

A photograph of a priest in white vestments with hands clasped in prayer. In the foreground, a golden chalice and an open book are visible on an altar. The background is softly blurred.

The Mass: The Mystery We Celebrate

St. Anthony on the Lake Parish

Facilitated by Al McCauley

Tuesdays, September 9, 16, 23, 30, 2025



LET'S REVIEW...

What is the Mass?



BANQUET



CELEBRATION



SACRIFICE



MEMORIAL

What do We do at Mass?



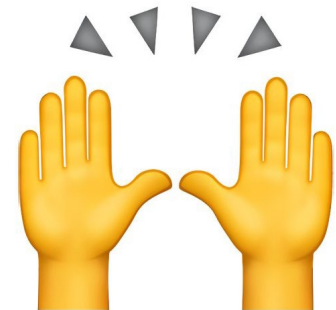
WE GATHER



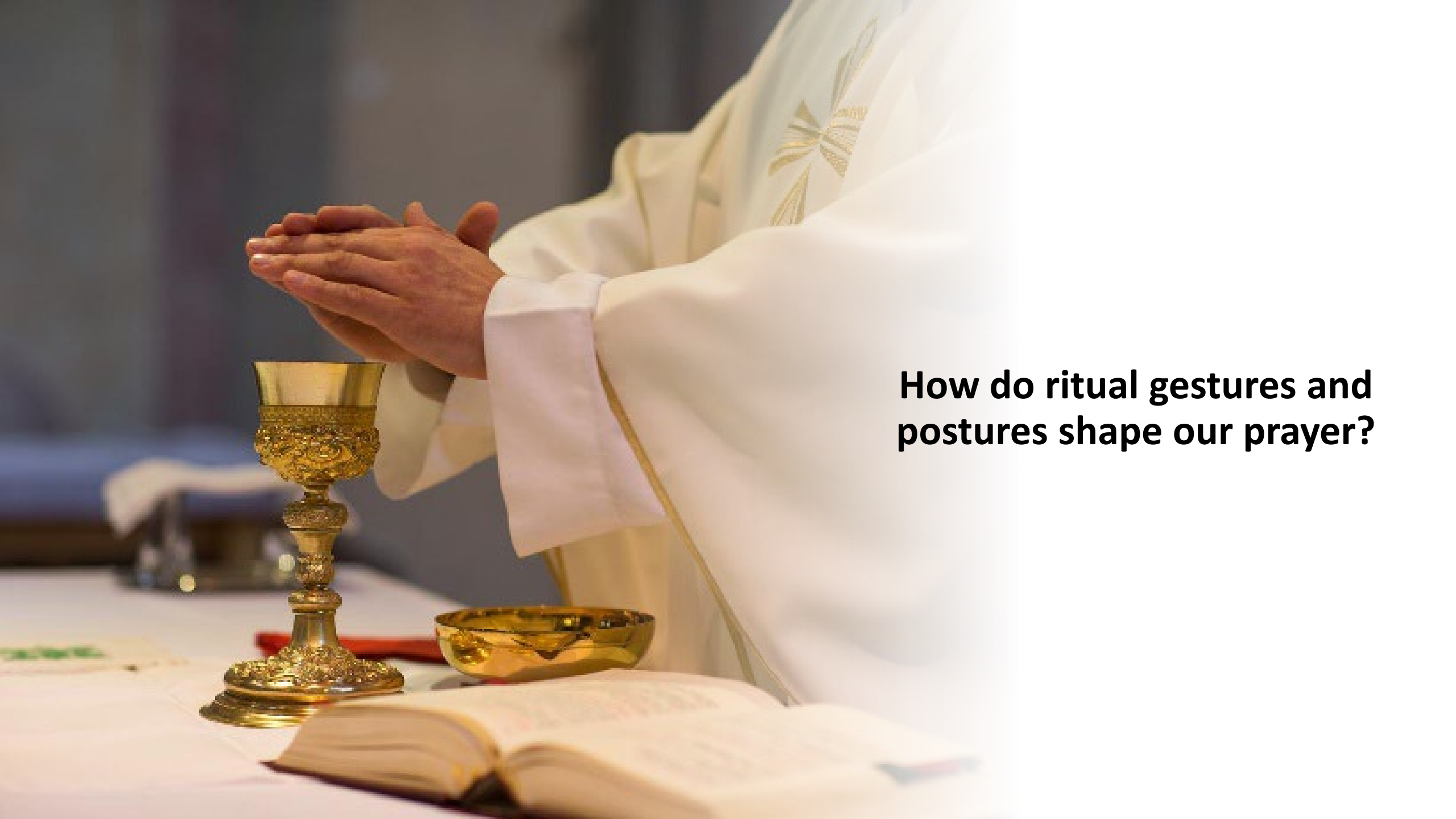
WE LISTEN



WE GIVE THANKS



WE GO



How do ritual gestures and postures shape our prayer?



**Why is there so much
singing at Mass?**

A photograph of a priest in white vestments with hands clasped in prayer. In the foreground, there is a golden chalice and an open book on a white table. The background is blurred.

STORYTELLING: **LITURGY of the WORD**

First Reading

Psalm

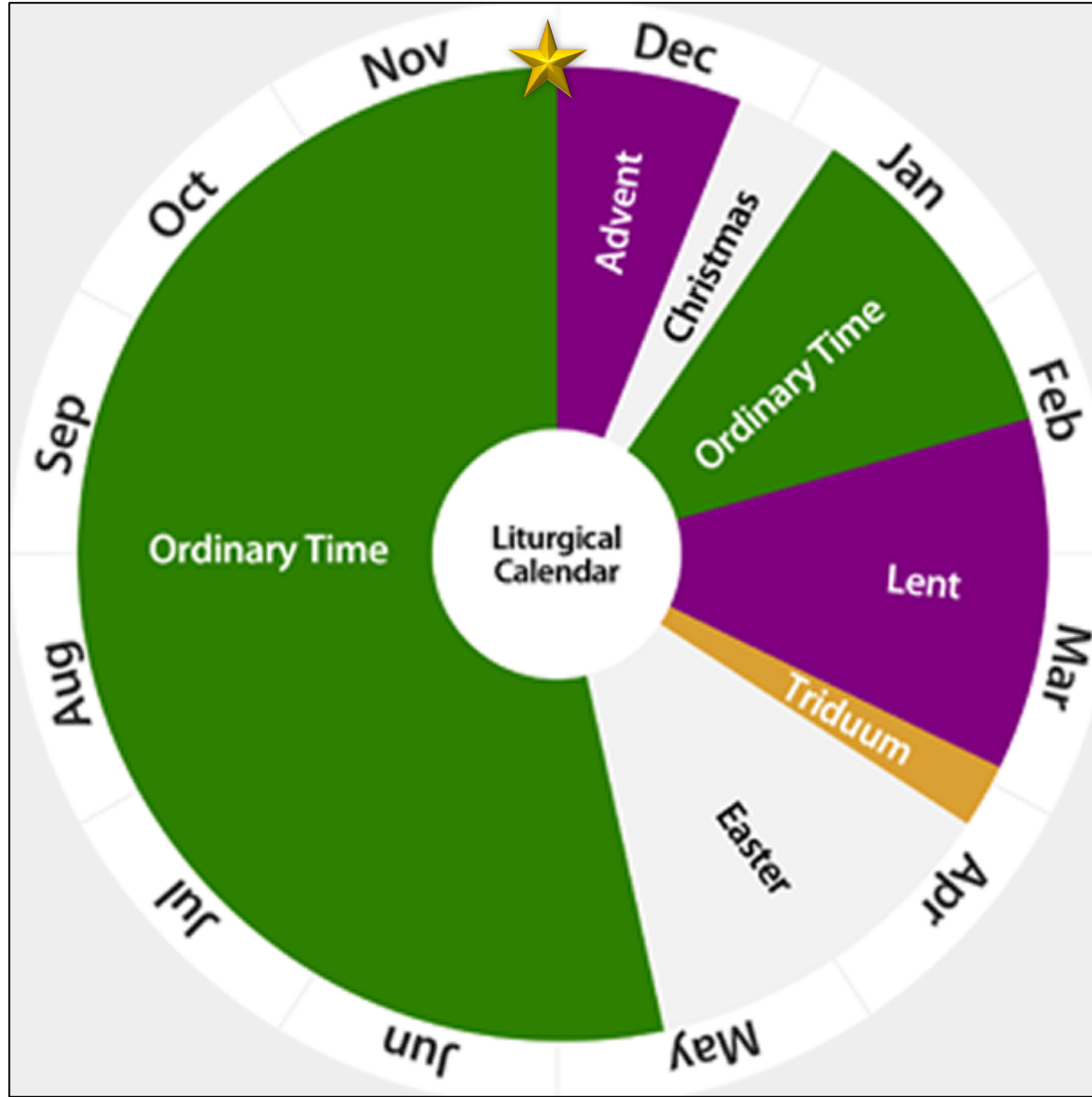
Second Reading

Gospel

Homily

Creed

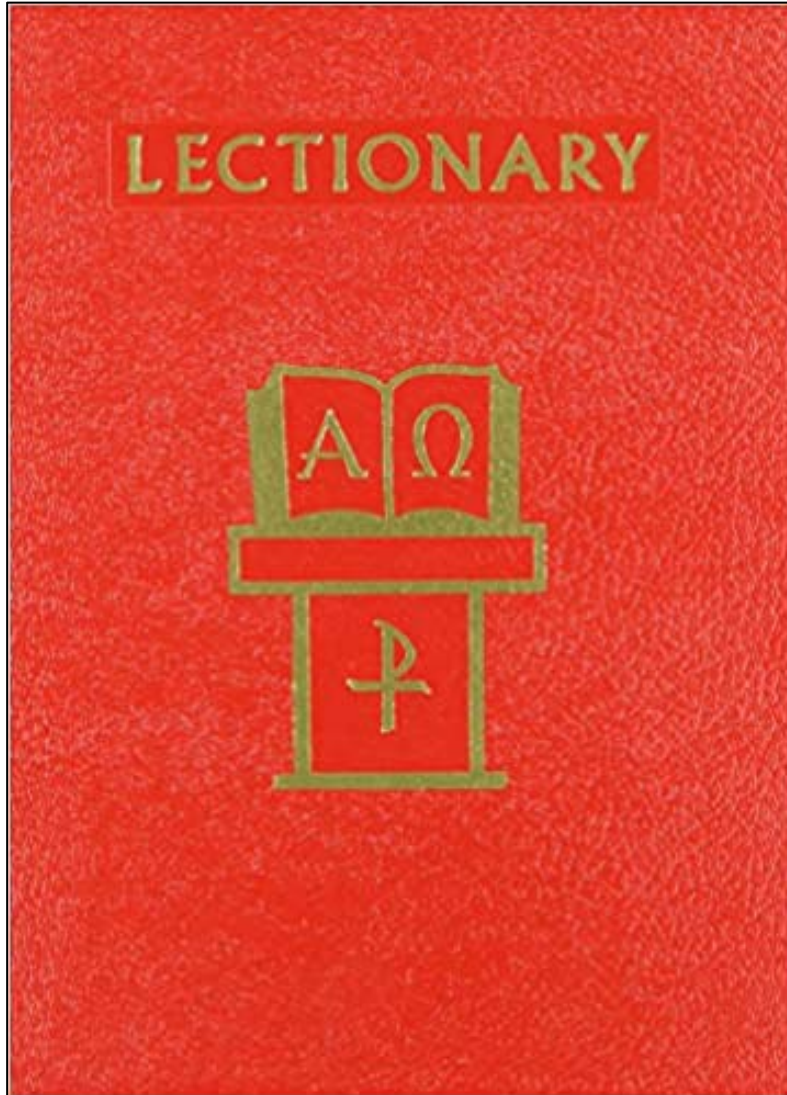
Universal Prayer



LITURGICAL COLANDER



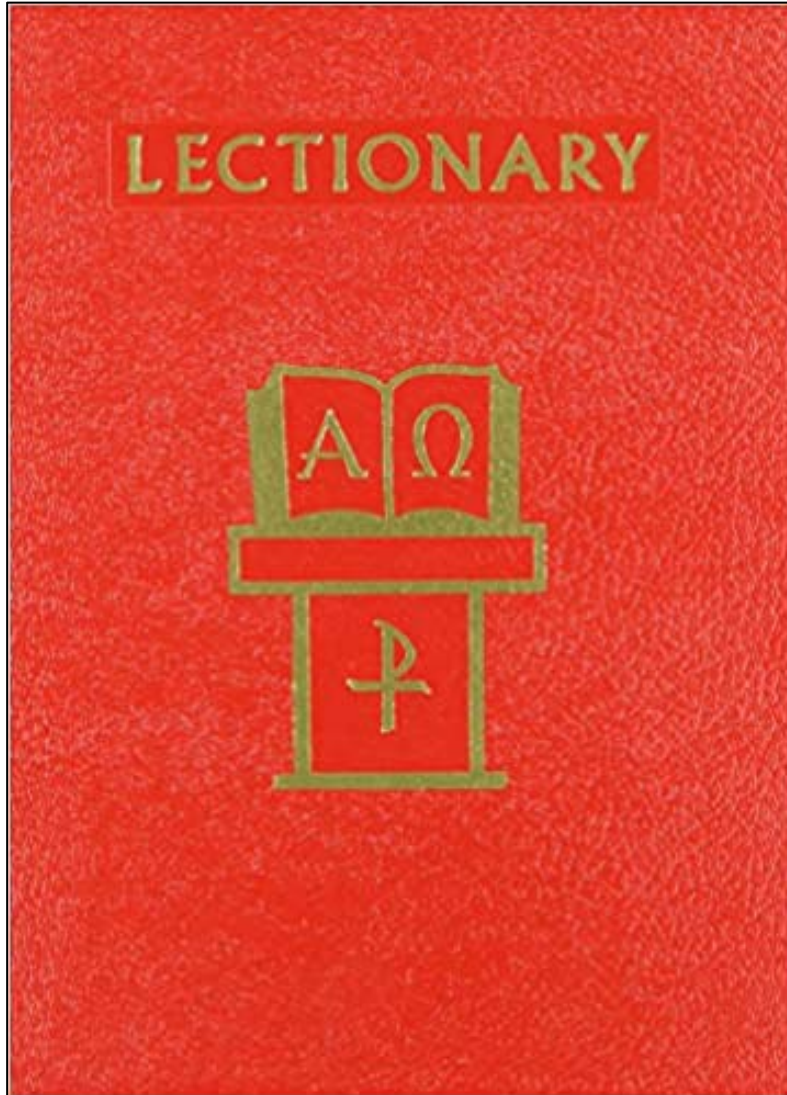
The Lectionary



“When the Sacred Scriptures are read in the Church, God himself speaks to his people, and Christ, present in his word, proclaims the Gospel.”

-- General Instruction of the Roman Missal, 29

The Lectionary

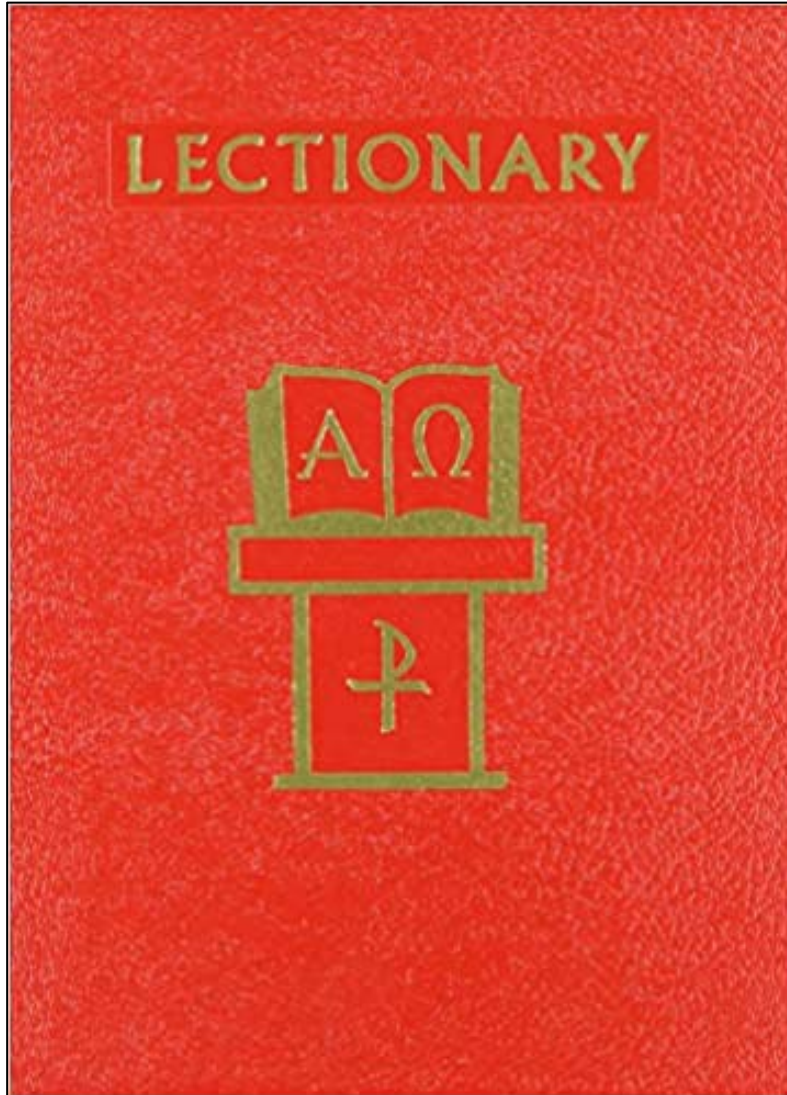


The Lectionary is NOT the Bible

Collection of Scripture readings
proclaimed at Mass

You will hear the same readings
everywhere in the world

The Lectionary

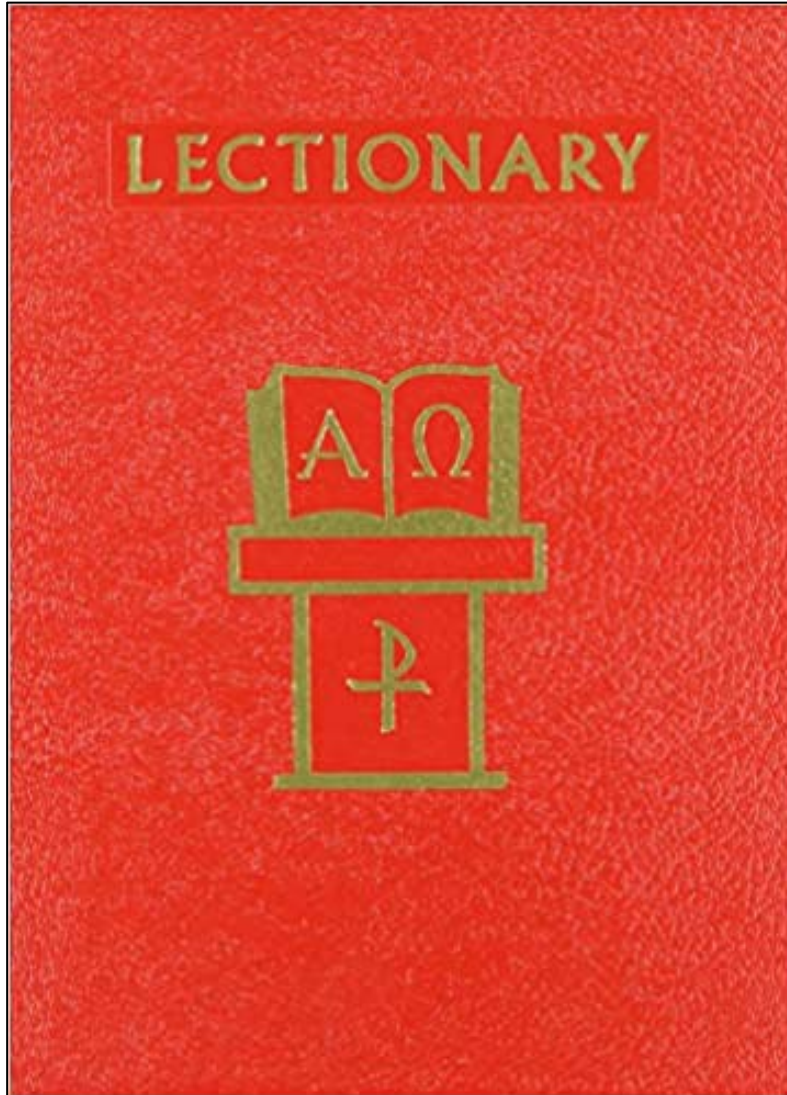


Sunday liturgies: Four readings are proclaimed

Weekday liturgies: Three readings are proclaimed

Every Bible book represented except for Obadiah (OT)

The Lectionary



A – Gospel of **Matthew**

B – Gospel of **Mark**
+ John 6

C – Gospel of **Luke**

Gospel of **John** is read
during Lent and Easter

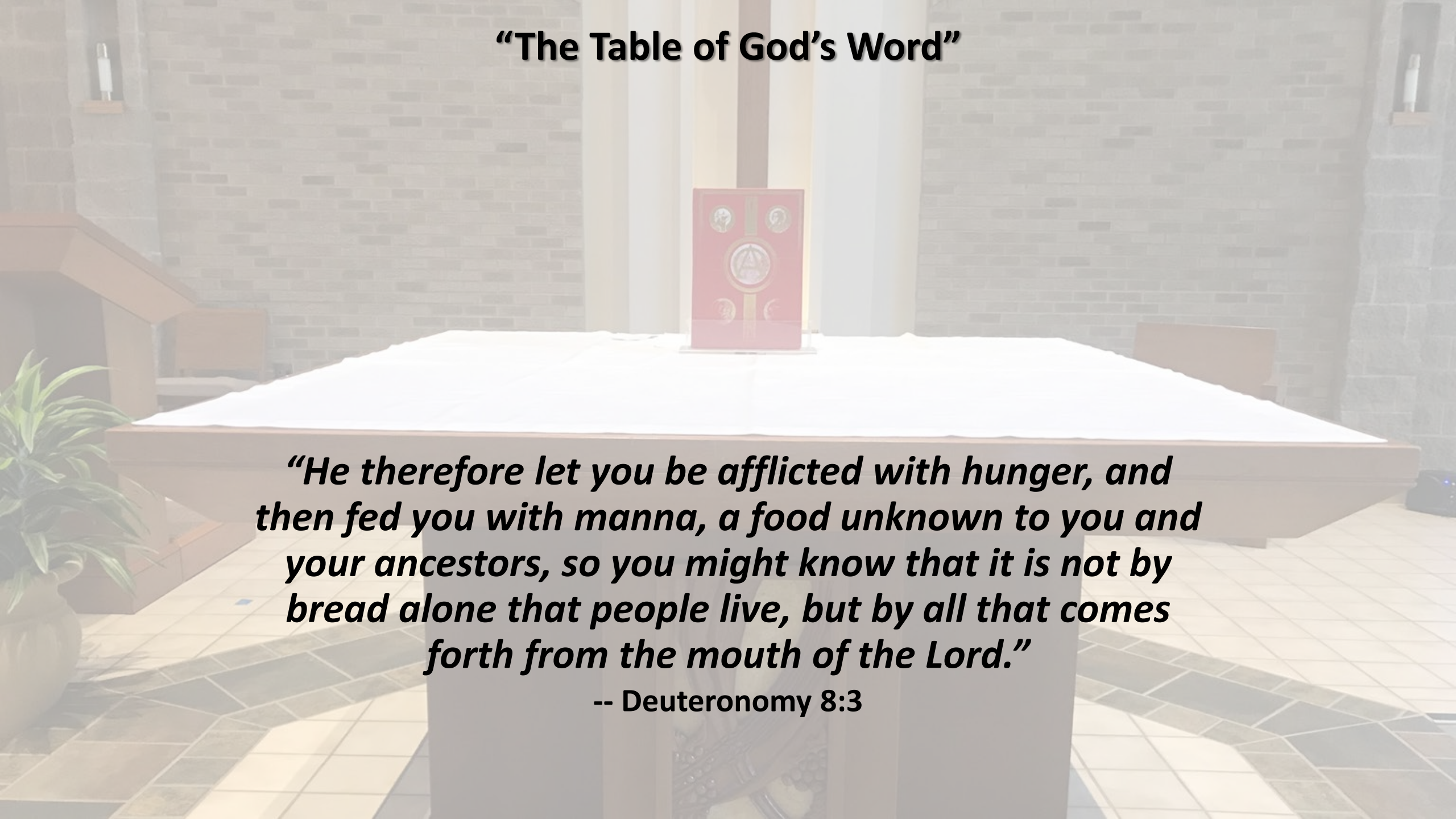
A photograph of a church altar. The altar is a dark wood table with a white cloth. On the cloth, a red Book of Gospels is open, showing a central circular emblem with a cross and four smaller circular images. The background is a brick wall with a large wooden cross. To the left, there is a wooden pulpit and a potted plant. To the right, there is a wooden chair. The floor is made of light-colored tiles with a dark border.

Why is the Book of Gospels placed on the altar?



“The Table of God’s Word”

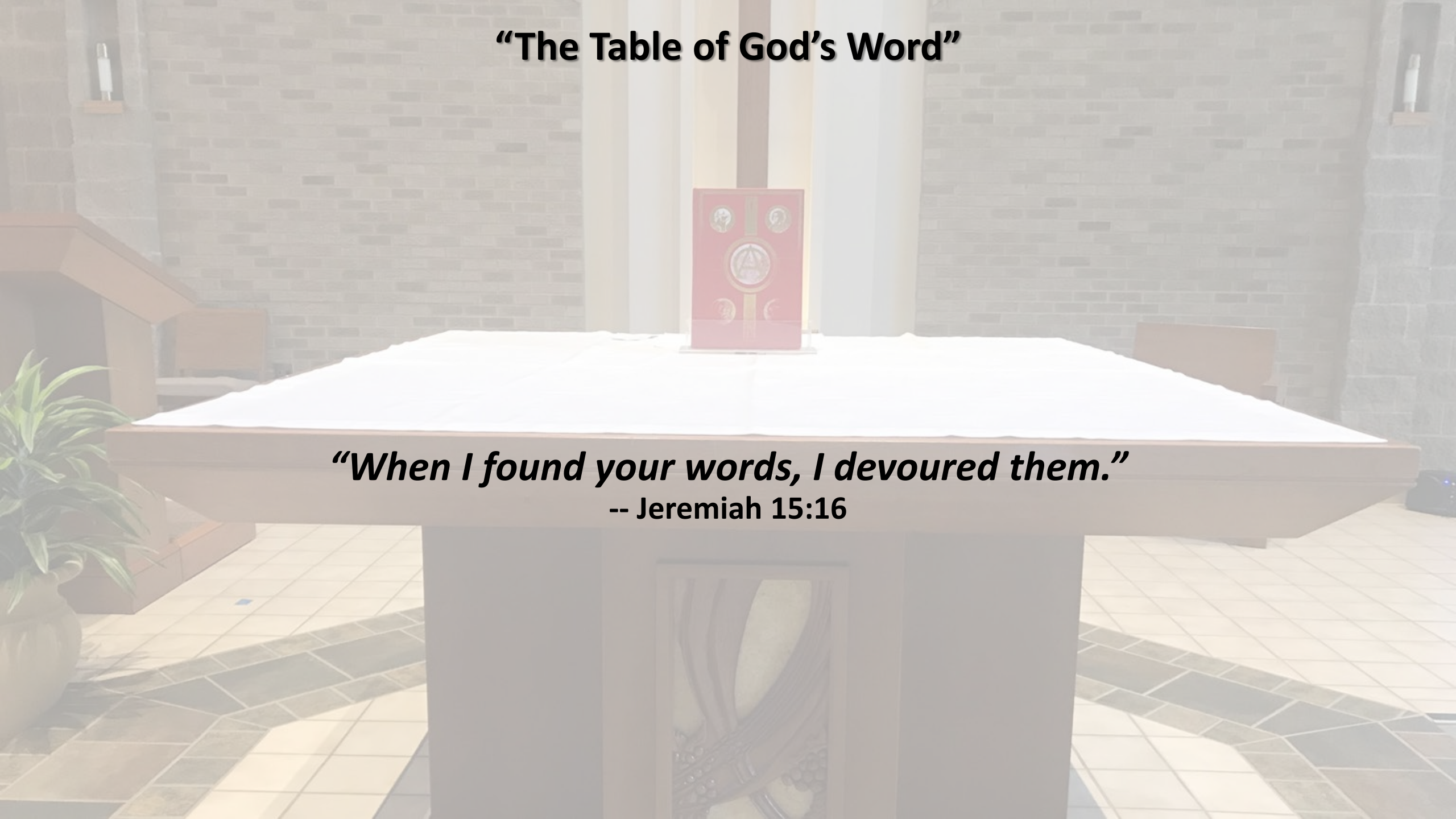
“The Table of God’s Word”

A photograph of a church altar. The altar is a low, wide table covered with a white cloth. On top of the cloth sits a red book with gold-colored circular designs on its cover. The background is a grey stone wall with two white candles in holders on either side. The floor is made of light-colored tiles.

“He therefore let you be afflicted with hunger, and then fed you with manna, a food unknown to you and your ancestors, so you might know that it is not by bread alone that people live, but by all that comes forth from the mouth of the Lord.”

-- Deuteronomy 8:3

“The Table of God’s Word”

A 3D digital illustration of a church altar. The altar is a large, rectangular table with a thick wooden top and four sturdy legs. It is covered with a clean, white rectangular cloth. In the center of the table stands a red, upright book or tablet. The front cover of the book is decorated with a central circular emblem featuring a cross and other religious symbols, with smaller circular icons at the top and bottom. The background consists of a grey brick wall with several vertical wooden pillars. To the left, a potted plant with green leaves is visible. The floor is made of light-colored square tiles with a decorative border. The overall lighting is soft and even.

“When I found your words, I devoured them.”
-- Jeremiah 15:16

“The Table of God’s Word”

“He said to me: Son of man, eat what you find here: eat this scroll, then go, speak to the house of Israel. So, I opened my mouth, and he gave me the scroll to eat. Son of man, he said to me, feed your stomach and fill your belly with this scroll I am giving you. I ate it, and it was as sweet as honey in my mouth.”

-- Ezekiel 3:1-3



Represents Divine perfection and completeness
indicating a lasting and firm foundation



*“I saw **four** angels standing at the **four** corners of the earth...”*

-- Revelation 7:1







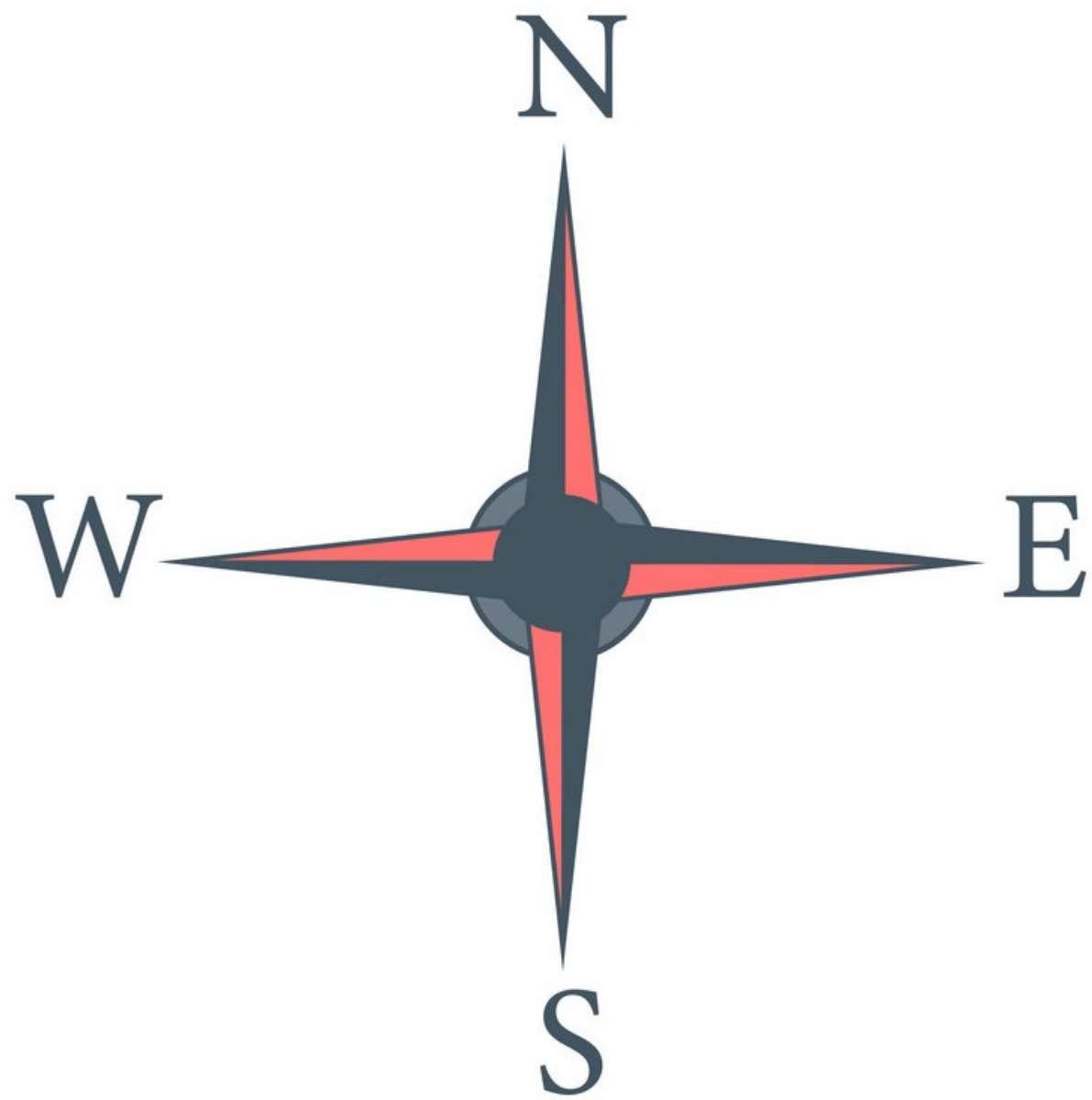












"September"
Earth Wind & Fire





“December 1963”
The Four Seasons

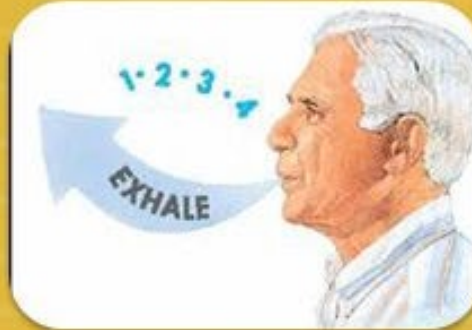




Vital Signs



Pulse rate



Respiratory
rate




Blood pressure




temperature

Common Time



Top Number
4 beats in every measure

Bottom Number
Quarter Note Beats



Time Signature

Quarter Note

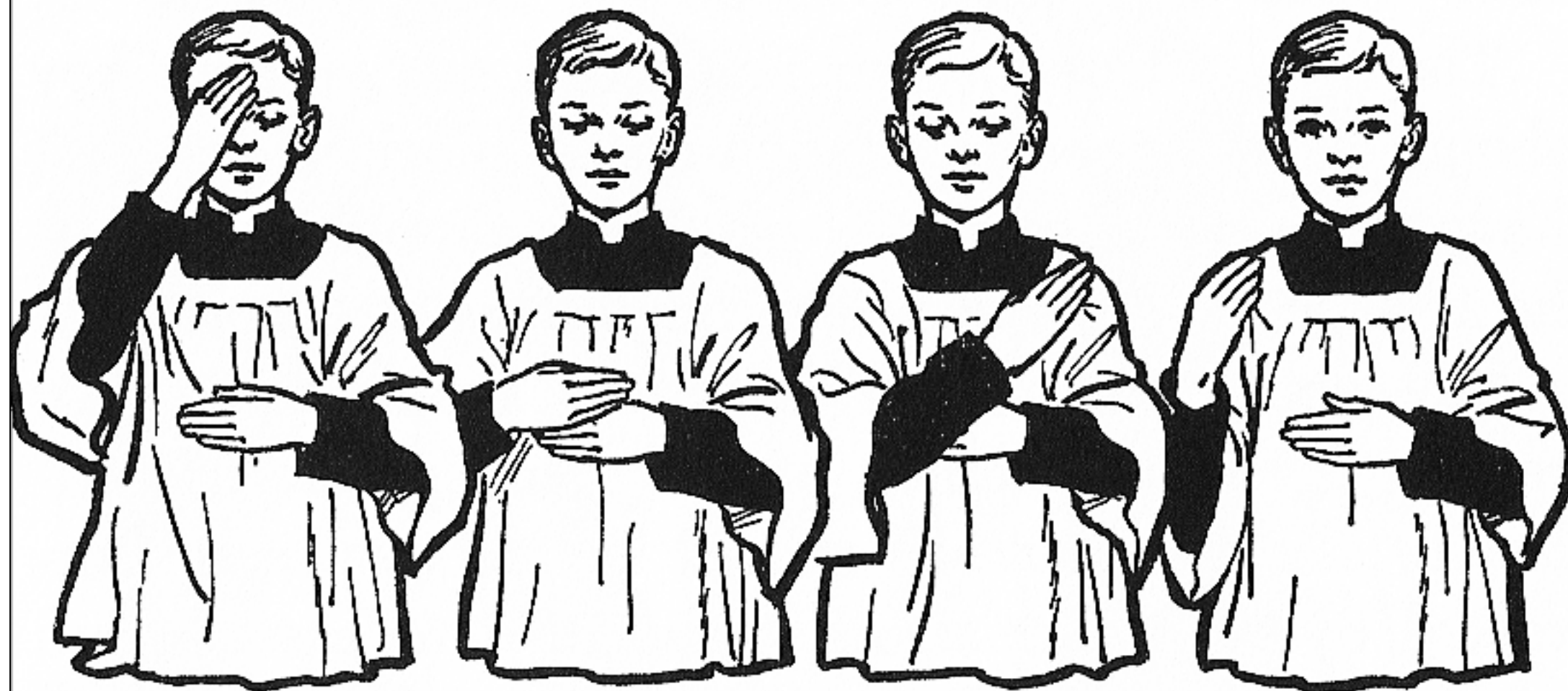
Measure

1

2

3

4





"The Lord be with you."

Greeting

Gospel

Eucharistic Prayer

Final Blessing & Dismissal



Book of Gospels (Ambo)

Eucharist (Altar)

Presider

The Gathered Faithful

The Book of the Gospels

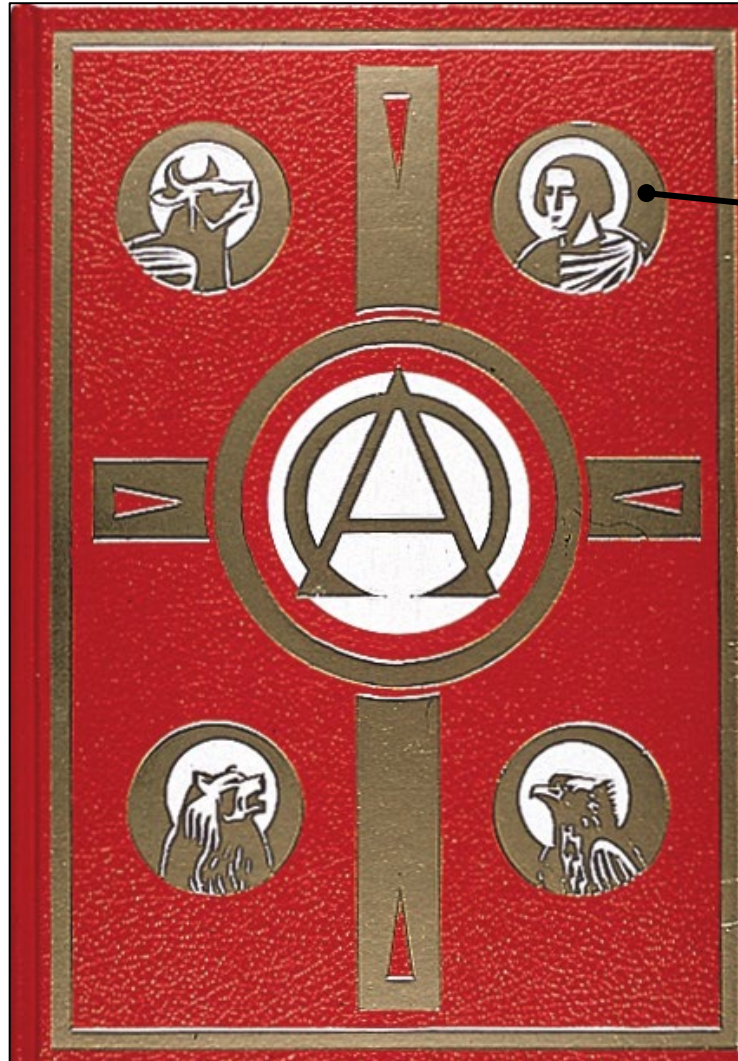


The Book of the Gospels

MATTHEW

Recounts Jesus' entry
into this world through
His family lineage, and
His incarnation

HUMANITY

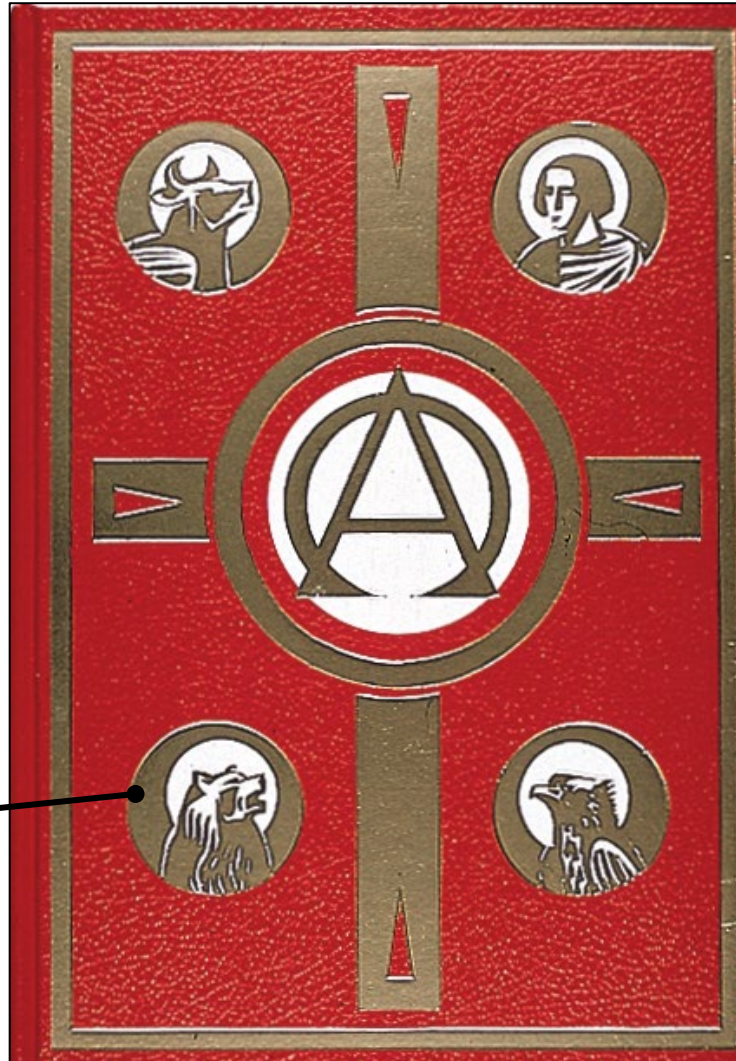


The Book of the Gospels

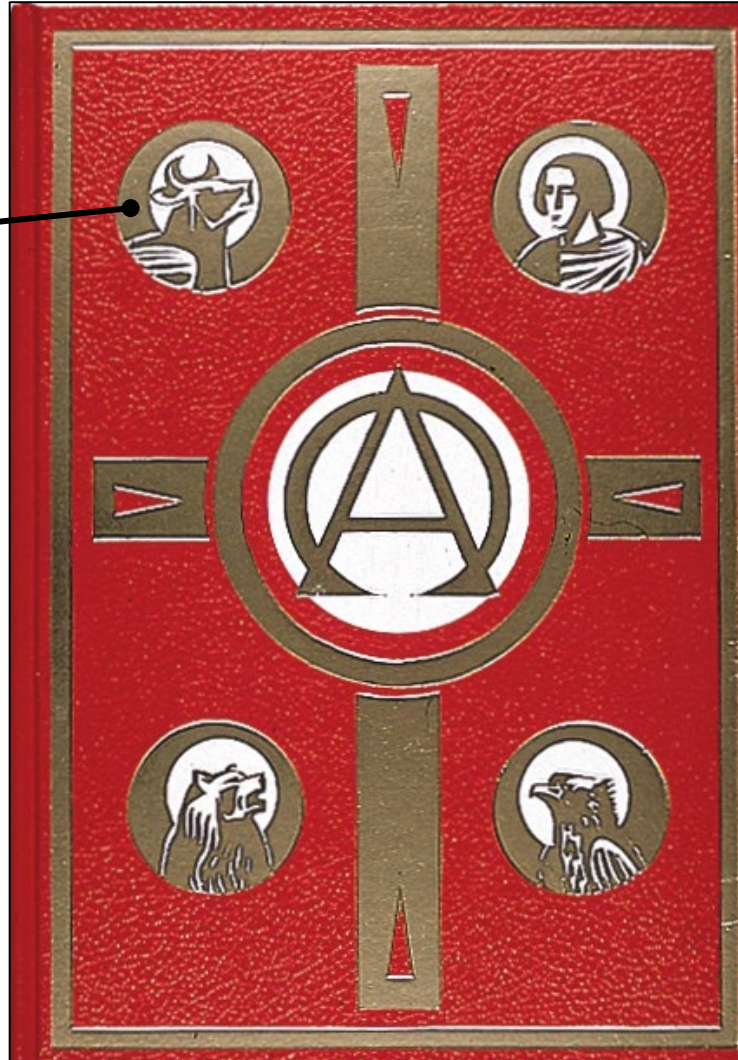
MARK

Recounts Isaiah's prophecy of a voice crying out in the wilderness – much like the roar of a lion

ROYALTY



The Book of the Gospels



LUKE

The ox is associated with temple sacrifice, like Zechariah at the start of Luke's Gospel

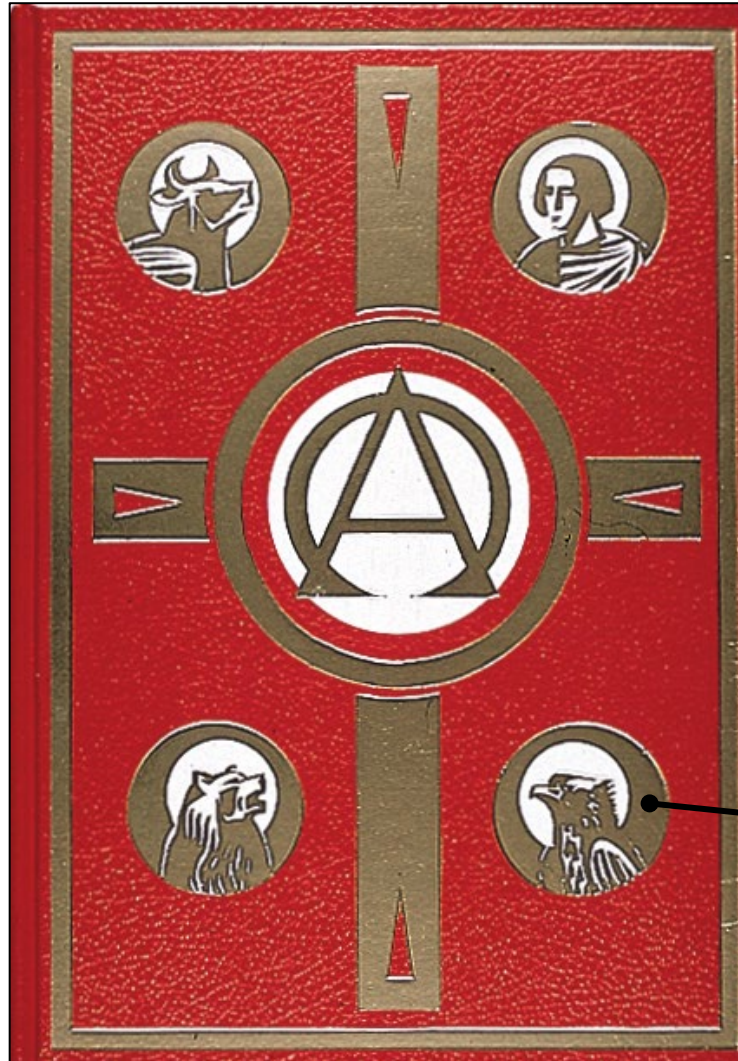
SACRIFICE

The Book of the Gospels

JOHN

Recounts the “lofty”
prologue and the
majestic claim of
Jesus’ divinity, and the
far-seeing gaze which
probes the deep
mysteries of Heaven

DIVINITY



- 9 ^aBecause of his strength I will give heed unto thee;
For God is my high tower,
10 My God with his lovingkindness will meet me:
God will let me see my desire upon mine enemies.
11 Slay them not, lest my people forget:
Scatter them by thy power, and bring them down.
O Lord our shield,
12 For the sin of their mouth, and the words of their lips,
Let them even be taken in their pride,
And for cursing and lying which they speak.
13 Consume them in wrath, consume them, so that they shall be no more:
And let them know that God ruleth in Jacob,
Unto the ends of the earth.
(Sé'láh)
14 And at evening let them return, let them howl like a dog,
And go round about the city.
15 They shall wander up and down for food,
And tarry all night if they be not satisfied.
16 But I will sing of thy strength; Yea, I will sing aloud of thy lovingkindness in the morning:
For thou hast been my high tower,
And a refuge in the day of my distress.
17 Unto thee, O my strength, will I sing praises;
For God is my high tower, the God of my mercy.

Lament over Defeat in Battle, and Prayer for Help.

For the Chief Musician; set to Shoshann Eduth. Mithcam of David, to teach; when he strove with Aram-naharaim and with Aram-mah, and Joab returned; and wrote of Eduth in the Valley of Sittaim twelve thousand.

60 O God, thou hast cast us off, thou hast broken us down;
Thou hast been angry; oh restore us again.

^a Acc. to Sept. and Vulg. My strength
^b Or, them that he is wait for me. ^c Or, Make them wander to and fro. ^d That is, The city of testimony.

- 2 Thou hast made the land to tremble; thou hast rent it;
Heal the breaches thereof; for it shaketh.
3 Thou hast showed thy people hard things:
Thou hast made us to drink the wine of staggering.
4 Thou hast given a banner to them that fear thee,
That it may be displayed because of the truth. (Sé'láh)
5 That thy beloved may be delivered,
Save with thy right hand, and answer us.
6 God hath spoken in his holiness: I will exult;
I will divide Shé'chem, and mete out the valley of Súc'côth.
7 Gîl'âd is mine, and Mâ-nâs'sêh is mine;
E'phra'im also is the defence of my head;
Jûdâh is my sceptre.
8 Mò'ab is my washpot:
Upon E'dôm will I cast my shoe:
Phi-lis'ti-â, shout thou because of me.
9 Who will bring me into the strong city?
Who hath led me unto E'dôm?
10 Hast not thou, O God, cast us off?
And thou goest not forth, O God, with our hosts.
11 Give us help against the adversary;
For vain is the help of man.
12 Through God we shall do valiantly:
For he it is that will tread down our adversaries.

Cashden in God's Protection.

For the Chief Musician; on a stringed instrument. A Psalm of David.

- 61 Hear my cry, O God;
Attend unto my prayer.
2 From the end of the earth will I call unto thee, when my heart is overwhelmed:

^a Another reading is, me. ^b Or, interpreter
^c Or, I cry. ^d Or, Who will lead me etc.
^e Or, Will not thou, O God, who hast cast us off, and saved us? ^f Heb. salvation
^g Or, Jerusalem

- Lead me to the rock that is higher than I.
3 For thou hast been a refuge for me,
A strong tower from the enemy.
4 I will dwell in thy tabernacle for ever:
I will take refuge in the covert of thy wings. (Sé'láh)
5 For thou, O God, hast heard my vows:
Thou hast given me the heritage of those that fear thy name.
6 Thou wilt prolong the king's life:
His years shall be as many generations.
7 He shall abide before God for ever:
Oh prepare lovingkindness and truth, that they may preserve him.
8 So will I sing praise unto thy name for ever,
That I may daily perform my vows.
God alone a Refuge from Treachery and Oppression.

For the Chief Musician; after the manner of Jeduthun. A Psalm of David.

- 62 My soul waiteth in silence for God only:
From him cometh my salvation.
2 He only is my rock and my salvation:
He is my high tower; I shall not be greatly moved.
3 How long will ye set upon a man,
That ye may slay him, all of you,
Like a leaning wall, like a tottering fence?
4 They only consult to thrust him down from his dignity;
They delight in lies;
They bless with their mouth, but they curse inwardly.
(Sé'láh)

- 5 My soul, wait thou in silence for God only:
For my expectation is from him.
6 He only is my rock and my salvation:

^a Or, a rock that is too high for me. ^b Heb. rent. ^c Or, given a heritage unto those etc.
^d Heb. is silent unto God. ^e Or, as others who read, Ye shall be slain etc. ^f Heb. be thou silent unto God

FIRST READING

Generally, from the OT
(from Acts during the
Easter season)

Connected to the
Gospel reading

- 9 ^aBecause of his strength I will give heed unto thee;
For God is my high tower,
My God with his lovingkind-
ness will meet me:
God will let me see my desire
upon mine enemies.
- 11 Slay them not, lest my people
forget:
Scatter them by thy power,
and bring them down.
O Lord our shield,
12 For the sin of their mouth, and
the words of their lips,
Let them even be taken in their
pride,
And for cursing and lying
which they speak.
- 13 Consume them in wrath, con-
sume them, so that they
shall be no more:
And let them know that God
ruleth in Jacob,
Unto the ends of the earth.
- (Sé'láh)
- 14 And at evening let them re-
turn, let them howl like a dog,
And go round about the city.
- 15 They shall wander up and
down for food,
And tarry all night if they be
not satisfied.
- 16 But I will sing of thy strength;
Yea, I will sing aloud of thy
lovingkindness in the morn-
ing:
For thou hast been my high
tower,
And a refuge in the day of my
distress.
- 17 Unto thee, O my strength, will
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for Help.

For the Chief Musician; set to Shoshan
Eduth. Mitham of David, to teach;
when he strove with Aram-naharaim and
with Aram-naharaim, and when he returned
from the battle of Elam in the Valley of Sittim
twelve thousand.

60 O God, thou hast cast us off,
thou hast broken us down;
Thou hast been angry; oh re-
store us again.

^a Acc. to Sept. and Vulg. My strength
is Or, them that be to wait for me. ^b Or,
Make them wander to and fro. ^c That is,
The city of testimony.

- 2 Thou hast made the land to
tremble; thou hast rent it:
Heal the breaches thereof;
for it shaketh.
- 3 Thou hast showed thy people
hard things:
Thou hast made us to drink the
wine of staggering.
- 4 Thou hast given a banner to
them that fear thee,
That it may be displayed be-
cause of the truth. (Sé'láh)
- 5 That thy beloved may be de-
livered,
Save with thy right hand, and
answer us.
- 6 God hath spoken in his holi-
ness: I will exult;
I will divide Shé'chem, and
mete out the valley of Súc'-
côth.
- 7 Gîl'âd is mine, and Mâ-nâs'-
sêh is mine;
E'phraïm also is the defence
of my head;
Jûdâh is my sceptre.
- 8 Mò'âb is my washpot:
Upon E'dôm will I cast my
shoe:
Phi-lis'ti-â, shout thou because
of me.
- 9 Who will bring me into the
strong city?
Who hath led me unto E'dôm?
10 Hast not thou, O God, cast
us off?
And thou goest not forth, O
God, with our hosts.
- 11 Give us help against the adver-
sary;
For vain is the help of man.
- 12 Through God we shall do val-
iantly:
For he it is that will tread down
our adversaries.

Catchwords in God's Protection.

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Attend unto my prayer.
2 From the end of the earth will I
call unto thee, when my
heart is overwhelmed:

^a Another reading is, me. ^b Or, I will lead me etc.
^c Or, I will not show, O God, who hath cast us
off, and saved us. ^d Heb. salvation
^e Or, I will lead me etc.

- Lead me to the rock that is
higher than I.
- 3 For thou hast been a refuge
for me,
A strong tower from the enemy.
- 4 I will dwell in thy tabernacle
for ever:
I will take refuge in the covert
of thy wings. (Sé'láh)
- 5 For thou, O God, hast heard
my vows:
Thou hast given me the heri-
tage of those that fear thy
name.
- 6 Thou wilt prolong the king's life:
His years shall be as many
generations.
- 7 He shall abide before God for
ever:
Oh prepare lovingkindness and
truth, that they may preserve
him.
- 8 So will I sing praise unto thy
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He is my high tower; I shall
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3 How long will ye set upon a
man,
That ye may slay him, all of
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Like a leaning wall, like a tot-
tering fence?

4 They only consult to thrust him
down from his dignity;
They delight in lies;
They bless with their mouth,
but they curse inwardly.

(Sé'láh)

5 My soul, wait thou in silence
for God only:
For my expectation is from him.

6 He only is my rock and my sal-
vation:

^a Or, a rock that is too high for me. ^b Heb.
rest. ^c Or, given a heritage unto those etc.
^d Heb. is silent unto God. ^e Or, as other-
wise read, Ye shall be slain etc. ^f Heb. be
then silent unto God.

PSALM

Typically complements
the first reading

Generally sung as a
responsorial

SECOND READING

An epistle from the NT

Doesn't typically
connect to the other
readings

Reflects the liturgical
season, and promotes
Christian living

- 9 ^aBecause of his strength I will give heed unto thee;
For God is my high tower,
10 My God with his lovingkindness will meet me:
God will let me see my desire upon mine enemies.
11 Slay them not, lest my people forget:
Scatter them by thy power, and bring them down.
O Lord our shield,
12 For the sin of their mouth, and the words of their lips,
Let them even be taken in their pride,
And for cursing and lying which they speak.
13 Consume them in wrath, consume them, so that they shall be no more:
And let them know that God ruleth in Jacob,
Unto the ends of the earth.
(Sé'láh)
14 And at evening let them return, let them howl like a dog,
And go round about the city.
15 They shall wander up and down for food,
And tarry all night if they be not satisfied.
16 But I will sing of thy strength; Yea, I will sing aloud of thy lovingkindness in the morning:
For thou hast been my high tower,
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60 O God, thou hast cast us off, thou hast broken us down; Thou hast been angry; oh restore us again.

^a Acc. to Sept. and Vulg. My strength is Or, them that he is wait for me. ^b Or, Make them wander to and fro. ^c That is, The city of Jerusalem.

- 2 Thou hast made the land to tremble; thou hast rent it;
Heal the breaches thereof; for it shaketh.
3 Thou hast showed thy people hard things:
Thou hast made us to drink the wine of staggering.
4 Thou hast given a banner to them that fear thee.
That it may be displayed because of the truth. (Sé'láh)
5 That thy beloved may be delivered,
Save with thy right hand, and answer us.
6 God hath spoken in his holiness: I will exult;
I will divide Shé'chem, and mete out the valley of Súc'côth.
7 Gîl'ad is mine, and Mâ-nâs'sêh is mine;
E'phra'im also is the defence of my head;
Jûdâh is my sceptre.
8 Mò'ab is my washpot;
Upon E'dôm will I cast my shoe:
Phi-lis'ti-â, shout thou because of me.
9 Who will bring me into the strong city?
Who hath led me unto E'dôm?
10 Hast not thou, O God, cast us off?
And thou goest not forth, O God, with our hosts.
11 Give us help against the adversary;
For vain is the help of man.
12 Through God we shall do valiantly:
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- 61 Hear my cry, O God;
Attend unto my prayer.
2 From the end of the earth will I call unto thee, when my heart is overwhelmed:

^a Another reading is, me. ^b Or, Despatch me. ^c Or, Who will lead me etc. ^d Or, Will not thou, O God, who hast cast us off, and saved us? ^e Heb. salvation. ^f Or, Jerusalem.

- Lead me to the rock that is higher than I.
3 For thou hast been a refuge for me.
A strong tower from the enemy.
4 I will dwell in thy tabernacle for ever:
I will take refuge in the covert of thy wings. (Sé'láh)
5 For thou, O God, hast heard my vows:
Thou hast given me the heritage of those that fear thy name.
6 Thou wilt prolong the king's life:
His years shall be as many generations.
7 He shall abide before God for ever:
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- 5 My soul, wait thou in silence for God only:
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6 He only is my rock and my salvation:

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And let them know that God ruleth in Jacob,
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- 12 Through God we shall do valiantly;
For he it is that will tread down our adversaries.

Confidence in God's Protection.

For the Chief Musician; on a stringed instrument. A Psalm of David.

- 61 Hear my cry, O God;
Attend unto my prayer.
2 From the end of the earth will I call unto thee, when my heart is overwhelmed:

^a Another reading is, me. ^b Or, I am oppressed.
^c Or, I am. ^d Or, Who will lead me etc.
^e Or, Will not thou, O God, who hast cast us off, and saved us? ^f Heb. salvation.
^g Or, I am.

- Lead me to the rock that is higher than I.
- 3 For thou hast been a refuge for me,
A strong tower from the enemy.
- 4 I will dwell in thy tabernacle for ever:
I will take refuge in the covert of thy wings. (Sé'láh)
- 5 For thou, O God, hast heard my vows:
Thou hast given me the heritage of those that fear thy name.
- 6 Thou wilt prolong the king's life:
His years shall be as many generations.
- 7 He shall abide before God for ever:
Oh prepare lovingkindness and truth, that they may preserve him.
- 8 So will I sing praise unto thy name for ever,
That I may daily perform my vows.

God alone a Refuge from Treachery and Oppression.

For the Chief Musician; after the manner of Jeduthun. A Psalm of David.

- 62 My soul waiteth in silence for God only:
From him cometh my salvation.
- 2 He only is my rock and my salvation:
He is my high tower; I shall not be greatly moved.
- 3 How long will ye set upon a man,
That ye may slay him, all of you,
Like a leaning wall, like a tottering fence?
- 4 They only consult to thrust him down from his dignity;
They delight in lies;
They bless with their mouth, but they curse inwardly. (Sé'láh)

- 5 My soul, wait thou in silence for God only:
For my expectation is from him.
- 6 He only is my rock and my salvation:

^a Or, a rock that is too high for me. ^b Heb. rent. ^c Or, given a heritage unto those etc.
^d Heb. is silent unto God. ^e Or, as others who read, Ye shall be slain etc. ^f Heb. be thou silent unto God.

WEEKDAY READINGS

2-year cycle

I: odd # years

II: even # years



HOMILY

Scripture readings @ Mass
→ theme or topic

SERMON

Theme or topic →
Scripture readings to support

FATHER

I believe in one God, the Father almighty, maker of heaven and earth,
of all things visible and invisible.

JESUS

I believe in one Lord Jesus Christ, the Only Begotten Son of God,
born of the Father before all ages.
God from God, Light from Light, true God from true God, begotten, not made,
consubstantial with the Father;
Through him all things were made.

For us men and for our salvation he came down from heaven,
and by the Holy Spirit was incarnate of the Virgin Mary and became man.
For our sake he was crucified under Pontius Pilate, he suffered death and was buried,
and rose again on the third day in accordance with the Scriptures.
He ascended into heaven and is seated at the right hand of the Father.
He will come again in glory to judge the living and the dead
and his kingdom will have no end.

HOLY SPIRIT

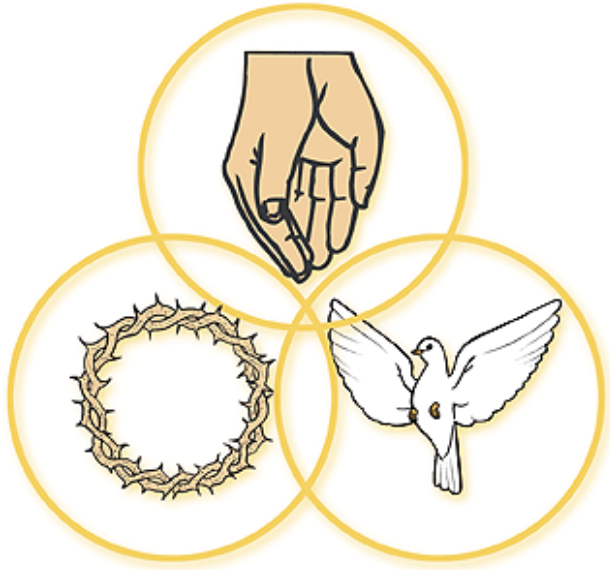
I believe in the Holy Spirit, the Lord, the giver of life,
who proceeds from the Father and the Son,
who with the Father and the Son is adored and glorified,
who has spoken through the prophets.

THE CHURCH

I believe in **one, holy, catholic**, and **apostolic** Church.
I confess one baptism for the forgiveness of sins
and I look forward to the resurrection of the dead and the life of the world to come.
Amen.

The Four Marks of the Church

ONE



WHAT?

HOLY



HOW?

CATHOLIC



WHO?

APOSTOLIC



WHY?



UNIVERSAL PRAYER

Needs of the Church

Nations and the leaders

People in special need

Local needs of the parish

A photograph of a priest in white vestments with hands clasped in prayer. In the foreground, there is a golden chalice, a small golden bowl, and an open book on a white altar cloth. The background is softly blurred.

The Mass: The Mystery We Celebrate

THANKS FOR BEING HERE!

LITURGY OF THE EUCHARIST

Tuesday, September 23