

NOTES ON TONIGHT'S MUSIC

About tonight's "Silent Canon"

The Eucharistic Canon is the prayer in which the priest consecrates the host and the chalice as the Body and Blood of Christ. It is usually said aloud, but there is an ancient custom in the Catholic Church of its being said quietly, so that only the priest can hear his own voice. At Mount Calvary we occasionally use this silent canon when the Mass setting is especially long. This also accents the unique role of the priest in administering the sacrament, and emphasizes that the liturgy is worship offered to God, and not solely instruction for the congregants. The full text of the canon is in this bulletin.

Tell Out, My Soul is a hymn paraphrasing the Magnificat. Written by Timothy Dudley-Smith OBE (born 26 December 1926), a retired bishop of the Church of England, it was originally published in 1965 in *The Anglican Hymn Book*. A noted hymnwriter, Smith has written around 400 hymns, and has also been awarded fellowships from the Hymn Society in the United States and Canada and the Royal School of Church Music. He also edited a Christian magazine, *Crusade*, which was founded after Billy Graham's 1955 London crusade. In 2003, he was appointed an Officer of the Order of the British Empire "for services to hymnody."

WOODLANDS was composed by Walter Greatorex, and was first published in the *Public School Hymn Book* in 1919. The tune's title refers to one of the schoolhouses at Gresham's School, Holt, Norfolk, where Greatorex was director of music from 1911-1936.

Immaculate Mary, or the Lourdes Hymn. The earliest version of the hymn was written in 1873 by French priest and seminary director Jean Gaignet, for pilgrims to the site of the apparitions of Our Lady of Lourdes. It was set to a traditional French tune.

Hail, Holy Queen Enthroned Above is an anonymous translation of *Salve regina coelitum* by Hermanus contractus (The Crippled or The Lame). Hermann was a son of the Count of Altshausen. He was crippled by a paralytic disease from early childhood. He was born in 1013, with a cleft palate, cerebral palsy and is said to have had spina bifida. Hermann possibly had either amyotrophic lateral sclerosis or spinal muscular atrophy. As a result, he had great difficulty moving and could hardly speak. At seven, he was placed in a Benedictine monastery by his parents who could no longer look after him. He grew up in the monastery, learning from the monks and developing a keen interest in both theology and the world around him. He spent most of his life in the Abbey of Reichenau. He was renowned as a musical composer and wrote a treatise on the science of music. When he went blind in later life, he began writing hymns, the best known of which is *Salve Regina Coelitum*.

The tune SALVE REGINA COELITUM is by the German priest Melchior Ludolf Herold (1753–1810). It appeared in *Chorale melodien zum heiligen Gesange*, 1808.

MOUNT CALVARY CATHOLIC CHURCH

A Roman Catholic Parish of the Personal Ordinariate of the Chair of Saint Peter

ASSUMPTION OF THE BLESSED VIRGIN MARY

Organ Prelude

Prelude in D major

J.S. Bach

THE INTRODUCTORY RITES



Introit

Signum magnum

Rv 12:1; Ps 98:1

There appeared a great wonder in heaven: a woman clothed with the sun, and the moon under her feet; and upon her head a crown of twelve stars.

O sing unto the LORD a new song: for he hath done marvelous things.

Glory be... | There appeared...

Collect for Purity

Priest № In the Name of the Father, and of the Son, and of the Holy Ghost. *People* Amen.

The Priest says

Almighty God, unto whom all hearts be open, all desires known, and from whom no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of thy Holy Spirit, that we may perfectly love thee, and worthily magnify thy holy Name; through Christ our Lord. **Amen**.

Summary of the Law pronounced by the Priest

Hear what our Lord Jesus Christ saith: Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. This is the first and great commandment. And the second is like unto it: Thou shalt love thy neighbor as thyself. On these two commandments hang all the Law and the Prophets.

Kyrie sung by the choir

Missa Congratulamini Mihi

Kyrie eleison.Lord, have mercy upon us.Christe eleison.Christ, have mercy upon us.Kyrie eleison.Lord, have mercy upon us.

Gloria in excelsis sung by the	choir Missa Congr	atulamini Mihi	di Lasso
Laud ado Gratias agimus tibi propte	Gloria in excelsis Deo, ninibus bonae voluntatis. damus te, benedicimus te, ramus te, glorificamus te, r magnam gloriam tuam. nine Deus, Rex caelestis, Deus Pater omnipotens.	Glory be to God on high, and on earth peace, goodwill towards men. We praise Thee, we bless Thee, we worship Thee, we glorify Thee, we give thanks to Thee for Thy great glory. O Lord God, heavenly King, God the Father Almighty.	
Domine Deus, A suscip	li unigenite, Iesu Christe. Agnus Dei, Filius Patris, qui tollis peccata mundi, miserere nobis; qui tollis peccata mundi, e deprecationem nostram. sedes ad dexteram Patris, miserere nobis.	 O Lord, the only-begotten Son, Jesus Christ. O Lord God, Lamb of God, Son of the Father that taketh away the sins of the world, have mercy upon us; Thou that takest away the sins of the world, receive our prayer. Thou that sittest at the right hand of God the I have mercy upon us. 	
tu solus Altissimus, Iesu Chr	nctus, tu solus Dominus, riste, cum Sancto Spiritu, gloria Dei Patris. Amen.	For Thou only art holy, thou only are the Lord Thou only, O Christ, with the Holy Ghost, 承 art most high in the glory of God the Father	

Collect of the Day The people stand

Priest The Lord be with you. People And with thy Spirit. Priest Let us pray.

LMIGHTY and everlasting God, who didst assume the Immaculate Virgin Mary, Mother of thy Son, body and soul to the glory of heaven: grant us, we beseech thee; that being ever intent on things above, we may be worthy to be partakers of her glory hereafter; through Jesus Christ thy Son our Lord, who liveth and reigneth with thee, in the unity of the Holy Spirit, ever one God, world without end. **Amen**.

THE LITURGY OF THE WORD

The First Lesson

OD'S temple in heaven was opened.

And a great sign appeared in heaven, a woman clothed with the sun, with the moon

under her feet, and on her head a crown of twelve stars; she was with child and she cried out in her pangs of birth, in anguish for delivery. And another sign appeared in heaven; behold, a great red dragon, with seven heads and ten horns, and seven diadems upon his heads. His tail swept down a third of the stars of heaven, and cast them to the earth. And the dragon stood before the woman who was about

Revelation 11:19a; 12:1-6a, 10ab

to bear a child, that he might devour her child when she brought it forth; she brought forth a male child, one who is to rule all the nations with a rod of iron, but her child was caught up to God and to his throne, and the woman fled into the wilderness, where she has a place prepared by God.

And I heard a loud voice in heaven, saying, "Now the salvation and the power and the kingdom of our God and the authority of his Christ have come."

Lector	The Word of the Lord.
People	Thanks be to God.

Audi, filia

1 Corinthians 15:20-27

Hearken, O daughter, and consider, and incline thine ear: for the King delighteth greatly in thy beauty.

> All glorious the King's daughter entereth in: her clothing is of wrought gold.

The Second Lesson

RETHREN:

Christ has been raised from the dead, the first fruits of those who have fallen asleep. For as by a man came death, by a man has come also the resurrection of the dead. For as in Adam all die, so also in Christ shall all be made alive. But each in his own order: Christ the first fruits, then at his coming those who belong to Christ. Then comes the end, when he delivers the kingdom to God the Father after destroying every rule and every authority and power. For he must reign until he has put all his enemies under his feet. The last enemy to be destroyed is death. "For God has put all things in subjection under his feet."

Lector The Word of the Lord. Thanks be to God. People

People

Alleluia

Assumpta est

Alleluia. Alleluia. Mary is taken up into heaven: the hosts of Angels rejoice. Alleluia.

The Gospel

Priest

Priest

The Lord be with you. *People* And with thy spirit.

A reading from the Holy Gospel according to Saint Luke.

ARY arose and went with haste into the hill country, to a city of Judah, and she entered the house of Zechariah and greeted Elizabeth. And when Elizabeth heard the greeting of Mary, the babe leaped in her womb; and Elizabeth was filled with the Holy Spirit and she exclaimed with a loud cry, "Blessed are you among women, and blessed is the fruit of your womb! And why is this granted me, that the mother of my Lord should come to me? For behold, when the voice of your greeting came to my ears, the babe in my womb leaped for joy. And blessed is she who believed that there would be a fulfillment of what was spoken to her from the Lord."

And Mary said, "My soul magnifies the Lord, and my spirit rejoices in God my Savior, for he has regarded the low estate of his handmaiden. For behold, hence-

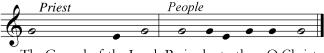
The Homily

Luke 1: 39-56

Glory be to thee, O Lord.

forth all generations will call me blessed; for he who is mighty has done great things for me, and holy is his name. And his mercy is on those who fear him from generation to generation. He has shown strength with his arm, he has scattered the proud in the imagination of their hearts, he has put down the mighty from their thrones, and exalted those of low degree; he has filled the hungry with good things, and the rich he has sent empty away. He has helped his servant Israel, in remembrance of his mercy, as he spoke to our fathers, to Abraham and to his posterity for ever."

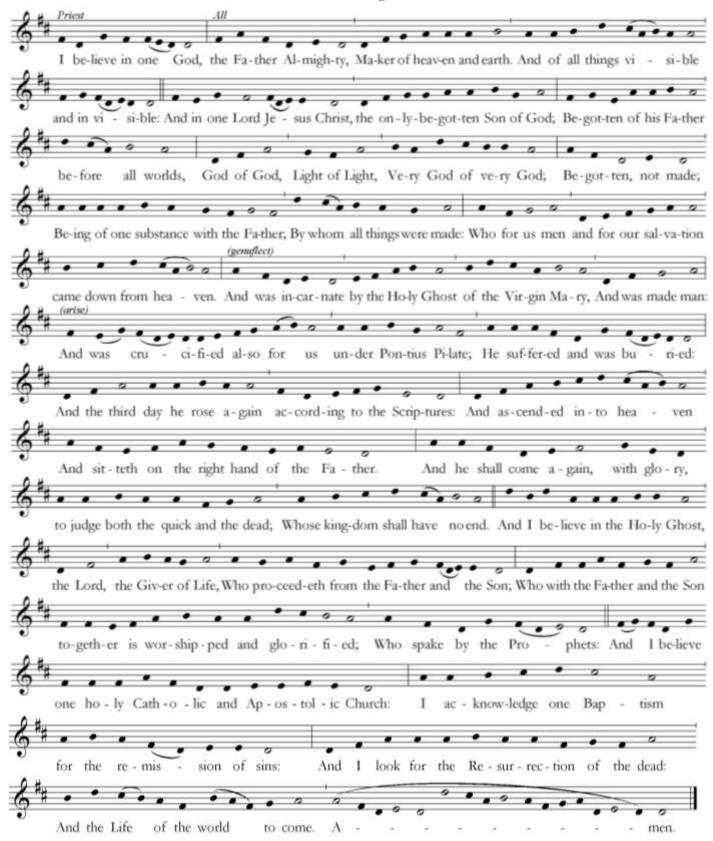
And Mary remained with her about three months, and returned to her home.



The Gospel of the Lord. Praise be to thee, O Christ.

The Nicene Creed

Missa de Angelis



The Prayers of the People

Priest	Let us offer our prayers to Almighty God. Father, we pray for thy holy Catholic Church;
People	That we all may be one.
Priest	Grant that every member of the Church may truly and humbly serve thee;
People	That thy Name may be glorified by all people.
Priest People	We pray for our Holy Father, Pope Francis; Steven, our Bishop; and for all bishops, priests, and deacons; That they may be faithful ministers of thy Word and Sacraments.
Priest	We pray for all who govern and hold authority in the nations of the world;
People	That they may work for thy peace on earth.
Priest	Give us grace to do thy will in all that we undertake;
People	That our works may find favor in thy sight.
Priest	Have compassion on those who suffer from any grief or trouble;
People	That they may be delivered from their distress.
Priest	Give to all the departed eternal rest;
People	And let light perpetual shine upon them.
Priest People	We praise thee for the Blessed Virgin Mary, and for all thy saints who have entered May we also come to share in thy heavenly kingdom.

Priest Almighty God, the fountain of all wisdom, who knowest our necessities before we ask, and our ignorance in asking; we beseech thee to have compassion upon our infirmities; and those things which for our unworthiness we dare not, and for our blindness we cannot ask, vouchsafe to give us for the worthiness of thy Son Jesus Christ our Lord. **Amen.**

into joy;

The Penitential Rite

Ye that do truly and earnestly repent you of your sins, and are in love and charity with your neighbors, and intend to lead a new life following the commandments of God, and walking from henceforth in his holy ways: Draw near with faith, and make your humble confession to Almighty God, meekly kneeling upon your knees.

Priest Almighty God,

People Father of our Lord Jesus Christ, Maker of all things, judge of all men: We acknowledge and bewail our manifold sins and wickedness, which we from time to time most grievously have committed, by thought, word, and deed against thy divine Majesty, provoking most justly thy wrath and indignation against us. We do earnestly repent, and are heartily sorry for these our misdoings; the remembrance of them is grievous unto us, the burden of them is intolerable. Have mercy upon us, have mercy upon us, most merciful Father; for thy Son our Lord Jesus Christ's sake, forgive us all that is past; and grant that we may ever hereafter serve and please thee in newness of life, to the honor and glory of thy Name; Through Jesus Christ our Lord. Amen.

The Priest says

May Almighty God, our heavenly Father, who of his great mercy hath promised forgiveness of sins to all those who with hearty repentance and true faith turn unto him, have mercy on us, ♥ pardon and deliver us from all our sins, confirm and strengthen us in all goodness, and bring us to everlasting life; through Jesus Christ our Lord. Amen.

LITURGY OF THE EUCHARIST

Offertory Sentence

Offertory Antiphon

Assumpta est

Alleluia. Alleluia. Mary is taken up into heaven: the Angels rejoice and glorify the Lord. Alleluia.

Offertory Anthem

Joys Seven

Trad. English/arr. Stephen Cleobury

The first good joy that Mary had it was the joy of one, To see the blessed Jesus Christ, when he was first her son When he was first her son, good man, and blessed may he be, Both Father, Son and Holy Ghost, through all eternity.

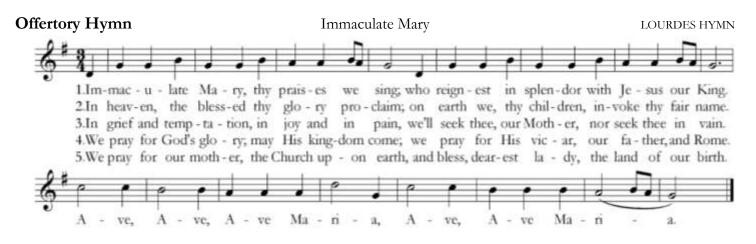
The next good Joy that Mary had it was the joy of two, To see her own son, Jesus Christ, to make the lame to go, To make the lame to go, good man, and blessed may he be, Both Father, Son and Holy Ghost, through all eternity.

The next good joy that Mary had it was the joy of three, To see her own son Jesus Christ to make the blind to see. To make the blind to see, good man, and blessed may he be, Both Father, Son and Holy Ghost, through all eternity.

The next good joy that Mary had it was the joy of four, To see her own son Jesus Christ to read the bible o'er. To read the bible o'er, good man, and blessed may he be, Both Father, Son and Holy Ghost, through all eternity. The next good joy that Mary had it was the joy of five, To see her own son Jesus Christ to bring the dead alive. To bring the dead alive, good man, and blessed may he be, Both Father, Son and Holy Ghost, through all eternity.

The next good joy that Mary had it was the joy of six, To see her own son Jesus Christ upon the crucifix, Upon the crucifix, good man, and blessed may he be, Both Father, Son and Holy Ghost, through all eternity.

The next good joy that Mary had it was the joy of seven, To see her own son Jesus Christ to wear the Crown of Heaven. To wear the Crown of Heaven, good man, and blessed may he be, Both Father, Son and Holy Ghost, through all eternity.



Orate Fratres

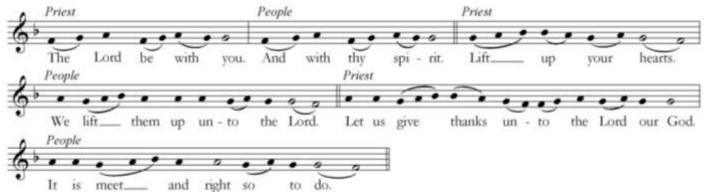
Priest Pray, brethren, that my sacrifice and yours may be acceptable to God, the Father almighty.

People May the Lord accept the sacrifice at thy hands for the praise and glory of his name, for our good, and the good of all his holy Church.

Prayer over the Offerings

Priest Let this oblation of our devotion ascend unto thee, O Lord: and, at the intercession of the most Blessed Virgin Mary assumed into heaven, may our hearts, enkindled with the fire of thy love, continually yearn after thee; through Jesus Christ our Lord. **Amen**.

Sursum Corda



The Priest proceeds

T IS very meet, right, and our bounden duty, that we should at all times, and in all places, give thanks unto thee, O Lord, holy Father, almighty, everlasting God; and that in the Assumption of Blessed Mary ever-Virgin, we should praise thee, bless thee, and extol thee: for, by the overshadowing of the Holy Spirit, she conceived thine Only Begotten; and in the abiding glory of her virginity, shed forth upon this world the everlasting Light, Jesus Christ our Lord.

Therefore with Angels and Archangels, and with all the company of heaven, we laud and magnify thy glorious name; evermore praising thee, and saying,

Sanctus & Benedictus	sung by the choir Missa Congratulamini Mihi		di Lasso	
	Sanctus, Sanctus, Sanctus, Dominus Deus Sabaoth.	Holy, holy, holy, Lord God of Hosts.		
12	leni sunt caeli et terra gloria tua. Hosanna in excelsis.	Heaven and earth are full of Thy glory. Hosanna in the highest.		
🔀 Benedic	tus qui venit in nomine Domini. Hosanna in excelsis.	Released is he that cometh in the name of the Hosanna in the highest.	e Lord.	
(The silent Canon begins here. The People kneel, and the Canon of the Mass is said silently by the				

celebrant while the choir sings the Sanctus.)

Therefore, most merciful Father, we humbly pray thee, through Jesus Christ thy Son our Lord, and we ask, that thou accept and bless \mathbb{R} these gifts, these offerings, these holy and unspoiled sacrifices. We offer them unto thee, first, for thy holy Catholic Church: that thou vouchsafe to keep her in peace, to guard, unite, and govern her throughout the whole world: together with thy servant Francis our Pope, Steven our Bishop, and all the faithful guardians of the catholic and apostolic faith.

Commemoration of the Living

Remember, O Lord, thy servants and handmaids and all who here around us stand, whose faith is known unto thee and their steadfastness manifest, on whose behalf we offer unto thee or who themselves offer unto thee this sacrifice of praise: for themselves, and for all who are theirs: for the redemption of their souls, for the hope of their health and well-being: and who offer their prayers unto thee, the eternal God, the living and the true.

United in one communion, we venerate the memory, first of the glorious ever-virgin Mary, Mother of our God and Lord Jesus Christ; of blessed Joseph her spouse; as also of thy blessed Apostles and Martyrs, Peter and Paul, Andrew, James, John, Thomas, James, Philip, Bartholomew, Matthew, Simon, and Thaddaeus; Linus, Cletus, Clement, Xystus, Cornelius, Cyprian, Lawrence, Chrysogonus, John and Paul, Cosmas and Damian, and of all thy Saints; grant that by their merits and prayers we may in all things be defended with the help of thy protection. We beseech thee then, O Lord, graciously to accept this oblation from us thy servants, and from thy whole family: order thou our days in thy peace, and bid us to be delivered from eternal damnation and to be numbered in the fold of thine elect.

Vouchsafe, O God, we beseech thee, in all things to make this oblation blessed, approved, and accepted, a perfect and worthy offering: that it may become for us the Body and Blood of thy dearly beloved Son, our Lord Jesus Christ.

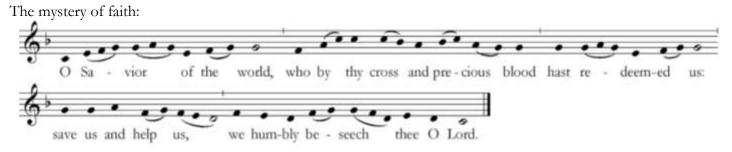
(The silent Canon pauses here while the celebrant speaks aloud the words of institution and the mystery of faith.)

Who the day before he suffered, took bread into his holy and venerable hands, and with eyes lifted up to heaven unto thee, God, his Almighty Father, giving thanks to thee, he blessed, broke, and gave it to his disciples, saying:

TAKE THIS, ALL OF YOU, AND EAT OF IT: FOR THIS IS MY BODY, WHICH WILL BE GIVEN UP FOR YOU.

Likewise, after supper, taking also this goodly chalice into his holy and venerable hands, again giving thanks to thee, he blessed, and gave it to his disciples, saying:

Take this, all of you, and drink from it, for this is the chalice of my Blood, the Blood of the New and Eternal covenant, which will be poured out for you and for many for the forgiveness of sins. Do this in memory of me.



(At this point, the choir resumes singing with the Benedictus while the celebrant continues the Canon silently.)

Wherefore, O Lord, we thy servants, and thy holy people also, remembering the blessed passion of the same Christ thy Son our Lord, as also his resurrection from the dead, and his glorious ascension into heaven; do offer unto thine excellent majesty of thine own gifts and bounty, the pure victim, the holy victim, the immaculate victim, the holy Bread of eternal life, and the Chalice of everlasting salvation.

Vouchsafe to look upon them with a merciful and pleasant countenance: and to accept them even as thou didst vouchsafe to accept the gifts of thy servant Abel the Righteous, and the sacrifice of our patriarch Abraham: and the holy sacrifice, the immaculate victim, which thy high priest Melchisedech offered unto thee.

We humbly beseech thee, Almighty God, command these offerings to be brought by the hands of thy holy Angel to thine altar on high, in sight of thy divine majesty: that all we who at this partaking of the altar shall receive the most sacred Body and Blood of thy Son, may be fulfilled with all heavenly \mathbf{P} benediction and grace.

Commemoration of the Dead

Remember also, O Lord, thy servants and handmaid who have gone before us sealed with the seal of faith, and who sleep the sleep of peace. To them, O Lord, and to all that rest in Christ, we beseech thee to grant the abode of refreshing, of light, and of peace.

To us sinners also, thy servants, who hope in the multitude of thy mercies, vouchsafe to grant some part and fellowship with thy holy Apostles and Martyrs: with John, Stephen, Matthias, Barnabas, Ignatius, Alexander, Marcellinus, Peter, Felicitas, Perpetua, Agatha, Lucy, Agnes, Cecilia, Anastasia, and with all thy saints: within whose fellowship, we beseech thee, admit us, not weighing our merit, but granting us forgiveness.

Through Jesus Christ our Lord; through whom, O Lord, thou dost ever create all these good things: dost sanctify, quicken, bless, and bestow them upon us.

By whom and with whom and in whom, to thee, O Father Almighty, in the unity of the Holy Spirit, be all honor and glory throughout all ages, world without end.

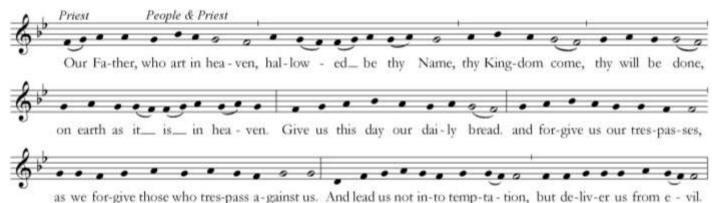
People - men..

Communion Rite

The People stand

The Lord's Prayer

The Priest says As our Savior Christ hath commanded and taught us, we are bold to say,



The Priest continues Deliver us, O Lord, we beseech thee, from all evils, past, present, and to come; and at the intercession of the blessed and glorious ever Virgin Mary, Mother of God, with thy blessed Apostles Peter and Paul, and with Andrew, and all the Saints, favorably grant peace in our days, that by the help of thine availing mercy we may ever both be free from sin and safe from all distress.



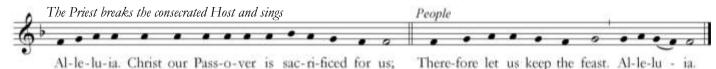
The Peace

O Lord Jesus Christ, who saidst to thine Apostles, Peace I leave with you; my peace I give unto you: Regard not our sins, but the faith of thy Church; and grant to her peace and unity according to thy will; who livest and reignest with the Father and the Holy Spirit, one God, world without end. **Amen**.



The People kneel

The Fraction of the Host



Agnus Dei	sung by the choir	Missa Congratulamini Mihi		di Lasso
	Agnus Dei, qı	ui tollis peccata mundi,	Lamb of God, that takest away the sins of th	e world,
		miserere nobis.	have mercy upon us.	
	Agnus Dei, qui tollis peccata mundi,		Lamb of God, that takest away the sins of th	e world,
		miserere nobis.	have mercy upon us.	
	Agnus Dei, qı	ii tollis peccata mundi,	Lamb of God, that takest away the sins of th	e world,
		dona nobis pacem.	grant us peace.	

Prayer of Humble Access

🗺 E do not presume to come to this thy Table, O merciful Lord, trusting in our own righteousness, but in thy manifold and great mercies. We are not worthy so much as to gather up the crumbs under thy Table. But thou art the same Lord whose property is always to have mercy. Grant us therefore, gracious Lord, so to eat the flesh of thy dear Son Jesus Christ, and to drink his blood, that our sinful bodies may be made clean by his body, and our souls washed through his most precious blood, and that we may evermore dwell in him, and he in us. Amen.

Facing the People, and showing the Chalice and Host, the Priest says

Behold the Lamb of God, behold him that taketh away the sins of the world. Blessed are those who are called to the Supper of the Lamb.

The People respond three times

Lord, I am not worthy that thou shouldest come under my roof, but speak the word only and my soul shall be healed.

The Holy Communion

Communion Antiphon

Beatam me dicent

Ave Maria

All generations shall call me blessed: for he that is mighty hath done to me great things.

Communion Anthem

Ave Maria, gratia plena, Dominus tecum; benedicta tu in mulieribus, et benedictus fructus ventris tui. Amen.

Prayer of Thanksgiving, said by All

LMIGHTY and everliving God, we most heartily thank thee for that thou dost feed us in these holy mysteries, with the spiritual food of the most precious Body and Blood of thy Son our Savior Jesus Christ; and dost assure us thereby of thy favor and goodness towards us; and that we are very members incorporate in the mystical body of thy Son, the blessed company of all faithful people; and are also heirs, through hope, of thy everlasting kingdom, by the merits of the most precious death and passion of thy dear Son. And we humbly beseech thee, O heavenly Father, so to assist us with thy grace, that we may continue in that holy fellowship, and do all such good works as thou hast prepared for us to walk in; through Jesus Christ our Lord, to whom with thee and the Holy Ghost be all honor and glory, world without end. Amen.

Postcommunion Prayer The people stand

Priest Let us pray:

> LORD, having partaken of the Sacrament of salvation: grant, we beseech thee; that by the merits and intercession of the Blessed Virgin Mary assumed into heaven, we may be brought into the glory of the Resurrection; through Jesus Christ our Lord. Amen.

blessed art thou among women,

and blessed is the fruit of thy womb. Amen.

Hail Mary, full of grace, the Lord is with thee;

Lk 1:48,49

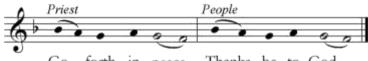
Robert Parsons

THE CONCLUDING RITES

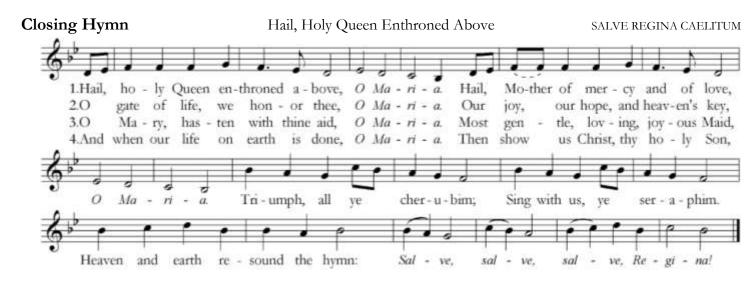
Blessing & Dismissal

Priest The Lord be with you. People And with thy spirit.

PriestThe peace of God, which passeth all understanding, keep your hearts and minds in the knowledge and
love of God, and of his Son Jesus Christ our Lord; and the blessing ★ of God Almighty, the Father, the
Son, and the Holy Ghost, be amongst you, and remain with you always. People Amen.



Go forth in peace. Thanks be to God.



Organ Postlude

Fugue in D major

J.S. Bach



Mount Calvary Catholic Church brings forward the fullness of the faith. The Mass is the supreme act of worship throughout the history of the Church, and we embrace all its symbolism and beauty to transform our world. We worship so as to lift up Christ in the beauty of holiness.

Where heaven and earth meet

Our worship awakens the senses and prepares the heart to receive our Lord. We enter into a holy realm and leave the commonplace behind. Holy water reminds us of our baptism. Incense prepares the way for the Lord's presence. Music lifts up our hearts in beauty and truth.

We bring forward a form of worship with ancient roots that stands the test of time. We *leave time behind* as heaven meets earth in mystery and the reality of our Lord's presence in the Eucharist.

Distinctive aspects of our worship

Incense. In the New Testament book of Revelation, incense represents the prayers of the saints. In the Old Testament, incense is used in the Temple sacrifice. From ancient times, incense sweetens the air to honor important visitors. Incense at Mass invokes all this symbolism. From the earliest days of the Church, incense has been used to prepare the altar and people for the presence of our Lord.

Sung prayers and readings. Music lifts up the heart and honors God. Singing elevates our Sunday worship as the most important thing that we do each week.

Kneeling and standing. As we worship with our bodies, our hearts become more fully engaged. The basic idea is this: kneel for prayer, sit for instruction, stand for praise.

The King's English. Some call this traditional English. While the language is traditional, it was never the common language of the street. Instead, it was the most exalted and beautiful language in England at the time the liturgy was developed: The King's English. The intent was that nothing less should be used in worship of our God. This language continues to be more poetic and easier to remember than street English. While there are occasions to address God more informally, this language in worship helps us to step out of the realm of the commonplace in order lift up our hearts to our Heavenly King.

The priest facing the altar. The priest faces the people when addressing the people and he faces the altar when addressing God. This approach helps to keep our focus on God when our prayers are addressed to him. This is the way priests have said Mass throughout most of Church history.

O worship the Lord in the beauty of holiness: let the whole earth stand in awe of him. Psalm 96:9