

Theo 101, Session #10: The Eucharist & the Mass (ANSWER KEY)

The University of St. Francis

Short Answer – Fill in the Blank

1. Describe the sections below that make up the structure of a church

- a. *The Narthex – The gathering space as you enter church*
- b. *The Nave – the body where the assembly pray together*
- c. *The Sanctuary – the area where the Liturgy of the Word and Eucharist are celebrated.*

2. What is the appropriate ritual action that should be made whenever a person of faith enters the body of the church? Why?

The faithful genuflect in the direction of the tabernacle, out of respect to the Blessed Sacrament.

3. Name four prayer postures that are used during a Mass and the meaning that those postures signify.

- a. *Sitting – to reflect on God's word. To rest.*
- b. *Standing – in respect to Christ's presence.*
- c. *Kneeling – in greater respect of Christ's presence.*
- d. *Prostration – giving oneself completely to that to which one's offers homage. Primarily utilized on Good Friday and Ordinations.*

4. What is the “box” called that reposes the Body of Christ (a.k.a. “The Blessed Sacrament”) outside of Mass?

The Tabernacle

5. How do you know that the Blessed Sacrament is contained inside of this “box?”

The Sanctuary Lamp is Lit by the Tabernacle

6. Which one day each year is the Blessed Sacrament not found inside of this “box?”

Good Friday

7. From what kind of material should an altar be made? Why?

Wood – signifies the table around which we eat.

Stone – recalls the catacombs where Mass was celebrated in the early Church. Reminds us of the tomb in which our Lord was buried.

8. Name the three oils used in Church liturgies and the sacraments with which they correspond:

	OIL	USED IN THE FOLLOWING SACRAMENTS
a.	<i>Catechumens</i>	<i>Baptism</i>
b.	<i>Chrism</i>	<i>Confirmation, Holy Orders, Baptism</i>
c.	<i>Oil of the Sick</i>	<i>Anointing of the Sick.</i>

9. Name the two main books used during Mass in the Sanctuary (hint: one book contains the prayers at Mass and the other contains the readings)

- a. *Lectionary – the book of readings*
b. *Sacramentary – the prayers at Mass*

10. Name three major symbols used at the sacrament of baptism and during funeral services.

a. *Water*

b. *Lit Easter Candle*

c. *White Garment*

11. There are six basic liturgical colors a priest utilizes during the Church year. Name the colors and name the season(s) associated with them.

	COLOR	SEASON(S)
a.	<i>White</i>	<i>Easter, Christmas, Special</i>
b.	<i>Violet</i>	<i>Lent, Advent, Funerals</i>
c.	<i>Green</i>	<i>Ordinary Time</i>
d.	<i>Red</i>	<i>Holy Spirit, Martyrs</i>
e.	<i>Rose</i>	<i>Third Sunday of Advent; Fourth Sunday of Lent</i>
f.	<i>Black</i>	<i>Funeral Requiem Services</i>

12. Name three pieces of liturgical clothing the priest wears during Sunday Mass.

a. *Alb*

b. *Stole*

c. *Chasuble*

13. What is the difference between “the common priesthood” and “the ordained priesthood”?

Ordained Priesthood – Consecrated person called to celebrate sacraments

Common Priesthood – All the baptized

14. Define “the Mass,” as discussed in class (and in the Church documents we mentioned).

Mass as Sacrifice; Mass as Memorial

15. Name the earliest text (outside of scripture) which first lays out the way a Mass should be celebrated.

The Didache

16. What commandment of the Ten Commandments tells us we have to show up to Mass every week?

To Keep Holy the Sabbath

17. There are two basic parts of a liturgy. What are they?

- a. *The Liturgy of the Word*
 - b. *The Liturgy of the Eucharist*
-

18. What part of the Mass is synonymous with “washing our hands” before coming to the dinner table?

The Penitential Rite

19. Why do we use so much incense at Mass?

To symbolize our prayers rising to God

20. Why do we have a “Sprinkling Rite” at Mass? Why do we substitute the Penitential Rite with the Sprinkling Rite?

To remind us of our baptism. We substitute the Penitential Rite with the Sprinkling Rite to change our focus from penance to new life.

21. Outside of the Easter Season, the first reading is taken from what *part* of the Bible?

The Old Testament

22. During the Easter Season, the first reading is taken from what *book* of the Bible?

The Acts of the Apostles

23. From what *book* of the Bible do we generally take our Responsorial Psalm?

The Book of Psalms

24. From what *part* of the Bible is the second reading normally taken?

The New Testament

25. Which four books of the Bible are considered the Gospels? In which *part* of the Bible can you find these four Gospels?

Matthew, Mark, Luke, John: The first four books of the New Testament.

26. In a Lectionary or a Book of Prayer, the yearly readings at Mass are categorized by their liturgical season. From the liturgical seasons listed below, place them in the order in which they appear in these liturgical books.

SEASONS

PROPER ORDER

CHRISTMAS
EASTER
ORDINARY TIME
LENT
ADVENT

1.	<i>Advent</i>
2.	<i>Christmas</i>
3.	<i>Lent</i>
4.	<i>Easter</i>
5.	<i>Ordinary Time</i>

27. Concerning the bread and wine/body and blood of Christ, what is the difference between a “substance” and an “accident” at Mass? Why is the Body of Christ called “The Real Presence?”

An accident refers to the appearance of the thing. A substance refers to the thing's essence.

28. Why is it necessary to use unleavened bread at Mass? Can't we go out to the store and buy some Wonder Bread for Mass?

To remind us of the Exodus from Egypt and the Feast of Passover

29. Explain the difference between “consubstantiation” and “transubstantiation” in the Christian faith?

Consubstantiation – The bread is both the Body of Christ and bread

Transubstantiation – The substance of bread changes completely into the Body of Christ but the accident, or appearance of the bread, remains the same

30. If you leave Mass immediately after communion, what important part of the Mass have you missed?

The silence of prayer offered after communion, the prayer of thanksgiving, and the sending forth (commissioning) at the end of Mass.

31. What is the difference between a *sacrament* and a *sacramental*?

*The Greek word *mysterion* was translated into Latin by two terms: *mysterium* and *sacramentum*. In later usage the term *sacramentum* emphasizes the visible sign of the hidden reality of salvation which was indicated by the term *mysterium*. In this sense, Christ himself is the mystery of salvation: “For there is no other mystery of God, except Christ.”¹⁹⁶ The saving work of his holy and sanctifying humanity is the sacrament of salvation,*

which is revealed and active in the Church's sacraments (which the Eastern Churches also call "the holy mysteries"). The seven sacraments are the signs and instruments by which the Holy Spirit spreads the grace of Christ the head throughout the Church which is his Body. The Church, then, both contains and communicates the invisible grace she signifies. It is in this analogical sense, that the Church is called a "sacrament."

The characteristics of sacramentals

1668 Sacramentals are instituted for the sanctification of certain ministries of the Church, certain states of life, a great variety of circumstances in Christian life, and the use of many things helpful to man. In accordance with bishops' pastoral decisions, they can also respond to the needs, culture, and special history of the Christian people of a particular region or time. They always include a prayer, often accompanied by a specific sign, such as the laying on of hands, the sign of the cross, or the sprinkling of holy water (which recalls Baptism).

1669 Sacramentals derive from the baptismal priesthood: every baptized person is called to be a "blessing," and to bless.¹⁷⁴ Hence lay people may preside at certain blessings; the more a blessing concerns ecclesial and sacramental life, the more is its administration reserved to the ordained ministry (bishops, priests, or deacons).

1670 Sacramentals do not confer the grace of the Holy Spirit in the way that the sacraments do, but by the Church's prayer, they prepare us to receive grace and dispose us to cooperate with it. "For well-disposed members of the faithful, the liturgy of the sacraments and sacramentals sanctifies almost every event of their lives with the divine grace which flows from the Paschal mystery of the Passion, Death, and Resurrection of Christ. From this source all sacraments and sacramentals draw their power. There is scarcely any proper use of material things which cannot be thus directed toward the sanctification of men and the praise of God."

True or False

1. True The Mass (Sacrament of the Eucharist) consists of two Jewish customs: the reading of scripture and the sharing of a meal.
2. False The readings at Sunday Mass are not related thematically.
3. False The same set of Sunday readings are read every year.
4. False At Sunday Mass, the first reading ALWAYS comes from the Old Testament.
5. False The Responsorial Psalm at Sunday Mass normally is taken from the Old Testament book of Ecclesiastes.
6. True The “gifts” presented at the offertory include unleavened bread and wine.
7. True The “high point” of the Mass is the Eucharistic Prayer.
8. True The “Lamb of God” at Mass reminds us of how Jesus Christ fulfilled the sacrificial lamb image from the Book of Exodus.
9. False Any type of cup can be used as a chalice at Mass.
10. True The sacrifice at the Mass is the last sacrifice we will ever need to offer to fulfill the Old Testament story.
11. True Normally, one reading, psalm and a gospel are included at a weekday Mass, two readings, a psalm and a gospel at a Sunday Mass.

12. True Introductory Rites are similar to a person “washing their hands” before coming to the table (in the case of mortal sin, one must go to confession before receiving communion).
13. False The book of readings, the person proclaiming the readings and the place where the readings are proclaimed all come from the Latin word, AUSCULTARE, which means “to listen.”
14. True According to the video, one purpose for a lector is “to lend their voice to God.”
15. False The Church has established FOUR liturgical cycles of readings each year, based on the four gospels.
16. True One prayer during the offertory is attributed to the fourth century saint named Athanasius.
17. True In the Season of Lent, normally the faithful do not pray the “Gloria” or sing the “Alleluia” at the gospel acclamation.
18. False The Liturgy of the Word is NOT an integral part of sacramental celebrations.
19. True The Eucharistic Prayer is offered at every Mass we attend (weekday or Sunday).
20. True At the end of Mass, the Lord (through the celebrant/deacon) “commissions” the faithful to live a Christian life.

Multiple Choice

1. What below is a basic part of a Mass?
 - a. Introductory/Closing Rites
 - b. Liturgy of the Word
 - c. Liturgy of the Eucharist
 - d. *All of These*
2. The "Cycle B" Liturgical Readings are based on which New Testament Gospel?
 - a. Matthew
 - b. *Mark*
 - c. Luke
 - d. John
3. Which book of scripture listed below is NEVER read as the Second Reading at Sunday Mass?
 - a. 1 Corinthians
 - b. Romans
 - c. *Genesis*
 - d. James
4. Which minister below CANNOT read the gospel or preach the homily at Sunday Mass?
 - a. *The Lector*
 - b. The Deacon
 - c. The Priest
 - d. The Bishop
5. In what century was the Nicene Creed (Profession of Faith) written?
 - a. The Third Century
 - b. *The Fourth Century*
 - c. The Fifteenth Century
 - d. The Sixteenth Century
6. For what specific group do we pray at the General Intercessions?
 - a. Church Leaders
 - b. Civil Leaders
 - c. The Dead
 - d. *All of These*

7. Which below is NOT included in the Liturgy of the Eucharist?
- a. *The Nicene Creed*
 - b. The Offertory Prayer
 - c. The Lamb of God
 - d. Prayer after Communion
8. What liturgical item below is NOT used at the offertory of Mass?
- a. A Chalice
 - b. A Purificator
 - c. *A Lectionary*
 - d. A Pall
9. According to the video (and Catechism #1352), what term is used to describe the Eucharistic Prayer at Mass?
- a. *The "Heart and Summit" of the Liturgy*
 - b. The "Soul" of the Liturgy
 - c. The "Life" of the Liturgy
 - d. None of These.
10. The "High Point" of the Mass (whose response normally should be sung) is called what?
- a. *The Doxology Prayer*
 - b. The Epiclesis Prayer
 - c. The Our Father
 - d. The Sign of Peace
11. From what biblical passages can we find the Ten Commandments?
- a. *Exodus 20 & Deuteronomy 5*
 - b. Psalms 22 & 90
 - c. Luke 22 & 1 Corinthians 11
 - d. The Ten Commandments are not found in the Bible
12. The Passover Meal (from which Jesus uses as the foundation for his Last Supper) comes from what passage in scripture?
- a. *Exodus 12*
 - b. 1 Thessalonians 4: 11
 - c. 2 Thessalonians 3: 12
 - d. Ecclesiastes 1: 1

13. Which below is NOT a part of a Catholic Mass?
- a. *Coffee & Donuts*
 - b. Introductory/Closing Rite
 - c. Liturgy of the Word
 - d. Liturgy of the Eucharist
14. The Catechism #1324 refers to the Mass as what?
- a. "The justification for the Trinity"
 - b. *"The source and summit of our Christian Life"*
 - c. "The twenty decades of the Blessed Mother"
 - d. None of these
15. What below serves as the statement of faith for the faithful who pray their belief in "one, holy, Catholic and apostolic Church" on Sundays?
- a. The Penitential Rite
 - b. *The Nicene Creed*
 - c. The Our Father
 - d. The Da Vinci Code
16. Through which ministers does the Lord speak at a Catholic liturgy?
- a. Bishops
 - b. Priests
 - c. Deacons
 - d. *All of These*

FILL IN THE NAME OF THE LITURGICAL ITEM DESCRIBED BELOW...

BOOKS



Sacramentary

Contains the opening prayer, prayer over the gifts, prayer after communion, and solemn blessings.

Eucharistic prayers and prefaces for all of the masses including most special occasions.



Book of the Gospels

Contains only the Gospel readings. It is used on more solemn occasions and is carried by the deacon if it is used.



Lectionary

Contains the scripture readings for Mass. It is carried in the procession by the lector and placed on the ambo.

Hymnal/Missalette

Contains all the parts of the mass for a specific season in the liturgical year including instructions on when to stand, sit, or kneel.

OBJECTS



Ciborium

A vessel used to hold the Hosts which will be used for communion.

They are also used to reserve the Blessed Sacrament in the tabernacle.



Paten

A saucer-like disk which holds the bread which becomes the Body of Christ.

Communion Cups

Vessels used at communion for the congregation for the distribution of the Precious Blood.

Decanter or Flagon

The bottle or pitcher like vessel used to hold the wine which will be consecrated at Mass.



Purificator

A white cloth use to cleanse the chalice. It resembles a napkin.



Corporal

A white linen cloth on which are placed the vessels containing the bread and wine during Mass which will become the Body and Blood of Christ.



Cruet

A small container holding the wine and water that are used during the Mass.



Pall

The stiff, square, white cover that is placed over the paten when it is on the chalice.



Tabernacle

The shrine or receptacle either round or rectangular that serves as a place for the exclusive reservation of the Blessed Sacrament. It should be of solid material, opaque, secure and inviolable, fitting the architecture of the church in a preeminent place.



Censor & Boat

The Censor, also known as the Thurible, is used at solemn occasion to incense the bread and wine after the offertory, the priest, and congregation. The Boat holds the incense until it is place in the censor by the celebrant.



Monstrance

A sacred vessel designed to expose the consecrated Host to the congregation either for adoration in church of carrying in procession, particularly on the Solemnity of the Body and Blood of Christ.



Sanctuary Lamp

An oil lamp or wax candle that burns near the tabernacle. It is always lit whenever the Blessed Sacrament is reserved in churches or chapels as a sign of honor shown to the Lord.

VESTMENTS



Alb

A long white garment which can be used by all liturgical ministers. It is a reminder of the baptismal garment worn when the new Christian "Put on Christ."



Cincture

A long cord used for fastening albs at the waist. It holds the loose-fitting type of alb in place and is used to adjust it to proper length. It is usually white, although the liturgical color of the day may be used.



Chasuble

The sleeveless outer garment, slipped over the head, hanging down from the shoulders covering the alb and stole of the priest. It is the proper Mass vestment for the main celebrant and its color varies according to the feast.



Dalmatic

A loose-fitting robe with open sides and wide sleeves worn by a deacon on more solemn feasts. It takes its color from the liturgical feast as listed above.



Priest Stole

A long cloth "scarf." According to the manner in which it worn it is the mark of the Office of the priest or deacon. A priest wears it around the neck, letting it hang down in front.



Deacon Stole

A long cloth "scarf." According to the manner in which it worn it is the mark of the Office of the priest or deacon. A deacon wears it over his left shoulder, fastening it at his right side.



Cassock

A long black garment worn by Altar Servers under the Surplice. Also worn by Diocesan Priests (Black), Monsignors (Rose), Bishops (Violet), Cardinals (Red), and the Pope (White).



Surplice

This is a wide-sleeved garment, slipped over the head, covering the

shoulders, and coming down below the hips. It is worn over the cassock.



Cope

A cape-like garment which is put over the shoulders and hangs to the ankles, it is open in the front and worn by a priest or deacon in processions at Benediction and in other services.



Benediction Veil

Also called the humeral veil. This is a long narrow shawl-like vestment used at Benediction.

Matching

B	Eucharistic Prayer #1
D	Eucharistic Prayer #2

A	Eucharistic Prayer #3
C	Eucharistic Prayer #4

A.	Paralleling the style & substance of EP I, this EP focuses on sacrifice and the Holy Spirit. It calls the listener to become united with the people of the world in love.
B.	Also known as “The Roman Canon,” it is the most ancient of the four prayers (5 th Century). Between the 11 th & mid-20 th Century, it was the <u>only</u> Eucharistic Prayer used at Mass. Based on the Gospel of Matthew, it focuses on a strong sense of the Church and Messianic Fulfillment.
C.	The most historical of the four EPs, this EP gives a complete human history and a view of the Trinity.
D.	Substantially from a text written by Hippolytus in 215 A.D., it is the simplest of the prayers, focusing on thanking God for all that God has done for us.

The four possible answers to each question below are the following:

A	BISHOP
B	PRIEST

C	DEACON
D	LAY PERSON

	A	B	C	D
Who can celebrate a Mass validly?	X	X		
Of the four ministers listed, which one should always read the gospel, when present?			X	
Who are the <i>ordinary</i> Ministers of Communion?	X	X	X	
Who are the <i>extraordinary</i> Ministers of Communion?				X
Who is allowed to preach at Mass, under normal circumstances?	X	X	X	

Write down the correct letter that corresponds to each question. *Note: Some questions have more than one correct answer. Make sure you write down all the correct answers that apply to each question.*