

PART 4 - THE DISMISSAL AND AFTER THE LITURGY

The simplest form of dismissal, “Go forth the Mass is ended,” is taken from the Latin words “Ite Missa est” which translates into “Go you are sent.” The word “Mass” comes from the Latin word “Missa” and signifies being sent as if on a mission. Most noteworthy is the notion that the word we use to refer to the entire Eucharistic Liturgy has as its root the instruction to be sent. Pope Saint John Paul II, in his encyclical on the Eucharist (*Ecclesiae de Eucharistia*), wrote: “By its union with Christ, the people of the New Covenant, ... becomes a ‘sacrament’ for humanity, a sign and instrument of the salvation achieved by Christ.”

Pope Benedict XVI in his apostolic exhortation “*Sacramentum Caritatis*,” stated that the words of dismissal “Ite Missa Est,” “succinctly express the missionary nature of the Church.” There are additional options to use when dismissing the assembly at Mass which highlight this notion even more so. These options are: “Go and announce the Gospel of the Lord” and “Go in peace, glorifying the Lord by your life,” to which the assembly still replies, “Thanks be to God.”

An important point to take note of is that the “General Instruction of the Roman Missal” (GIRM) does not use the word “recessional” for the priest and ministers walking back down the center aisle. The word “processional” is the more apt description of the assembly being led by the cross of Christ into the world for the life of the world.

In effect, the fruits of Holy Communion are made known when those who receive are sent into the world to continue Christ’s mission to bring glad tidings to the poor, proclaim liberty to captives, recovery of sight to the blind and to let the oppressed go free (c.f., Lk 4:18).

Great, Father! But, how???

Take the time to appreciate the gift you just experienced. (gifted car trim analogy)
You have a nourished soul, reminded you are a temple of the Holy Spirit, encouraged not only by God’s Word, but also by fellow believers. You just spent the last hour in the presence of your Creator. I’m sorry, what were you complaining about? THINK ABOUT IT!

Pray as a family, most logically before meals, private or public, and before bed.

Pray privately, when you first get up in the morning, for example. Make sure to include the parish and, yes, the parish's priests, in your prayers.

When someone expresses a challenge that is going on with them personally or with a member in their family, offer to pray for people out loud right then and there if the opportunity presents itself. You can even invite them to pray with you. If they are receptive to this, you may try to invite them to Mass later on by offering to accompany them. Be willing to adjust your personal schedule to accommodate theirs if they are willing to do this.

Share with people that you attended mass over the weekend if they asked what you did.

Pray for people you notice that have not returned to church or left the parish. Invite them to consider returning by sharing with them what is going on in the parish.

Intentionally make your faith part of your identity. Who / What do you find yourself identifying with? A Political party, being a Swifty, a Sports team, a color

As a Christian:

1) Have a Life Verse for the sake of yourself and sharing with others the “prism” through which you look at life with. My Life Verse is:

My grace is sufficient for you, for my power is made perfect in weakness.

2 Corinthians 12: 9

2) Share a faith experience with someone whom you feel will benefit from knowing what you experienced. We have groups which help you to practice this right here in the parish. Please take the time and make the time to investigate this and join one or more.

3) How intentional are you with demonstrating forgiveness, mercy, and compassion?

“They will know we are Christians by our love.”

2 Corinthians 1: 3-5

Praised be God, the Father of our Lord Jesus Christ, the Father of mercies, and the God of all consolation! He comforts us in all our afflictions and thus enables us to comfort those who are in trouble, with the same consolation we have

received from him. As we have shared much in the suffering of Christ, so through Christ do we share abundantly in his consolation.

As we conclude this series on the meaning of the Mass with the dismissal rite, perhaps the words of St. Teresa of Avila are most appropriate: "Christ has no body now on earth but yours; no hands but yours; no feet but yours. Yours are the eyes through which the compassion of Christ must look out on the world. Yours are the feet with which He is to go about doing good. Yours are the hands with which He is to bless His people."