

Columbus, Ohio 43220 Parish Office (614) 451-4290 www.standrewparish.cc

OUR MISSION

St. Andrew Church is a community of Catholics committed to serving God by living our faith. We exist to fulfill the mission of the Roman Catholic Church at the local level by continuing the saving work of Christ. We accomplish this through the celebration of the sacraments, proclaiming and living the Gospel, reaching out to others in justice and charity, and providing all parishioners abundant spiritual, educational, and social opportunities to be known as a faith-filled, engaged, and generous parish.

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OFFICE AND CHURCH HOURS

The Parish Office is open Monday-Friday, 9:00 AM-4:00 PM. The Church is open daily, 6:00 AM-8:30 PM. For more information, visit www.standrewparish.cc.

MASS AND CONFESSION SCHEDULE

Saturday Vigil Mass - 4:30 PM Sunday - 7:30 AM, 9:15 AM, 11:00 AM Weekdays - 6:30 AM & 8:30 AM Saturday Morning - 9:00 AM

RECONCILIATION

Saturdays, 3:15-4:15 PM or by appointment at 614-451-4290

To learn more about **SACRAMENTS**, call the Parish Office or visit our website, www.standrewparish.cc and select "Sacraments and Prayer."

For **ANOINTING OF THE SICK**, please call the Parish Office and choose "Sacramental Emergency" from the list of options or press 3.

We welcome **NEW MEMBERS!** To register or learn more about St. Andrew Parish, please contact our office by phone, or email Jen Wenzke at jwenzke@standrewparish.cc.



STAFF DIRECTORY

CLERGY Msgr. Stephan Moloney, Pastor Rev. Lawrence Tabi, Parochial Vicar Deacon Thomas M. Berg, Jr. Deacon Daniel Dowler Rev. William DeVille, In Holy Service whd22@aol.com Rev. Paul Noble, In Residence, pnoble@columbuscatholic.org	614-451-4290 Ext. 101 Ext. 103
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•	
Kyletta Scheirmann, Latchkey kscheirmann@cdeducation.org	Ext. 105

MASS INTENTIONS

Saturday:	Sept. 21 Vigil, 25th Sunday in Ordinary Time
4:30 p.m.	Diane Nester
Sunday:	Sept. 22, 25th Sunday in Ordinary Time
7:30 a.m.	Julie Kottenstette
9:15 a.m.	For the People of St. Andrew Parish
11:00 a.m.	Michelle Pappa
Monday:	Sept. 23, St. Pius of Pietrelcina
6:30 a.m.	Barb Zimmerman
8:30 a.m.	Special Intention
Tuesday:	Sept. 24, Weekday Mass
6:30 a.m.	Paul and Lillian Wentzel
8:30 a.m.	Gilia Iafolla
Wednesday:	s Sept. 25, Weekday Mass
6:30 a.m.	Alma Saddam
8:30 a.m.	Phyllis DelTosto
Thursday:	Sept. 26, Weekday Mass
6:30 a.m.	Debra Reich Niedy
8:30 a.m.	John and Mary Bonfante
Friday:	Sept. 27, St. Vincent de Paul
6:30 a.m.	Mary and Ted Rondinella
8:30 a.m.	The Macklin and Rinehart Families
Saturday: 9:00 a.m.	Sept. 28, Weekday Mass Living and Deceased Members of the Mallett and McCort Families
4:30 p.m.	Vigil, 26th Sunday in Ordinary Time Peg Casto
Sunday: 7:30 a.m.	Sept. 29, 26th Sunday in Ordinary Time

BAPTISMS

Jack Matthew Bey, son of Matt and Sarah

BANNS OF MARRIAGE

Megan Shanahan and Anthony Valentino (2) Jacqueline Leonti and Ryan Abruzzese (1)

PLEASE PRAY FOR THE FAMILY Glenn Willett

MESSAGE FROM THE PASTOR

Dear Parishioners,

Recently, I have been thinking about the meaning of the Communion rite of the Mass, and how our reception of Holy Communion demonstrates our unity as the Body of Christ, the Church. Christ gives us His Body and Blood in the Holy Eucharist, and when we receive this Sacrament, we are united with Him and with each other – this is what we call "Communion." When we "receive Holy Communion," we do so not simply as individuals, but as members of the Body of Christ in whom we are united "in communion." As we pray in the third Eucharist prayer: "May we who are nourished by the Body and Blood of Your Son, become one body, one spirit in Christ."

The Communion rite of the Mass is when the faithful receive Holy Communion. We may come forward and receive Communion as individuals, but all receive together. Some are first to receive, others follow, and someone is last to receive. But all who receive are united as one body with Christ and one another.

The Communion procession is an orderly procedure where those who are able to receive the sacrament approach the altar and the ministers of Holy Communion. In the United States, the Conference of Bishops has established that communicants should make a sign of reverence, specifically a bow of the head, as they approach the minister of Holy Communion. According to the rubrics in the Roman Missal, when the minister holds up the host and says "the Body of Christ," the communicant is to reply "Amen." Holy Communion may be received on the tongue or in the hand, but the communicant remains standing to receive the sacrament.

What I described above is the proper procedure for distributing and receiving Holy Communion. Not everyone follows these procedures exactly and, of course, we allow that. Some prefer to genuflect rather than bow as an act of reverence, and that too, is allowed. Often non-Communicants process forward in the Communion procession (especially young children) and they frequently receive a blessing. Some people omit saying "Amen" when the minister says "the Body of Christ." When this happens, I usually say "Amen" for them to affirm the Real Presence of Christ in the sacrament, and to remind them not to omit this response. These exceptions to the prescribed procedures are tolerated because they do not take away from our Communion with Christ and one another in the Body of Christ.

Your Pastor,

Monsignor Stephan Moloney



ST. ANDREW SVDP NEWS

2024 ANNUAL FRIENDS OF THE POOR

WALK: The St. Andrew Conference of the St. Vincent de Paul (SVdP) Society will be at all the church exits after all Masses

THIS WEEKEND to accept donations for the annual walk. This event represents our commitment to assist those less fortunate throughout the Columbus Diocese. Thank you for your support. You can also contribute online at **https://fundraising.idonate.com/svdp-diocesancolumbus/fopwalk**. If you support the walk online, please search for one of our team members by name or search for the St. Andrew Conference. This ensures your gift goes directly to the St. Andrew Conference.

JOIN US FOR THE WALK! All parishioners are welcome to participate in the Annual Friends of the Poor Walk scheduled for Saturday, Sept. 28, at DeSales High School (Athletic Track), 4212 Karl Road, Columbus, OH 43224. On-site registration will begin at 8:30 a.m. on the day of the walk. (There is no need to preregister). Participants may receive a free T-shirt (supplies are limited). Coffee, hot cocoa, water and donuts will be available. Let's all come together to support this event and raise additional funds for our neighbors in need.

OUR IMPACT: In August, our conference helped three different neighbors in our immediate area avoid homelessness. We continue to make 660 sandwiches each month for distribution at the St. Lawrence Haven downtown. **We make the sandwiches in the kitchen of the Parish Hall after the 9:15 Mass the third Sunday of the month.** All parishioners are welcome to join us in this effort to feed those in need.

FIFTH SUNDAY: The SVdP Society humbly asks for donations on the last Sunday of months that have FIVE Sundays. **Sunday, Sept. 29 is a fifth Sunday**. This is the time to use your **GOLD ENVELOPE** or make an online donation to benefit those served by SVdP. To donate online, scan the QR code or visit the parish giving site at **osvhub.com/st-andrew-parish/funds** and

choose St. Vincent de Paul from the gift information menu. You can also mail a check to the Parish Office: 1899 McCoy Road,

Columbus, OH 43220. Make checks payable to St. Andrew/SVdP. Thank you for your expression of faith in action as we respond to Christ's message.



For more information, contact **John Seguin** at **seguinjh@yahoo.com**.

SUNDAY OFFERING

	SEPT 8	YTD
ACTUAL	\$ 29,883	\$ 332,769
BUDGET	\$ 32,692	\$ 326,922
LAST YEAR	\$ 25,148	\$ 295,062

Thank you to all who are responding generously to our financial need. Your generosity is greatly appreciated!

We encourage you to consider Online Giving, which is safe, secure and convenient. To sign up, visit osvhub. com/st-andrew-parish/funds or contact Business Manager Thomas Conigy at tconigy@standrewparish. cc or 614-451-4290, ext. 106.





BLOOD DONORS ARE NEEDED! Our next Blood Drive will be Thursday, Oct. 3, from 1:00-6:00 p.m. in the Nugent Parish Hall. If you would like to schedule American an appointment to give blood at St. Andrew Red Cross Parish, visit RedCrossBlood.org, sponsor code: SACC, or call 1-800-733-2767. We

also have a need for helpers to sign up as substitutes for registration and snack table. If you would like to be added to the list, call the Parish Office at 614-451-4290.



EUCHARISTIC ADORATION

Please ioin us for Eucharistic Adoration on Tuesdays from 6:00-9:00 p.m. Eucharistic Adoration is simply the act of being in Christ's real presence while the Eucharist is on the altar. Adorers may stay as briefly or as long as they would like. At 8:45 p.m., Adoration concludes with Compline (end of day

prayers) followed by Benediction. Make time to be in Christ's presence and open yourself to the graces that flow from the Eucharist!

Weekly Adoration Hosts: Parish Council (first Tuesday); St. Vincent de Paul (second Tuesday); Women of St. Andrew (third Tuesday); Men of the Parish (fourth Tuesday).

SCOUT POPCORN SALE!

Support the Cub Scouts and Scouts BSA of St. Andrew Parish by purchasing popcorn after Masses on September 21/22 and September 28/29! Popcorn



makes a great game time snack or gift to give. Thank you for your support of the sale, which helps the boys attend summer camp and enjoy other enriching activities throughout the year!

Are you interested in becoming Catholic or learning more about the Catholic faith? Join us at our FALL MEET UP after the 11:00 a.m. Mass on Sunday, Sept. 29, in the Multipurpose Room. We'll explain more about OCIA and upcoming events and activities.

Are you interested in becoming a sponsor?

If so, the FALL MEETUP is the perfect opportunity to learn more. You can talk with past and current sponsors about their experience and learn more about the requirements of being an OCIA candidate sponsor.



OCIA KICK-OFF MEETING Beginning Wednesday, Oct. 2 7:00 p.m. // Multipurpose Room

OCIA (Order of Christian Initiation for Adults) at St. Andrew Parish offers you the unique opportunity to learn more about the Catholic faith within our parish community. The St. Andrew OCIA program offers men and women at all stages of their faith journey to come together within a welcoming atmosphere to learn more about the Catholic Church. The program includes weekly meetings on Wednesday evenings from 7:00-8:30 p.m.

- Learn about the Catholic faith.
- Learn how to pray.
- Learn about the Holy Mass.
- Come to understand and love the sacraments.
- Grow in Christian fellowship.
- Discern God's will in your life.
- Experience initiation with fellow parishioners at the Easter Vigil.

For more information, contact the Director of Adult Faith/OCIA Emily Jaminet, 614-451-4290, ext. 110 or ejaminet@standrewparish.cc.



VOLUNTEER TRAINING AT ST. ANDREW THURSDAY, OCT. 3 6:00 PM VIA ZOOM

If you are 18 years or older and interested in volunteering with youth activities at St. Andrew Parish, you must complete ALL of the following before you can volunteer:

- 1. **Attend** a PROTECTING GOD'S CHILDREN training session.
- 2. **Provide** a CLEAR BACKGROUND CHECK.
- 3. **Sign** the CODE OF CONDUCT.
- 4. **Complete** a VOLUNTEER APPLICATION.

For full details, visit **www.standrewparish.cc/parish-involvement/volunteers/**.

To register for the St. Andrew training session, visit **www. virtusonline.org**. **PLEASE NOTE:** Registration is limited to 75 people and registration is OPEN to everyone in the diocese.

For more information, contact **Mary Beasecker**, 614-451-4290 or **mbeasecker@standrewparish.cc**.



PRO-LIFE BOOT CAMP SUNDAY, SEPT. 29 // BRYCE ECK CENTER // 7:00 PM

Come to learn the fundamentals of empowering pregnant women to choose life, including best practices, basic apologetics, and local resources.

ROSARY FOR LIFE: ALL ARE WELCOME!

Join us every Saturday at 8:30 a.m. to pray the Rosary for Life. Mass begins at 9:00 a.m. At the conclusion of the Mass, we pray the Divine Mercy Chaplet. We provide prayer aid booklets and materials. On the first Saturday of each month, the St. Andrew Council Knights of Columbus lead the Rosary and Chaplet. On all the other Saturdays, the women of the parish lead the prayers.

FACILITIES & ROOM RESERVATIONS: If you would like to reserve one of the meeting spaces at St. Andrew Parish, please contact Jen Wenzke, **jwenzke@standrewparish.cc**, or Greg Price, **gprice@standrewparish.cc**. The event calendar can be viewed at **standrewparish.cc/calendar**.

ST. ANDREW RELIGIOUS ED. NEWS AND ANNOUNCEMENTS

PSR is in full swing and registration has closed for the 2024-25 school year. We still have a few employment openings available if you are interested in joining our team (see below).

CHILDREN'S LITURGY OF THE WORD (CLOW)

has returned to the **11:00 a.m. Sunday Masses**. Children ages 4-7 are invited to join Liz Meyers and other leaders every Sunday through December 22. There will be NO CLOW scheduled on Sunday, Nov. 3.

THE EIGHTH GRADE CONFIRMATION PARENT MEETING is scheduled for Wednesday, Sept.

25, in the parish hall. For your convenience, there are two meeting times available, 4:30 p.m. OR 6:00 p.m. PSR and school parents are required to attend only one meeting. Important information for Confirmation will be discussed.

JOIN THE PSR TEAM! We are looking for a few people to fill some available positions within the department:

- First Grade Classroom Aide
- Third Grade Catechist
- PSR Administrative Assistant

For more information, contact **DRE Kathy Dowler** at 614-451-2855, ext. 305 or **kdowler@ standrewparish.cc**.



SAINT MONICA CLUB MONDAY, SEPT. 30 6:00-7:00 PM // PARISH HALL

Give up worry and turn to prayer with the Saint Monica Club! All are welcome to this once-a-month study. St. Monica represents persistent, unfailing prayer for fallen-away family

members. The Saint Monica Club includes all devoted parents who have experienced the pain of a child leaving the faith and have prayed ceaselessly for their return. For more info and to RSVP, contact **Amy Tague**, at **amyliss14@gmail.com**.



WELCOME OUR BLESSED MOTHER INTO YOUR HOME!

There are many sign-up opportunities to have the Blessed Mother statue in your home for prayer and devotion.

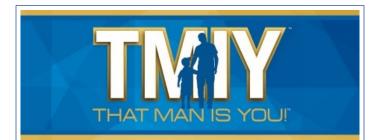
Each week begins on Saturday at 5:30 p.m. and ends the following Saturday at 4:30 p.m. The statue is dropped off and picked up each week in the St. Andrew Chapel.

A new fall schedule is now

available! Use the QR code or visit our SignUpGenius page to view upcoming available dates and learn more: **tinyurl. com/ourlady2024**.



For more information, contact Deb McEllistrem, 614-309-4645 or **dmcellistrem@yahoo.com**.



THE FIGHT OF FAITH equips and enables men to engage in the cosmic, spiritual battle raging in our day. Biblical identities will emerge to inspire heroic lives of service to a calling greater than ourselves. Uncover the ultimate truth that sheds light on all things: God's own identity. Fight the good fight of faith to win an imperishable crown of glory.

JOIN US SATURDAY MORNINGS at the Bryce Eck Center. Doors open at 6:30 a.m. for fellowship and breakfast, followed by a presentation and group discussion at 7:00 a.m. Each session ends by 8:00 a.m. For information or to register, contact **Colin Bellantis** at 440-728-4166 or **colinbellantis@gmail.com**. To learn more about THAT MAN IS YOU!, visit **www. TMIY.org**.

OUR WORK CONTINUES IN THE GARDEN! The Garden Club meets **every Monday from 10:00 to 11:30 a.m.** (weather permitting). Club members maintain the perennial garden by the grotto, the garden in front of the parish office, and the canna flowers in the McCoy Road parking lot throughout the fall.

Each week, we meet near the flower garden with the swing. You can come as often as your schedule allows. Bring your own garden gloves and hand tools. For more information, contact Karen Bruns at **kbruns145@gmail. com** or 614-216-4694.

LITURGICAL VOLUNTEERS

SAT, SEP 28: Vigil, 26th Sunday in Ordinary Time 4:30 PM Mass

Tom Couvreur	EMHC-B - B1
Kathy Couvreur	EMHC-B - B2
Pamela Sprigler	Lector - A
Tim Terveer	Lector - B
Anthony Amweg	Altar Server
Leonardo Amweg	Altar Server

SUN, SEP 29: 26th Sunday in Ordinary Time 7:30 AM Mass

Kathy Cowen	EMHC-B - B1
Bette Jo Feeney	EMHC-B - B2
John Pashke	Lector - A
Jason Mays	Lector - B
Liran Mays	Altar Server
Adeline Mays	Altar Server

9:15 AM Mass

Karen Huey EMHC-B - B1
Debbie Caranna EMHC-B - B2
Suzanne Meyers EMHC-B - B CHOIR
Iris Freisner EMHC-B - B3
Jeff Wenzke EMHC-C - C1 (Sub req.)
David Varda EMHC-C - C2
VOLUNTEER NEEDED EMHC-C - C CHOIR
Abigail Meyers EMHC-C - C3
John SchechterLector - A
Carson ReiderLector - B
Natalie MoffoAltar Server
Mason Shoemaker Altar Server

11:00 AM Mass

Tom Levenick	EMHC-B - B1
Corso Padova	EMHC-B - B2
Cecile Jalandoni-Chuidian	Lector - A
Wini Chuidian	Lector - B
Mia Pagnotto	Altar Server
Ethan Kohl	Altar Server

To volunteer, visit **www.rotundasoftware. com/ministry/standrewcolumbus**, or use the QR code here. If you need help with your username or password, contact the Parish Office, 614-451-4290.



BULLETIN AND EPOST ANNOUNCEMENTS

Send requests to **bulletin@standrewparish.cc** by Monday at 10:00 a.m. for the upcoming issue. Include a brief description, date, time, location, and contact name. If Monday is a holiday, all submissions must be received the Friday before. Submissions may be edited for clarity or space.

AROUND THE DIOCESE

CATHOLIC MEN'S LUNCHEON CLUB is scheduled for **Friday, Oct. 4**, at St. Patrick Church in downtown Columbus. The luncheon will feature a talk by Bishop Earl K. Fernandes. Holy Mass (optional) begins at 11:45 a.m. followed by lunch and the Bishop's annual address at 12:10 p.m. No RSVP is needed. The lunch/meeting cost is \$12. Bring a friend! Our next luncheon is scheduled for Friday, Nov. 1, featuring Brian Hickey, Executive Director of the Catholic Conference of Ohio, who will speak about The Catholic Conference of Ohio. Because the November luncheon is on All Saints Day (A Holy Day of Obligation), Mass will begin at noon instead of 11:45 a.m. and the luncheon will follow at 1:00 p.m.

HEALING MASS: CELEBRATE THE SACRAMENT OF

ANOINTING OF THE SICK: All are welcome to attend our final Hope & Healing Mass of the year at the Basilaca and National Shrine of Our Lady of Consolation on Saturday, Oct. 5, at 11:00 a.m. The Sacrament of the Anointing of the Sick will be celebrated within Mass following the homily. After Mass, all present are invited to come forward to receive an individual blessing with the Relic of the True Cross.

BIRTHRIGHT ANNUAL LUNCHEON AND SILENT

AUCTION: Please join us on Saturday, Oct. 19, from 11:00 a.m.-1:00 p.m. at St. Catharine Parish Center (500 S. Gould Road, Columbus, Ohio, 43209). We look forward to celebrating and supporting Birthright being a friend to moms-to-be in Columbus for more than 50 years! Tickets are \$50 for adults and \$25 for children. Please RSVP to Sue Wilson at 614-313-5150 or mail at 5548 Parkshire Drive, Columbus, Ohio 43229.

ST. MARY MAGDALENE CHURCH ATHLETIC

ASSOCIATION is hosting a one-day bus trip to South Bend, Indiana, for the Notre Dame vs. Stanford football game on Saturday, Oct. 12, at 3:30 p.m. Cost is \$225/person. This includes bus, game ticket, sandwiches, snacks, soft drinks. Children accompanied by parent are welcome. Only 42 spots available. For more information, contact Julius Palazzo at **Jmpalazzo@juno.com** or 614-946-5729.

In addition, Reynolds Travel (handles the Notre Dame trip) is also offering a Browns vs. Bengals one-day bus trip to Cleveland on Sunday, Oct. 20, at 1:00 p.m. Cost is \$269 and includes bus, game ticket, snacks, and soft drinks. Only 50 spots available. For more information, contact Ike Reynolds at 614-847-8008 or **ike@reynoldstravel.net**, or visit **www. reynoldstravel.com** to sign up.



WEDNESDAY, OCT. 16 // VILLA MILANO 10:00 a.m. Doors Open Noon Luncheon and Style Show

Cost is \$75 per person. For more information and to purchase tickets, visit **www.christchildsociety.org**



"Do This in Remembrance of Me" A Step-By-Step Walk Through the Mass

Fr. Luke Spannagel

✤ Part 42: The Eucharistic Prayer ∔

After the Prayer over the Offerings, we now come to the **Eucharistic Prayer**. According to the *General Instruction of the Roman Missal*, "Now the center and high point of the entire celebration begins, namely, the Eucharistic Prayer itself, that is, the prayer of thanksgiving and sanctification. The priest calls upon the people to lift up their hearts to the Lord in prayer and thanksgiving; he associates the people with himself in the Prayer that he addresses in the name of the entire community to God the Father through Jesus Christ in the Holy Spirit. Furthermore, the meaning of this Prayer is that the whole congregation of the faithful joins with Christ in confessing the great deeds of God and in the offering of Sacrifice. The Eucharistic Prayer requires that everybody listens to it with reverence and in silence" (GIRM, 78).

Here we go! For those longing for the true presence of Jesus, the time is drawing near! For those who yearn to pray well, we are invited to participate in the perfect prayer of Jesus–his perfect sacrifice and worship of the Father. Throughout the Eucharistic Prayer, we can find a great outline and model for our own prayer. By taking a closer look at the main components, we can hopefully enter more fruitfully into this wonderful prayer.

The Elements of the Eucharistic Prayer

As the *General Instruction of the Roman Missal* continues, "The main elements of which the Eucharistic Prayer consists may be distinguished from one another in this way:

- a) The **thanksgiving** (expressed especially in the Preface), in which the priest, in the name of the whole of the holy people, glorifies God the Father and gives thanks to him for the whole work of salvation or for some particular aspect of it, according to the varying day, festivity, or time of year.
- b) The **acclamation**, by which the whole congregation, joining with the heavenly powers, sings the *Sanctus* (Holy, Holy, Holy). This acclamation, which constitutes part of the Eucharistic Prayer itself, is pronounced by all the people with the priest.
- c) The *epiclesis*, in which, by means of particular invocations, the Church implores the power of the Holy Spirit that the gifts offered by human hands be consecrated, that is, become Christ's Body and Blood, and that the unblemished sacrificial Victim to be consumed in Communion may be for the salvation of those who will partake of it.
- d) The *institution narrative and Consecration*, by which, by means of the words and actions of Christ, that Sacrifice is effected which Christ himself instituted during the Last Supper, when he offered his Body and Blood under the species of bread and wine, gave them to the Apostles to eat and drink, and leaving with the latter the command to perpetuate this same mystery.
- e) The **anamnesis**, by which the Church, fulfilling the command that she received from Christ the Lord through the apostles, celebrates the memorial of Christ, recalling especially his blessed Passion, glorious Resurrection and Ascension into heaven.
- f) The **oblation**, by which, in this very memorial, the Church, in particular that gathered here and now, offers the unblemished sacrificial Victim in the Holy Spirit to the Father. The Church's intention, indeed, is that the faithful not only offer this unblemished sacrificial Victim but also learn to offer their very selves, and so day by day to be brought, through the mediation of Christ, into unity with God and with each other, so that God may at last be all in all.
- g) The *intercessions*, by which expression is given to the fact that the Eucharist is celebrated in communion with the whole Church, of both heaven and of earth, and that the oblation is made for her and for all her members, living and dead, who are called to participate in the redemption and salvation purchased by the Body and Blood of Christ.
- h) The concluding **Doxology**, by which the glorification of God is expressed and which is affirmed and concluded by the people's acclamation, Amen" (*GIRM*, 79; emphases added).

In the weeks ahead, we'll be taking a closer look at the Eucharistic Prayers and these individual parts. Is anyone wondering how much longer before Holy Communion? The wait will definitely be worthwhile!

For Reflection:

- Next time you participate in Mass, see if you can identify the different elements of the Eucharistic Prayer. Even if you do not observe all eight elements described in the General Instruction of the Roman Missal, take the opportunity to listen closely to the elements you do hear.
- 2. Consider bringing the structure of the elements of the Eucharistic Prayer into your own time of reflection or meditation. For example, take time to thank God, acclaim him, implore an outpouring of the Holy Spirit, recall the institution of the Eucharist and Christ's Paschal Mystery, offer yourself to the Father through Christ, pray for your own intentions, and give glory to God through a concluding "Glory be...".

Source: www.eucharisticrevival.org/blog









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