



† Servant Leader †

HOW TO GET MORE OUT OF THE MASS

Catholics believe that, on the night before He died, Jesus gave His Apostles an incredible gift - a way that He would continue to be present in His Church, through His Body and Blood, in the Eucharist. Every time we gather to celebrate Mass, we partake of that very same event. Are we getting as much as we can from our participation in the Eucharist? Or are we:

- Bored, waiting to be entertained?
- Sitting in judgment of those around us?
- Daydreaming about what we'll do later in the day?

The Source and Summit of the Whole Christian life

The Second Vatican Council taught that, for Catholics, "Taking part in the Eucharistic Sacrifice, is the source and summit of the whole Christian life; they offer the divine victim to God, and offer themselves along with it."

This concept of offering ourselves at Mass may be foreign to us. But without this attitude, we are likely to find that we are not "hungry" enough to enjoy the Eucharistic banquet that Our Lord has called us to share.

Our S.A.C.R.I.F.I.C.E.

Here are nine concrete steps to help you to get more out of the Mass by focusing on the sacrifice you can offer with Christ:

SERVE

Obeys the command that Jesus gave at the first Eucharist.

ADORE

Realize the great gift God is offering you!

CONFESS

Believe in God's power to make up for your weaknesses.

RESPOND

Function as a member of the Body of Christ.

INCLINE

Listen intently to the Word of God.

FAST

Bring a hearty appetite to the Eucharist.

INVITE

Open yourself to a relationship with Jesus.

COMMUNE

Become one with Christ.

EVANGELIZE

Share the Lord with others.

SERVE

At the first Eucharist, Jesus did something unexpected. He rose from the table and began to wash the feet of His disciples. Then He told them: "I have given you an example, that you also should do as I have done to you" (Jn. 13:15).

Bringing an attitude of service to the Eucharist is a way to fulfill Jesus' command. Rather than coming with an attitude of "what can be done for me" at Mass, we imitate Jesus, who came not to be served, but to serve...and we ask, "How can I be of service to the Lord at this Eucharist?"

ADORE

We encounter the "real" Jesus at the Eucharist. We hear God's Word proclaimed in the Scriptures, and we receive the Body and Blood of Our Lord and Savior. Spending time adoring the real presence of Our Lord in the Eucharist outside of Mass can help us to better appreciate the intimate encounter that we are privileged to have with Him at every celebration of the Mass, when we become living tabernacles. Adoration helps us to approach Him in a devout way and experience the great love that He has for us, as He comes to us in Word and Sacrament.

(Continued, inside back page)

**WELCOME OUR NEW FULL-TIME YOUTH MINISTER
VICTOR ALVAREZ**

We are pleased to announce that Victor Alvarez has been appointed full-time Youth Minister for Holy Family Parish effective January 1, 2008.

Victor has been involved in youth ministry for the past fifteen years, starting as a youth and then adult leader at St. John the Baptist parish in Chico. Upon graduating from CSU Chico, Victor moved to Bemidji, Minnesota where he served as the Youth Minister for two years before returning to the Diocese of Sacramento.

In 2000, Victor began his five year stay at St. Rose Church in Roseville as the Director of Youth and Young Adult Ministries and Teen Faith Formation. In this role, he coordinated multiple ministries for youth as well as started a ministry for parents to support them as parents and support youth ministry.

During this period at St. Rose, Victor married Nikki Gonzalez-Fogarty, a classical violinist and bilingual counselor for the Sacramento Life Center, and went on to receive a Masters in Pastoral Studies from Loyola University, New Orleans. In 2005, Victor was hired as the Youth Coordinator for the Diocese of Sacramento, and has been helping parishes grow and cultivate ministry to youth and young adults throughout the diocese.

Victor and Nikki live in Roseville with their 3½ year old daughter, Lucy, and are expecting their second child in April 2008.

While his official start date is January 1, Victor is being introduced and is speaking at all Masses this weekend. "I am excited for the opportunity to minister to the youth of Holy Family," Victor says, "and this is a homecoming of sorts for us, as Holy Family was my wife's first parish as a infant." In addition to speaking at the Masses, Victor will be at the Open House in the rectory this afternoon until 3:00 pm.

Welcome Alvarez Family!

PREPARING FOR THE ULTIMATE GIFT

This week, the Second Sunday of Advent...

THE GIFT OF PEACE

OUR LADY OF GUADALUPE - WEDNESDAY, DECEMBER 12

MAÑANITAS - 5:30 AM IN THE CHURCH, FOLLOWED BY THE ROSARY

AND A TRADITIONAL RECEPTION IN THE COMMUNITY CENTER

BILINGUAL MASS - 6:00 PM IN THE CHURCH, FOLLOWED BY A

BILINGUAL RE-ENACTMENT AND TAMALES IN THE COMMUNITY CENTER.

READINGS FOR THE WEEK

Mon: Is 35:1-10; Lk 5:17-26

Tue: Is 40:1-11; Mt 18:12-14

Wed: Our Lady of Guadalupe: Zec 2:14-17; Lk 1:26-38

Thu: St. Lucy: Is 41:13-20; Mt 11:11-15

Fri: St. John of the Cross: Is 48:17-19; Mt 11:16-19

Sat: Sir 48: 1-4, 9-11; Mt 17:9a, 10-13

Sun: Third Sunday of Advent:

Is 35:1-6a,10; Jas 5:7-10; Mt 11:2-11



Questions of the Week:

Adults: Name the one thing in your life which you must "move out of the way" to make room for Christ.

Teens: Who do you know who is faithful? What can you learn from their life and relationship with God?

Children: Beyond toys and other things, what do you hope will happen in your family this Christmas

MASS INTENTIONS

Mon: Jason Murphy –Int.; John N. Geronimo –Int.

Francescon Family +

Wed: Mary Anne France +

Fri: Mary Anne France +

Sun: 7:30 am Mass Mary Walker +

9:00 am Mass Louise Schoen –Int.

10:30 am Mass Godofredo Fabi +

6:00 pm Mass Pro Populo



PRAYER CORNER

Please remember in your prayers:

Clair Alway, Mary Avila, Richard Blanco, Elisa Bulhoes, Bernard Burke, Bob Cleveland, Marie Crane, Darren Crose, Julie Desrochers, John Dooney, Virginia Dulley, Jennifer Ford, Olivia Garcia, Ralph Gingrich, Bob Gokey, Robert Gonzaga, Jason Hayes, Nancy Hayes, Stanley Hayes, Michele Hock, Kathleen Johnson, Phyllis Johnson, Bill Keenan, Jonnie Kuennen, Karen Lewis, Donald Maguire, Maria Mamauog, Maria Martinez, Earl Mattingly, Luke McCord, Mike McCord, McElvy Family, Dean McGinty, June McMaught, Rigoberto Mendoza, Jenine Michilena, Xochitl Montano, Mariah Morris, Jason Murphy, Elliott Jerome Neal, Andy Ngo, Scott Ngo, Cora Orzol, LeeAnn Parrott, Maryanne Pelzel, Gilbert Perron, Tom Poeschl, Sr. Mary Porter, Christine Regan, Raymond Remick, Suzanne Rose, Nikelle Schafer, Katherine Schottgen, Diane & Mike Smith, Marylyn Smith, Lisa Stamps, Jardee Stanley, Jo Ster, Laura & Paul Studer, Simon Sucharski, Clement Sweeney, Maureena Sutton, Elise Taylor, I. Thompson, Larry Thompson, X. Thompson, Jovita Vargar, Jean Villanueva, Emily Walsh, Marvin Webster, Robert Westbrook, Sharel Wilson, Shirley England Zook

Stewardship

~ a way of life ~

END-OF-THE-YEAR CONTRIBUTIONS

Giving at Christmas and at Year's End is not only a Catholic tradition, but a special way to commemorate the Greatest Gift - God's gift of His only Son, Jesus. This time of year gives us more than a financial opportunity, but a spiritual opportunity to be good stewards of the many gifts bestowed on us this year. Please visit the parish website at www.holyfamilych.org, where there is a link to more detailed information on planned giving.

FOOD DONATIONS FOR THE NEEDY

Please share the Lord's blessings with our less fortunate brothers and sisters. In keeping with years past we will place baskets around the altar during Thanksgiving Week. (Please do not drop donations off at the Parish Office.) Items needed are as follows: tuna, peanut butter, jam or jelly, rice, pasta, canned fruit, and cereal. The Lord bless you for your kindness, generosity and continuing support in the work of our Society.

ADOPT A FAMILY FOR CHRISTMAS

Catholic Charities of Sacramento is seeking individuals or families interested in 'adopting' a local family in need for Christmas. Donors are asked to provide gifts as well as a grocery store gift card. Please call the Catholic Charities office at 733-0253 for more information. Thank you.

WINTER IS ON ITS WAY - HELP IS NEEDED

As we approach winter, we recognize an increased need for warm jackets and sweatshirts, socks, gloves, hats, blankets and other protection from the cold for the homeless. Since the cold weather will be upon us soon we would like to appeal to you for any gently used items (in adult sizes only) that will help. Collection will continue throughout the winter. Please leave any items you can contribute at any of the church doors for pick-up.

STEWARDSHIP - TREASURE

GENERAL COLLECTION

Weekly Goal	\$	11,000.00
Nov 11	\$	9,958.00
Nov 18	\$	9,267.00
Nov 25	\$	10,090.00
Dec 2	\$	12,389.00
YEAR-TO-DATE	\$	239,579.00
Goal-to-Date (23 Weeks)	\$	253,000.00
% of Goal Collected		94.70 %
Annual Goal	\$	572,000.00

SPECIAL COLLECTIONS

Catholic Faith Formation\$ 2,518.50

As we contemplate the gifts of Advent - Hope, Peace, Joy and Love - and anticipate the Ultimate Gift that is Christ, we must always strive to be good stewards of all God's gifts to us, receiving them gratefully and cultivating them with care.



Holy Family School

Holy Family School's kindergartners through third graders will all star in the Christmas Production Sparkling Eyes, Twinkling Toes this Thursday evening, December 13, at 6:30 p.m. Mrs. Denton's and Mrs. Rowell's First Graders will open the program with their dramatization in word and song of the Birth of Jesus, and Kindergartners, Second, and Third Graders will present a variety of traditional and contemporary Christmas music and readings. The evening's Grand Finale will be the song "Celebrate," dedicated to Mrs. Marion Fiffick, who for many years was the producer, director, and spirit of every Holy Family Christmas Show.

THIS WEEK - DECEMBER 12TH:

LET'S CELEBRATE "OUR LADY OF GUADALUPE"

Everyone is invited to the traditional celebration of "Our Lady of Guadalupe" on Wednesday December 12th. At 5:30 am (early morning) we'll have "Las Mañanitas" - songs to salute the Virgin, also know as "The Empress of the Americas". In the evening, a Bilingual Mass will be offer at 6:00 pm. If you are interested in helping or volunteering for this celebration, please contact Angelita Carrillo 285-6715, or Lupita Wandry 489-3673.

DEAR PARISHIONERS,

My family would like to thank you for all the prayers you have sent our way over the last 7 months. My sister, Sharel Wilson was diagnosed with stage 3 Ovarian Cancer in May, and as of a few weeks ago, she is now CANCER FREE!! She did go through surgery & chemotherapy, but still the medical field was amazed by her progress, and how well she did. As a family, we KNOW that it was the Lord that got her through this, and we wanted you to know your prayers, and ours were answered. She has more work to do, and would appreciate your continued prayers. Thank you and my God bless every one of you. Sincerely, Michele Hock (Sharel's sister)

CHRISTMAS TREES NEEDED

The Liturgical Environment committee needs your help – we are in need of Christmas trees to decorate the nativity scene and the church for the Christmas season. If you are able to donate one or more trees, please contact the parish office at 723-2494. Thanks, as always, for your wonderful generosity.

Mark your calendars:

ADVENT COMMUNAL PENANCE SERVICE

THE ULTIMATE GIFT

Tuesday, December 18, 7:00 pm

Don't miss this spirit-filled opportunity!

YOUTH MINISTRY

WARM HANDS, WARM HEARTS

As we begin Advent this weekend, so begins the CYM blanket and warm clothing drive. Each family is asked to donate a blanket, or sleeping bag which will be distributed to the homeless on the day after Christmas. We are also accepting stocking hats, gloves, sweats, and socks. Please consider sharing the gift of warmth during this cold winter season of giving! These items can be placed in the red tubs in the sanctuary area.

CYM RUMMAGE SALE

We are in need of items (clean and in working order) for our youth ministry rummage sale which will be held at Holy Family on Saturday, Dec. 15th from 7am-5pm. Please call 721-8329 or email holyfamilycym@yahoo.com if you have donations. There will be a drop-off time next Sunday, Dec. 9th after all the masses behind the kitchen of the community center. Thanks in advance for your generosity!

SIMBANG GABI

Novena Masses in preparation for Christmas
December 15-23, 2007

The Filipino-American Community has organized for everyone to gather together in festive celebration of the Eucharist and agape (fraternal snack).

Mass schedules:

Saturday,	December 15,	7:00 pm
Sunday,	December 16,	4:30 pm
Monday,	December 17,	7:00 pm
Tuesday,	December 18,	5:30 pm
Wednesday,	December 19,	7:00 pm
Thursday,	December 20,	7:00 pm
Friday,	December 21,	7:00 pm
Saturday,	December 22,	7:00 pm
Sunday,	December 23,	4:30 pm

For more information, please contact the Parish Office at 723-2494.

GIVING THE GIFT OF LIFE - PLAN AHEAD!

The following dates are confirmed for our 2008 blood drives:

- Sunday, February 3, 2008 - Round Table Coupon
- Sunday, May 4, 2008 - Memorial Day T-Shirts
- Sunday, August 5, 2008 - Baskin-Robbins Coupons
- Sunday, November 2, 2008 - To be determined...

Any questions or for more information, please call Larry Larsen at 961-1036 (evenings).

CELEBRATING NEW YEAR'S EVE AT HOLY FAMILY

On New Year's Eve, we are getting together for a Thanksgiving Liturgy in the Church (Te Deum) at 8:30 p.m., followed by a Gala Dinner and Dance in Holy Family Community Center. The contribution is \$25.00 per person and includes dinner. Reservations are encouraged. To get tickets, please get in touch with Dina or Ruben Moreno 916- 481-2963.

COME CELEBRATE WITH FR. JOHN!

All parishioners are cordially invited to celebrate with me the **Thirty-Fifth anniversary of my ordination to the priesthood** on Sunday, December 16th at the 12:30 pm Mass. Please join me in thanking God for this vocation and in praying for all the people who have supported me in answering the call.

Fr. John Sullivan

GET THE WORD!

It is a truly wonderful experience to hear the Word of God proclaimed at Mass, and the experience can be so richly enhanced when we read the scriptures ahead of time, take a little time to reflect on what we've read and come to Mass with a personal interest in the gift of the Word we are about to receive. The new church year is now here, and the Holy Family Liturgy Council encourages all parishioners to utilize one of the many great resources for upcoming lectionary readings.

ROOMS FOR RENT

A local resident has two bedrooms for rent within the parish – please call Kimberly Morcan at 276-1498 for more information.

FLOWER COMMITTEE: We would like to express our gratitude to all the parishioners who have generously contributed flowers to our church and chapel during the months of October and November, especially from weddings, funerals, and other church celebrations. God bless you! During Advent we avoid placing flowers in the church, except for special feast days such as December 8th (Immaculate Conception) and December 12th (Our Lady of Guadalupe), but we do display flowers in the chapel. We would appreciate it if you would hold off on bringing any poinsettias to the church until December 22nd. Thanks!

ATTENTION CURSILLISTAS FOURTH DAY:

Fourth Day will be held on Monday, December 10, 2007 at 7:30 p.m. in the Youth Room in the Community Center. Prior to the meeting, if you desire, we will meet in the Chapel for Adoration at 7:00 p.m. For more information, please call Young Stewart at 332-8732.

 **NEWS FROM THE KNIGHTS** 

KNIGHTS OF COLUMBUS ANNUAL CHRISTMAS PARTY
Sunday, December 16, 2007, 2:00–6:00 pm
Hosted by DD John and Elaine Norwood
For address or more information call Dennis Taverna, Grand Knight, 947-2003.

CORPORATE COMMUNION NEWS: The next fifth Sunday is December 30, 2007. Since this is the Christmas/New Year Season, Corporate Communion will not be scheduled – NO CORPORATE COMMUNION IN DECEMBER.

Prayer Opportunities

WORLD APOSTOLATE OF FATIMA:

Pope Benedict XVI has elevated the World Apostolate of Fatima (The Blue Army.) It is now officially associated with the Pontifical Council for the Laity in Rome. We are happy to offer these prayers here at Holy Family. All are welcome to join us Mondays after the 8:30 am Mass in St. Mary Hall. For information, please call Phyllis, 725-0218 or Phyllis, 725-5358.

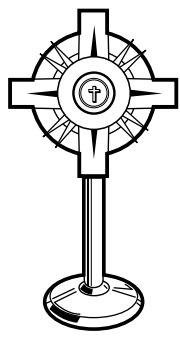


VOCATIONS CROSS

Each week a parish family is presented with the Vocations Cross to take home for the week and asked to pray daily for an increase in vocations to the priesthood and religious life. The next Sunday, the family returns the cross and another family is presented the cross to pray for vocations. If you are interested in taking the Vocation Cross home, please contact Young Stewart at 332-8732.

EUCCHARISTIC ADORATION:

Jesus stays with us day and night in the Blessed Sacrament, blessing us with the grace that encourages us, consoles us, strengthens us, guides us and inspires us to place our trust in Him. We stay with the Real Presence of Jesus in Eucharistic Adoration to be more personally involved with Him and to keep the Eucharist central in our lives. Spending time with Jesus in the Eucharist enables us to build a truly personal relationship with Him. Come into His presence in our beautiful chapel - He is looking forward to your visit!



BLESSED SACRAMENT CHAPEL VISITING HOURS:

Monday – Friday	9:00 am – 9:00 pm
Saturday	9:00 am – 3:30 pm
Sunday	1:30 pm – 5:00 pm

Also in the chapel: Each day at 9:00 am a community Rosary and Chaplet of Mercy are prayed, and at 3:00 pm the Chaplet of Mercy is prayed.

DOMINICAN LAITY AT HOLY FAMILY

The Dominican Laity meets here at Holy Family on the first Sunday of every month in St. Mary Hall from 1–3 pm. Come and join us in a way of life of prayer, both private and liturgical, the study of the sacred truth, the sharing of our spiritual life with others in the community, and in our apostolic outreach. For further information call Phyllis Sale at 725-5358.



NEWS FROM AROUND THE DIOCESE AND BEYOND

WELLSPRING CHRISTMAS STORE

Wellspring Women's Center will once again host its 2007 Christmas Store at a new location (St. Paul's Missionary Baptist Church at 4020 12th Ave.-original church). We have increased to over 550 families and anticipate serving more this year. Needed are new unwrapped gifts so our mothers can choose for their family. Suggestions, but not limited, are: sleeping bags, blankets, hats/gloves, hand held games, and gift certificates to Safeway, Target, McDonalds, etc. Please drop off gifts before Dec. 10th to Wellspring Women's Center at 3414 4th Ave. Drop off gifts at St. Paul's Church from Dec. 10th-18th. Also needed: Volunteers to help set up the store/shop with guests. If you can give a morning/afternoon between Dec. 10-21st, call 454-9688 Ex. 205 to help or to arrange a pick up of gifts if needed.

ENCOUNTERING LIFE ALONE

The "Beginning Experience of Sacramento" support group is offering its "Encountering Life Alone" program of healing, hope and encouragement for divorced, separated or widowed persons of all faiths. This 10 week program starts on December 6th at St. Michael's Episcopal Church, 2140 Mission Ave., Carmichael. The meetings are held from 7:00-9:00 P.M. There is a onetime registration fee of \$10.00 and a \$5.00 weekly fee. For more information please call 835-2282 or visit our website at: www.sacramentobe.org.

FEAST OF THE HOLY INNOCENTS CANDLELIGHT ROSARY PROCESSION AND MASS: FRIDAY, DECEMBER 28.

Meet at the Cathedral (11th & K) at 5:45 p.m. and walk in procession to Our Lady of Guadalupe Church (7th & T) for Mass at 7:00 p.m. This annual March for Life commemorates those male infants of Bethlehem who were killed by decree of King Herod, as well as those innocent unborn babies killed by abortion today. Candles will be provided. Bring umbrellas if needed. Carpool shuttles will return people to their cars. Info: call Carol 916-791-1819.
Thank you and God Bless

MASS FOR GENERATIONAL HEALING:

On Friday, December 14, at 7 pm, there will be a Mass for Generational Healing at Our Lady of the Assumption Church, Carmichael. Many problems within families pass on from one generation to another. Come ask God to provide his healing so those problems no longer are passed on within your family. The presider is Fr. Robert Faricy, SJ. Fr. Faricy is a Jesuit priest with years of experience in healing ministry. The church is located at 5057 Cottage Way (Cottage and Walnut Avenue), Carmichael.

BUS TRIP TO SILVER LEGACY, RENO

The Roseville Knights of Columbus #4540 are sponsoring A Bus Trip to Silver Legacy, Reno on Sunday, December 16th. The cost is \$25 per person-prepaid with approximately \$15 returned at the casino. Checks should be made payable to Knights Of Columbus #4540. Please call Sue or Dave Mirtoni for reservations and details at 782-3242.

ST. FRANCIS HIGH SCHOOL SPEAKERS SERIES

On Tuesday, January 22nd, 2008, the St. Francis High School Alumnae Association will host California Secretary of State Debra Bowen and Executive Director of the California Catholic Conference Edward "Ned" Dolejsi for a Speakers Series presentation, "California Catholics: Legislation, Elections and Social Justice." With the California Presidential Primary Elections on February 5th, Debra Bowen and Ned Dolejsi will provide timely information about the electronic voting process and the Catholic Church's stand on some of the major ballot measures in the 2008 elections. Location: St. Francis High School Theatre: 5900 Elvas Avenue, Sacramento. Doors open at 6:30 pm; presentations 7 pm - 9 pm. \$5 per person - proceeds benefit the St. Francis High School Scholarship Fund. Please RSVP: Carrie Harcharik, 737-5020 or CHarcharik@stfrancishs.org.

ST. FRANCIS HIGH SCHOOL PLACEMENT TEST:

The High School Placement Test for all students interested in applying to St. Francis High School will be held on Saturday, January 26, 2008 at St. Francis High School, 5900 Elvas Avenue in Sacramento. The testing begins promptly at 8:00 AM and concludes at approximately 12:15 PM. All students should arrive on campus by 7:45 AM and bring two #2 pencils. Please call Moira O'Brien, Admissions Director, at 452-3461, ext 195 for information and to register.

HISTORIC OPPORTUNITY

The Abbey of New Clairvaux is the only men's Cistercian ("Trappist") monastery serving our diocese and is offering the opportunity to be part of its historic building project. For gifts of \$360 or more, you can sponsor one of the 800-year-old Sacred Stones of a former Cistercian monastery that is being reassembled on the Abbey's Vina grounds. When complete, this building, a true architectural treasure, will enhance the spiritual experience for the monastery's visitors for the next 1,000 years. Stone sponsors may name a stone in honor of or in memory of someone they love - a lovely gift option for Christmas. For more information, please contact Valerie Husek at (530) 839-9936 or vhusek@newclairvaux.org.

ADULT FAITH FORMATION OPPORTUNITIES FROM THE DIOCESE

"Acts of the Apostles," Art Wehr, SJ will present at St. Ignatius Parish Campion Center on Tuesdays January 8, 15, 22 & 29, from 10:00-11:30AM and again from 7:00-8:30PM. Cost is \$10.00 for the series. Call 916.482.9666 ext.238 or email fohlsen@stignatiussac.org. Renewal of Certification Credit: 6 hrs for Scripture.

"First Eucharist - A Family Process" Sharon Laitinen, Coordinator of English Catechesis for the diocese, will be sharing practical ways to involve the family in First Eucharist Preparation at the Diocesan Pastoral Center, Wed., Jan. 16, 9:15am to Noon. The focus will be blessing ceremonies and rituals adapted from the RCIA process. No charge. Register by calling Sharon at 916.733.0153.

HOW TO GET MORE OUT OF THE MASS

(Continued from first page)

CONFESS

Focusing on the image of Jesus on the cross should remind us of how much God loves each of us, and the horrible price of our sins. Think of the words that Jesus spoke from the cross:

- "Father, forgive them; for they know not what they do" (Lk. 23:34), expressing forgiveness.
- "Father, into thy hands I commit my spirit!" (Lk. 23:46), proclaiming trust in God.

If we want to get more out of the Mass, we need to be humble: we realize how we fail to live up to the great gift of God's love we have been given. We confess any serious sins in the Sacrament of Reconciliation before coming to Mass, and we place all of our trust in God's mercy and love when we publicly proclaim at the Eucharist that we "believe" in Him.

RESPOND

At the Eucharist we become one with Christ, and He promises: "If you abide in me, and my words abide in you, ask whatever you will, and it shall be done for you" (Jn. 15:7).

We "abide in Christ" by the way we respond while at the Eucharist. Every celebration of the Eucharist provides us with a variety of ways to respond to Christ in the way we pray, sing, and move with the community. Some of these require sacrificing our personal tastes and likes for the good of the whole (maybe you don't like the choice of music, or find it difficult to offer a sign of peace to those next to you). When we participate fully in the Eucharist by our responses, we keep in mind that we make up the one Body of Christ.

INCLINE

Inclining our ears to the Lord is one way of offering the sacrifice of our thoughts, in order to first listen to what God has to say. It puts us into a posture of readiness. When we hear "A reading from..." we raise our level of attention, because the God who created the universe is about to speak to us through the Scriptures.

To get more out of the Word of God we hear proclaimed at every Mass:

P: Prepare - R: Read - A: Attend - Y: Yield

Prepare by studying Scripture and coming to a better understanding of how Catholics approach and interpret the Bible. The less familiar we are with the Scripture that we hear proclaimed at the Eucharist, the more likely we are to be distracted rather than fed by what we hear.

Read the Mass readings beforehand. This is something that every lector, deacon, and priest is doing in preparation for proclaiming the Word. It is something that we who listen to the proclamation could do as well, even if it is just before the start of the liturgy.

Attend to what is being proclaimed to us at the Eucharist. Lean forward, listen intently, incline your ear toward the spoken Word. Pay attention when certain passages seem to jump out at you as you listen. Why does this phrase seem especially meaningful? Ask yourself what God is asking you to do in response to what you have heard.

Yield to what God is asking of you and respond with a "yes." Every celebration of the Eucharist is a renewing of the covenant between God and us. God waits for our response.

FAST

In the Eucharist, we are fed with the Bread of Life. As with any meal, having a hunger for the main course greatly enhances our experience. Fasting creates a hunger for the Lord.

"To prepare for worthy reception of this sacrament, the faithful should observe the fast required in their Church" (CCC, 1387). For Catholics of the Latin rite, the fast required is spelled out in the Code of Canon Law. It states that a person who is to receive the Eucharist is to fast "from any food and drink" for at least one hour "before holy communion" with the exception of "water and medicine" (Canon 919). Those who are elderly or sick, and their caretakers, are exempt from this law when the Eucharist is brought to them.

INVITE

When Our Lord walked with two disciples on the road to Emmaus, at one point He "appeared to be going further." The disciples invited Him, "Stay with us" (Lk. 24:29). This is the perfect sentiment to foster in our lives not only throughout the Eucharist, but at all times: we open our hearts to an encounter with Jesus.

COMMUNE

Jesus revealed God as a communion of divine Persons the Father, Son, and Holy Spirit. He invited His followers to be a part of that communion. He told them: "I will not leave you desolate; I will come to you. Yet a little while, and the world will see me no more, but you will see me; because I live, you will live also. In that day you will know that I am in my Father, and you in me, and I in you" (Jn. 14:18-20).

Entering into this communion with Jesus is never a solitary act. If you want to get more out of the Eucharist, you will offer yourself, "die to yourself," and enter into communion with Christ as you receive His Body and Blood, and as you worship with His Body, the Church.

EVANGELIZE

At every Mass, we experience something to be shared with the world. Pope John Paul II has emphasized this, saying:

Once we have truly met the Risen One by partaking of His body and blood, we cannot keep to ourselves the joy we have experienced. The encounter with Christ, constantly intensified and deepened in the Eucharist, issues in the Church and in every Christian an urgent summons to testimony and evangelization (Pope John Paul II, *Mane nobiscum Domine*, paragraph 24).

The word "Mass" is derived from the Latin dismissal *ite missa est*, which literally means, "Go, you are sent." The Communion that we experience with Our Lord at the Eucharist sustains and prepares us for a mission - to bring Christ to the world!

Our Response

Offering our sacrifice with Christ will be unique to each of us. Some will find it easier to adore than to serve. Others find it easy to respond, but difficult to confess. Each of these nine actions corresponds directly to parts of the Eucharist; to get more out of the Mass, we must participate in it fully - all of it. A great banquet awaits us if we are willing to make the sacrifice.