

(Continued from previous)

Then comes the **Sign of Peace**: Catholics exchange a handshake or nod while saying “Peace be with you.” You are welcome to participate or simply smile.

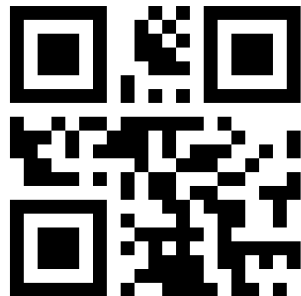
Important note for non-Catholics: Only baptized Catholics in a state of grace normally receive Holy Communion. The Church asks that others refrain out of respect for the Catholic understanding of the Eucharist. Instead, you may come forward with the rest of the assembly, cross your arms over your chest and receive a simple blessing from the priest or minister. This is a common and welcomed practice. If you prefer to remain in your seat, that is also perfectly fine. You may remain seated.

The Concluding Rites

Whenever necessary, some announcements may be made. Then, the Priest offers a final blessing. Everyone makes the Sign of the Cross with him. A closing song is sung, and the Priest and ministers process out followed by the gathered assembly.

Thank you for your interest and participation in the Holy Mass with us. May God lead you closer and closer to the Loving Heart of Our Savior.

Fr. Andrzej Skrzypiec
St. Olaf Catholic Church
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Bountiful, UT 84010



Is This Your First Visit to Saint Olaf?



Welcome to Saint Olaf Catholic Church

We are glad you're here.

This is a brief explanation of the Mass
to help you follow along.

You'll find more in-depth details of the Mass in the
missalette available in the pew.

We hope that you find Mass inspirational, prayerful, and effective in bringing you into a closer communion with Our Savior Jesus Christ. If you thought the Mass was about standing, sitting, kneeling, and singing and a lot of exercise, here is something to consider:

The Catholic Mass is the central act of worship in the Catholic Church. It is a sacred liturgy in which Catholics believe Jesus Christ is truly present—first in the proclaimed Word of Scripture, secondly in the Eucharist, and thirdly in the gathered assembly of believers.

The word “Mass” comes from the Latin expression “*Ite, missa est*” (“Go, you are sent”), the final words of the service. We understand the Mass as the re-presentation (not a repetition) of Christ’s one sacrifice on the Cross. We believe that in the Eucharist, the bread and wine become the Body and Blood of Christ—body, blood, soul, and divinity—while retaining the appearance of bread and wine. This is called Real Presence. The entire liturgy is therefore both a memorial of the Last Supper and a participation in Calvary, offered to God the Father for the forgiveness of sins and the salvation of the world.

Structurally, the Mass consists of two parts called: The Liturgy of the Word and The Liturgy of the Eucharist.

The Introductory Rites

The priest greets the assembly: “The Lord be with you.” The response, spoken by everyone, is “And with your spirit.” This ancient exchange reminds Catholics that the priest is not acting in his own name but in the person of Christ.

Next comes the Penitential Act. You may hear the familiar “I confess to almighty God...” or a shorter litany. Catholics strike their breast lightly at “through my fault” as a sign of sorrow for sin. You can simply remain silent or pray quietly in your heart.

On Sundays and solemnities, the Gloria (“Glory to God in the highest...”) is sung or recited. Then the priest prays the Collect—a short prayer that “collects” the intentions of the community.

The Liturgy of the Word

This is the first major part of the Mass and the one in which non-Catholics can participate most fully.

- **First Reading:** Usually from the Old Testament.
 - **Responsorial Psalm:** Sung or recited.
 - **Second Reading:** From the New Testament letters or Acts.
 - **Gospel Acclamation:** Everyone stands and sings “Alleluia” (except during Lent).
 - **Gospel:** The priest or deacon proclaims a reading from Matthew, Mark, Luke, or John. Catholics believe Christ himself speaks in the Gospel.
 - **Homily:** The priest or deacon explains the readings and applies them to daily life.
 - **Profession of Faith (Creed):** On Sundays and major feasts, the assembly recites the Nicene Creed and occasionally the Apostles Creed. Standing with others, you may simply listen to the words of the Creed.
 - **Prayer of the Faithful:** The associating deacon offers aloud on behalf of the community universal or particular prayers and petitions. You may silently add your own intentions.
- Sit for the readings and homily; stand for the Gospel, Creed, and Prayers of the Faithful.

The Liturgy of the Eucharist

This section mirrors the actions of Jesus at the Last Supper.

1. **Preparation of the Gifts:** Bread and wine are brought forward, along with a collection for the poor and the needs of the Parish. You may place an offering in the basket if you wish, but there is no obligation. The priest prepares the altar and offers a quiet prayer over the gifts.
2. **Eucharistic Prayer:** This is the longest prayer of the Mass. The priest speaks the words of institution (“Take this, all of you...”) and Catholics believe that at that moment the bread and wine become the Body and Blood of Christ. The assembly kneels during the Consecration. You may kneel with everyone or remain seated—both are respectful. The priest then prays for the Church, the living, and the dead. Everyone joins in the great “Amen” at the end.
3. **Communion Rite:** The Lord’s Prayer is prayed together.

(Continued on reverse)