

Eucharistic Prayer (Canon of the Mass) – Part 2

The Oblation is the moment in the Mass where we, the church, offer the Eucharist, Christ's Body and Blood, to God the Father. The dictionary definition of oblation is literally the act of offering up a sacrifice to a deity; specifically it refers to offering up the Eucharist. You can recognize this moment in the Mass as the time when the priest asks God to intercede for the whole Church, the world, and to grant us mercy and salvation. He begins the Oblation by saying, ***"Therefore as we celebrate this memorial of His dead and resurrection, we offer you, Lord, the Bread of Life and the Chalice of Salvation."*** This happens right before the priest and deacon raise the Body and Blood for the Great Amen. Although it is the priest saying words at the altar, we, the congregation, also offer this sacrifice.

No one at Mass is a spectator. We are all participants in this great prayer. After the oblation is the Great Amen. This is where we all exclaim "Amen!" which translates to "it is true" or "let it be so." Saying "Amen" is how we join in with the priest in asking God for his grace and mercy.

The combined part of the Mass with the Oblation and the Great Amen is considered to be the most sacred part of the Mass. Jesus Christ is truly and fully present in the Sacrament of the Eucharist. Let us make sure to recognize in that moment the great sacrifice Christ took for us.

Did you know? Mother Teresa would imagine placing her heart and intentions on the paten which is the plate upon which we offer the host. Mother Teresa understood that at this time of the Mass, all the eyes of heaven are focused on the altar before us. With all the saints and angels gathered around giving glory to God, they are praying with us and for us, making this time a great moment to be joined together with Christ.

Good Practice Suggestion:

Focus all your attention during those moments with Christ on the altar. Acknowledge God's physical presence there before you. We get to touch and embrace Him through the Sacrament of Communion. God is here physically before our very eyes! This is a great gift and we should thank God for it.

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