

We hope you find this graphic illustration of The Mass inspirational.

Look to The Mass, not as an event, but as the first part  
of the continuing cycle of your life.

Jesus graced us with the Eucharistic Celebration (The Mass) as a way  
to remain with us and to strengthen us on our journey through life.

We believe He is truly present in His Body and Blood in the Eucharist  
which is the source and the summit of our Faith.

We are invited to receive Him into our lives, through the Eucharist,  
in the most intimate way possible.

The Mass is cyclical because it is the new beginning  
of the next phase of our lives.

It cannot be overemphasized that The Mass is offered for us by Jesus, and  
by us, and our presence is beyond participation. This is what we do and it  
is fundamental to our lives. It is our response to what God has given us.  
This is truly our Thanksgiving.

**Jesus tells us: “Do this in memory of me.”**

*Mass Times at Saint Brigid*

**M-F 6:30 AND 9:00 AM**

**SAT 9:00 AM**

**SAT 5:00 PM VIGIL**

**SUN 7:30, 9:00, 10:45 AM, 12:30 AND 5:00 PM**



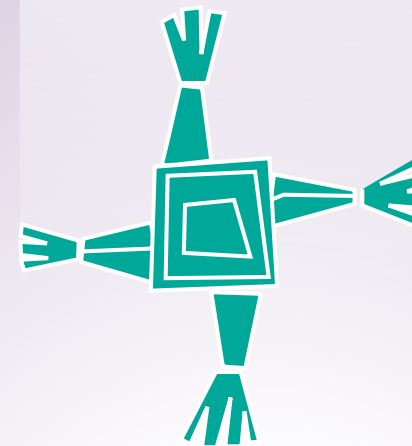
*Saint Brigid Catholic Church*

**3400 OLD ALABAMA ROAD, JOHNS CREEK, GA. 30022**

**678-393-0060**

*Compliments of The Men of Saint Brigid*

[www.saintbrigid.org](http://www.saintbrigid.org)



# The Cycle of the Mass and Your Life

THE MASS IS THE FIRST HOUR  
OF THE REST OF YOUR LIFE.

YOU ARE CALLED TO LIVE YOUR LIFE  
THE BEST WAY POSSIBLE.

AND,  
YOU ARE ALWAYS WELCOME  
TO CELEBRATE THE MASS WITH US.

*Saint Brigid Catholic Church, Johns Creek, GA.*

The Mass is  
the first hour  
of the rest  
of your life.

# The Cycle of the Mass and Your Life

4

**We hear God's Word:** Through reading of the scriptures, God speaks to us. Embedded in His word is meaning for our lives.

3

**We praise God:** The Collect (opening prayer to the Father) is the high point of the Introductory Rite. Additionally, at certain Masses, we lift our voices up in praise and thanksgiving to God in the Gloria, a fitting hymn of joy and expectation.

2

**We ask for forgiveness:** We remember what we have done or not done during our past week or in our life that requires God's forgiveness and our sincere repentance.

1

**We gather to worship:** We are called together by God as the community of His people. We come not just as individuals but also as the body of Christ. To worship God is a fundamental obligation of our existence. We gather as Jesus leads us in perfect worship beyond our personal ability to praise and thank God.

5

**We offer our gifts during the Eucharistic Prayer:**

We include our gifts of treasure and the struggles of our lives to be placed on God's Altar. This presentation of the sacrifices of our lives is to be mingled with the sacrifice Jesus offers.

6

**Jesus represents His sacrifice to the Father:**

It is Jesus who offers His life to the Father. As we do as Jesus asked, the bread and wine are transformed into His Body and Blood. Through the Spirit, He becomes present to us. He takes us with Him as He again offers to the Father, the sacrifice He made for us. No one can substitute for you in this act of thanksgiving and worship.

7

**Jesus comes to us in Communion:** There is no more intimate way for us to experience our relationship with Jesus. As we receive Him, He becomes part of us and we become part of Him. His Body and Blood flow in our veins. Therefore, we indeed become the Body of Christ.

8

**We reflect on the miracle that just happened:** What does this mean to us? What does God want from us? What do we need from Him to carry on? It is an intimate moment of wonder, praise and thanksgiving.

9

**We prepare for our mission:** The Mass is the beginning of the continuation of our cycle of life. What is it that we must do to fulfill our mission in the coming hours, weeks or months? The Mass is not an end, but rather the beginning of the rest of our lives.

10

**We are blessed and sent on our mission:** Go in peace to love and serve the Lord. These or other words are joined with a blessing to complete the Mass.

**Stay for the blessing.** You are commissioned as a disciple of Jesus to carry out the mission He has given to you.

**You are to be His presence.**



## You are to be His presence.

[www.saintbrigid.org](http://www.saintbrigid.org)

3400 OLD ALABAMA ROAD,  
JOHNS CREEK, GA. 30022  
678-393-0060

©2019 Saint Brigid Catholic Church.  
No part of this document may be reproduced in any way  
without the express written permission and consent of  
Saint Brigid Catholic Church, Johns Creek, GA.