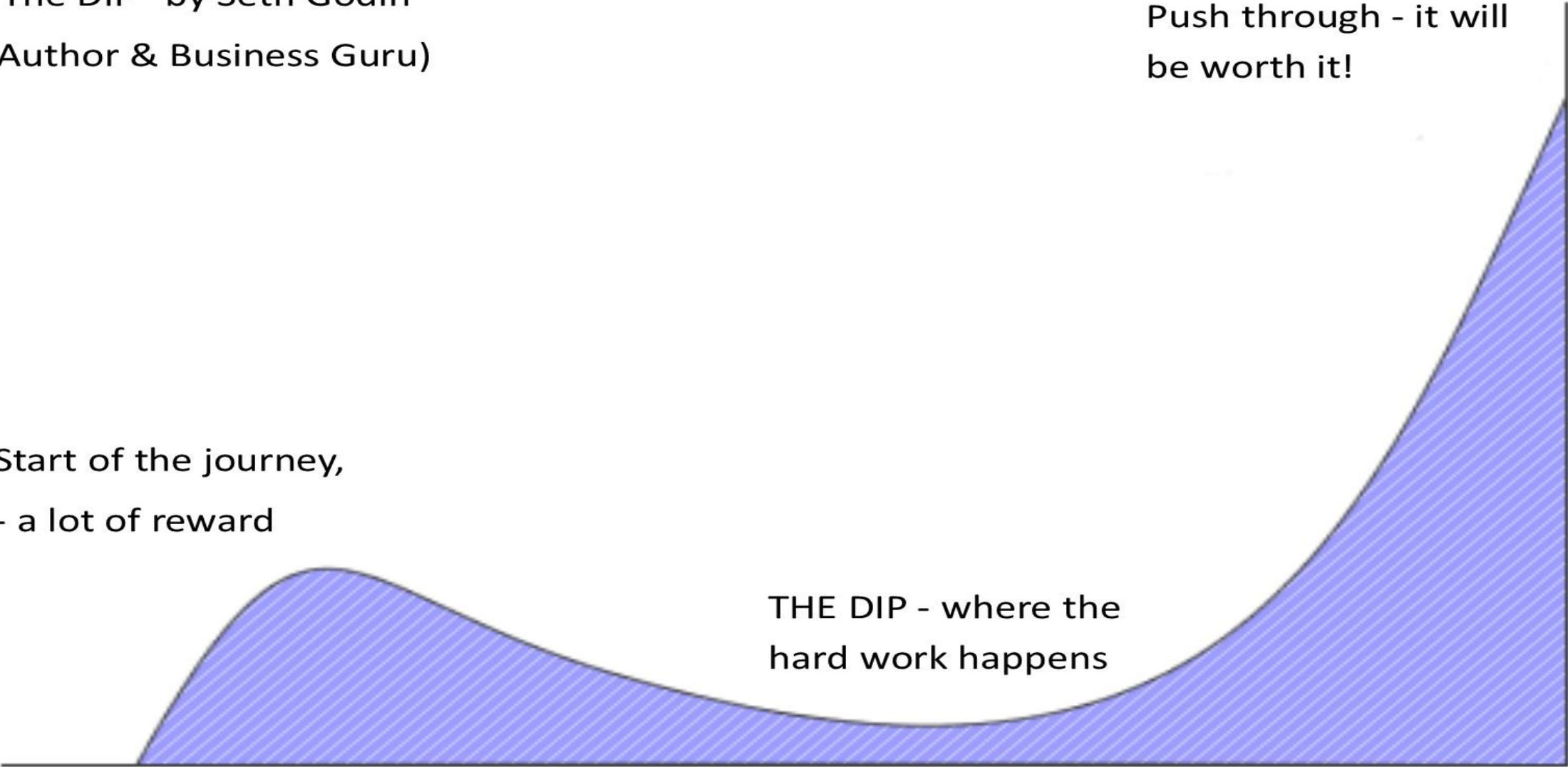
Push through - it will  
be worth it!

Start of the journey,  
- a lot of reward

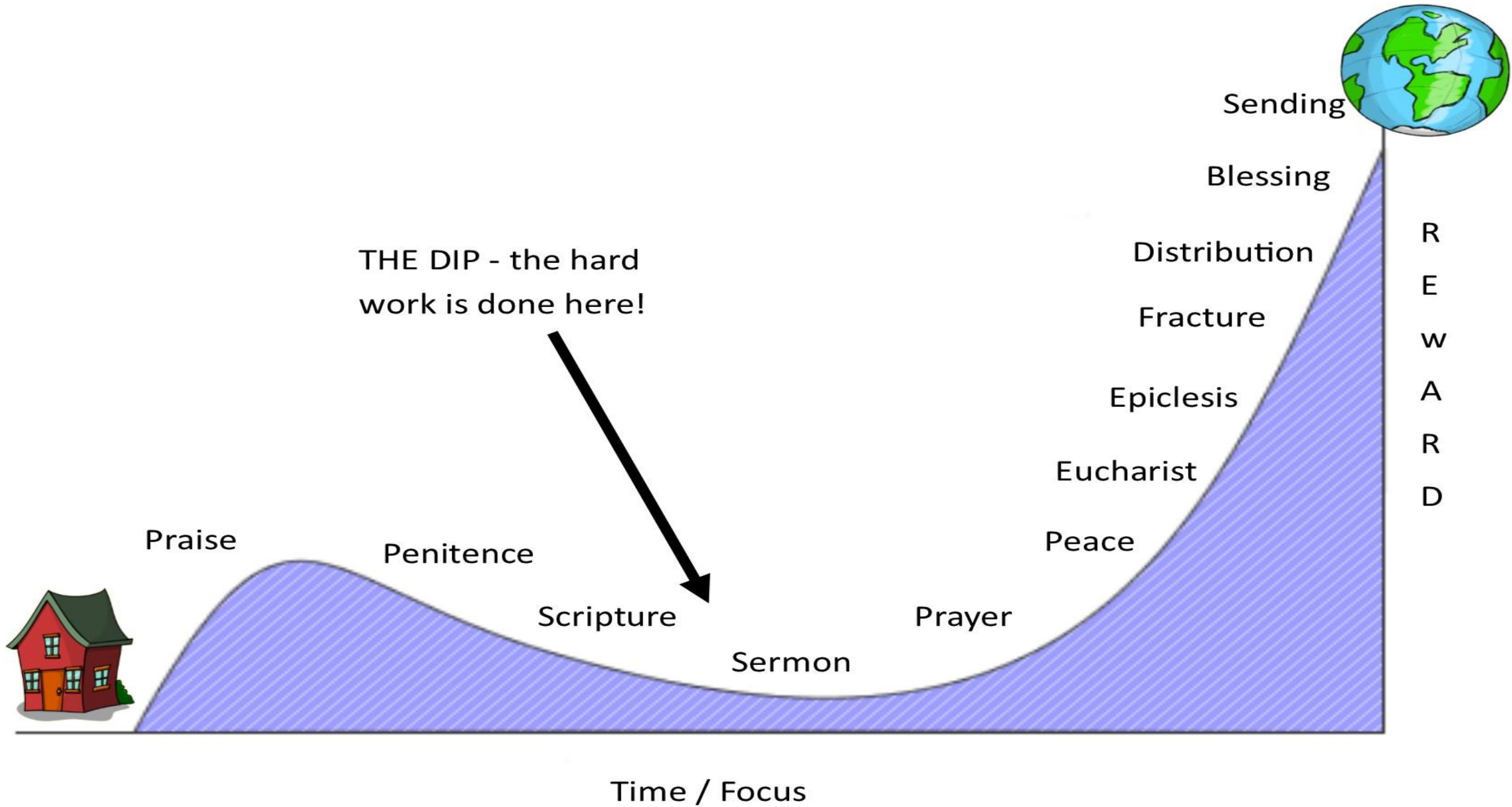
THE DIP - where the  
hard work happens

R  
E  
W  
A  
R  
D

Time / Energy

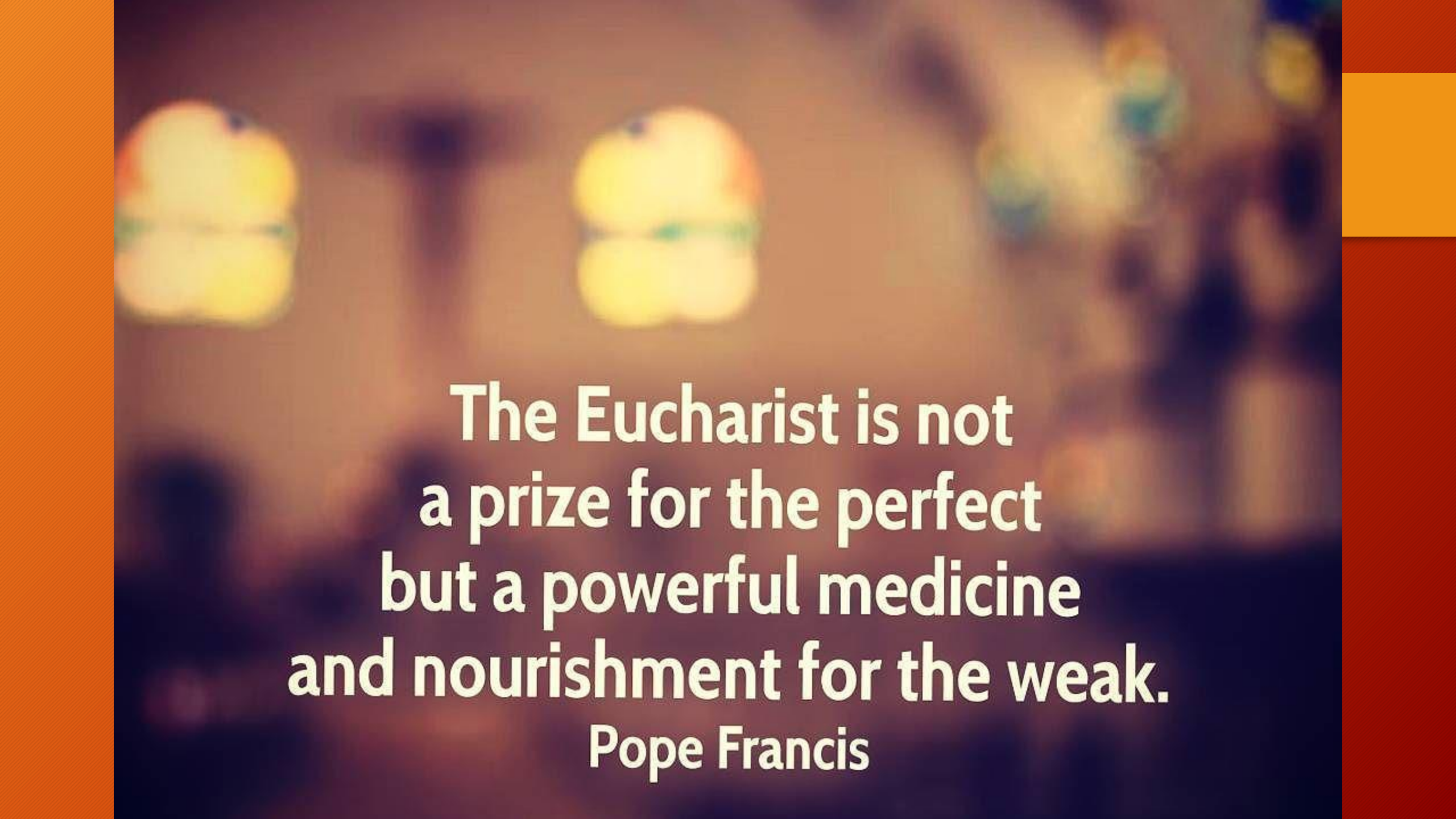






# TRADITIONS - WORSHIPPING WITH OUR WHOLE BODIES

1. Sign of the Cross
2. Standing / sitting / kneeling
3. Epiclesis bell(s)
4. Incense (occasionally)
5. Reverencing
  - the name of Jesus
  - the Altar
  - the President (when passing)

The background of the image is a blurred photograph of a church interior. It features several stained glass windows with warm, yellow and orange tones. The overall atmosphere is soft and spiritual. The text is overlaid in the center in a bold, white, sans-serif font.

**The Eucharist is not  
a prize for the perfect  
but a powerful medicine  
and nourishment for the weak.**

**Pope Francis**