

# ROMAN MISSAL

THIRD EDITION

## A SACRAMENT OF COMMUNION

At its heart, the Eucharist is a sacrament of communion bringing the people closer to God and to one another in the Body of Christ. By living the fruits of the Eucharist in daily life, families and communities are filled with the life-giving qualities the Mass brings: hospitality, concern for the poor and vulnerable, self-offering, and thanksgiving.

An ancient saying in the Church reads “*lex orandi, lex credendi*,” meaning: “as we pray, so we believe.” In the third edition of the *Roman Missal*, the bishops and translators took great care to ensure that the prayers accurately and fully reflect the mysteries of the faith. Thus, the words prayed will help to form and strengthen understanding of the faith.

The effects of the Mass should not stop at the doors of the church. The *Catechism of the Catholic Church* teaches that the Eucharist fosters union with Christ, avoidance of sin, increased charity, stronger communion among all, and recognition of Christ in the poorest and most vulnerable (CCC 1391-1397). What does that mean in daily life?

## LIVING A LIFE OF PRAYER

The richer prayer is throughout the week, the more fully people will enter into the Sunday Mass. Here are some ways to make daily life more prayerful:

- ✘ Try attending daily Mass at least once a week.
- ✘ Stop in a church for 15 minutes of quiet prayer before the Blessed Sacrament in the tabernacle.
- ✘ Strive to say grace before every meal.
- ✘ Schedule time for family prayer at least once a week. This prayer can be as simple as saying the Our Father or a decade of the Rosary together.
- ✘ Take time during the week to read or listen to the readings for the coming Sunday.

# Liturgy And Life

- ✘ Begin the day with a brief prayer of thanksgiving to God, offering the day to Him.
- ✘ End the day with an examination of conscience, looking at successes and failures.

## LIVING A LIFE OF LOVING SERVICE

Celebrating the Mass and receiving Holy Communion should strengthen people to conform their lives more closely to Christ. To help in this endeavor, Church Tradition has identified works of mercy. These 14 practices demand sacrifice and generosity, drawing people more deeply into conformity with God. Focusing on one of these works each week may be a practical way to integrate them into personal, family, and parish life.

### Corporal Works of Mercy

- ✘ Feeding the hungry
- ✘ Sheltering the homeless
- ✘ Clothing the naked
- ✘ Visiting the sick
- ✘ Visiting the imprisoned
- ✘ Giving drink to the thirsty
- ✘ Burying the dead

### Spiritual Works of Mercy

- ✘ Converting sinners
- ✘ Instructing the ignorant
- ✘ Advising the doubtful
- ✘ Comforting the sorrowful
- ✘ Bearing wrongs patiently
- ✘ Forgiving injuries
- ✘ Praying for the living and the dead

There are numerous opportunities to live out these works. People can check their parish schedule or bulletin for ideas. By helping to build a more just and compassionate society, Christ’s Body is made manifest in the world.