



EUCCHARISTIC SAMPLE

from

RITUAL *of* HOPE

IDJC Press
idjc.org

For Where Two or Three Are Gathered in My Name There Am I in the Midst of Them.

Matthew 18:20

Ritual of Hope

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Stephen Joseph Wolf

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Cover art is a detail of an early Christian painting of an agape meal found in catacombs below Rome, from Wikimedia.

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SCRIPTURE

If you do not have a home missal, mass readings are available at <https://bible.usccb.org/daily-bible-reading>.

These scripture passages are rendered for meditation from the three sources and other sources referenced in the eight books listed below.

Exodus 16:4-5,9,10b	<i>Bread from Heaven</i>	14
Psalms 23	<i>The Lord is my Shepherd</i>	75
Psalms 116:12-18	<i>The Blessing Cup</i>	15
Isaiah 25:6a,7-9	<i>The Veil that Veils</i>	74
Matthew 5:2-10	<i>The Beatitudes</i>	16
Matthew 24:3;25:34-36,37b,40	<i>Works of Mercy</i>	17
Mark 1:9-11	<i>Baptism of the Lord</i>	16
Luke 2:29-32	<i>Canticle of Simeon</i>	66
Luke 24:13-16,28-35	<i>Two of Jesus' Disciples</i>	76
John 14:1-6a	<i>In My Abba's House</i>	76
Romans 8:35,37-39	<i>What can separate us?</i>	51
1 Corinthians 11:23-25	<i>He Took Bread</i>	16
2 Corinthians 5:1,6-9	<i>Earthly Tent-House</i>	69

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For other meditation renderings by Stephen Joseph Wolf see:

A Jesus Breviary, includes Jesus Incarnate, Sayings of Jesus, Miracles, Parables, the Paschal Mystery, the Holy Spirit, and Christian Living

31 Days of God's Love-Call, Old Testament passages on the love of God

Rainbow Psalms in 30 Days, with Canticles and Sayings of Jesus

Rainbow Prayer, with the commons of the saints and psalms of St. Francis

Dawn & Dusk Rainbow Prayer, in a two-week cycle for the full year

Dawn & Dusk Rainbow for Ordinary Time, in a two-week cycle

A Simple Family Breviary, arranged by month, season, and day of the week

Gone Before Us, praying for the dead

and eleven six-chapter books for faith-sharing

Visit www.idjc.org.

This work has emerged from efforts to attend Mass then having to leave with a deep sadness that does not easily go away, and the awareness that I am not alone in this. This book is not intended for anyone who is able to happily participate in the sacramental life of the Church, nor is it intended to encourage anyone to stop doing so. As a faithful Catholic has a right to the sacraments, this ritual is for those faithful members of the People of God who are finding themselves unable to do so and still yearning to, a way to help those of us who feel pushed to the margins.

In other words, the purpose of this little book is to help faithful Catholics stay in the Church. Well-meaning friends invite me to join their denominations. Hard to say why, but I am still Catholic.

The core of this ritual is our identity as priests in the common priesthood of Jesus. Each baptized follower of Jesus the Christ has been anointed **priest, prophet, and royal**. As vassal **kings and queens** of the King of kings and queens, each of us has been gifted with power rooted in the *imago dei*, being created in the image of God with gifts and talents we are meant to use to wash the feet of humanity and participate in God's ongoing creative and healing work. As a **prophet** each of us will be called to speak a truth that God wants heard by a person, a community, or by the whole world, and speaking this truth will involve risk. As a **priest** in the common priesthood of Jesus the Christ, each of us is called to be in a personal relationship with the one God and to be in communion with God along with each human we encounter. And as priests we are given the power and duty to forgive, a power we use in the first place at home.

The *Agape Meal Prayers*, probably from the late 1st century AD might be best suited today for what we call a potluck supper or dinner on the ground, where everyone brings what they have and there is equal sharing, or perhaps for large family reunions. *Agape* is one of the Greek words for love. Scholars suggest that the words of institution were omitted to distinguish it from the Sunday Eucharist.

The *Eucharistic Prayer* is from the *Apostolic Tradition*, from about 215 AD, the prayer that I use regularly in these days.

The *Anaphora of Addai & Mari*, probably also from the 3rd century, is still the core of some Eastern Eucharistic Prayers. Like the *Agape Meal Prayers*, it did not originally have the words of institution, though they were later added by some traditions.

OPTIONS for STUDY and EXPERIMENTATION

We hear stories of priests who have been persecuted and faithful Christians in exile offering simple prayers over whatever food and drink is available. And yet everything eucharistic is meant to happen in a community; this is of course the ideal. And so anyone who uses the *Apostolic Tradition* and/or the *Anaphora of Addai & Mari* is encouraged to be aware of all the many ways each human being exists as a person-in-community, including with family and friends, and to continue to seek ways of being an apostle in the world.

Catholic rituals have many options, often with instructions to use *these or similar words*. Options are given here as incomplete introductions for consideration and study.

While a deacon, priest or bishop is the ordinary minister of *Baptism*, in cases of necessity even a non-Christian with the intention of doing so for the Church can baptize as long as water and the words (*I baptize you in the name of the Father and of the Son and of the Holy Spirit*) are used. Anyone who does so is advised to inform the local parish that this has happened with the correct words.

For all of the prayers, see *Order of Baptism of Children (Participation Booklet)*, ICEL, 4+X6+ inches, 80 pages, \$4.95, Catholic Book Publishing Corp.

As a pastor I developed a *Candidacy for Confirmation*, used sometimes at a Sunday Mass and sometimes at the end of a Confirmation retreat, and offer it here as a way for a sponsor and parents to help a young person prepare for the sacrament. Some of it came from an article in one of the Catholic magazines.

The ritual for *Marriage* can be used by an officiant of a civil marriage. It recognizes that the officiant, whether priest or mayor, is the chief witness to the marriage while the spouses themselves confer the sacrament of marriage onto each other in their mutual exchange of consents, and it is their identity as priests in the common priesthood of believers that empowers them to do so. Most of this is what my husband and I used.

For all of the prayers, see *The Order of Celebrating Matrimony*, ICEL, 7+X10+ inches, 164 pages, \$27.95, Catholic Book Publishing Corp.

With apologies, I have lost track of my source for the accompanying *Blessing of Married Couples*. I used it on Sundays preceding lovebird day, February 14.

The *Prayers for the Sick* and the *Commendation of the Dying* are not to take the place of the Sacrament of Anointing, but recognize that there will be times when a priest is not available.

For all of the prayers, see the book which is especially helpful for any layperson in parish ministry: *A Ritual for Laypersons: Rites for Holy Communion and the Pastoral Care of the Sick and Dying*, 4+X6+ inches, 176 pages, \$29.95, Liturgical Press.

For the other *Blessings* in this book, as with any blessing by the lay faithful, the leader simply signs theirself with the sign of the cross along with everyone else.

For more blessing prayers for the lay faithful, see *Catholic Household Blessings and Prayers*, USCCB, 6 X 9 inches, 528 pages, \$26.95, Catholic Book Publishing Corp.

Though a *Funeral* is normally presided over by a priest or deacon, a graveside funeral can be done by anyone. Sometimes a family would prefer that one of their members lead the prayers of Committal on the four pages beginning on page 82. It was disheartening to hear during the pandemic that some people had a hard time getting a priest to do a graveside service.

For all of the prayers, see *The Funeral Rites (Participation Booklet)*, ICEL, 4+X6+ inches, 80 pages, \$5.50, Catholic Book Publishing Corp.

If prayer is done with a group of people, consider making copies and inviting all present to read the prayers together.

From the institutional church I beg patience and forbearance with all of this. I know this is not easy. Please remember that Catholics who feel marginalized are also being asked to continue being patient with our institutional church.

Stephen Joseph Wolf
January 3, 2024

AGAPE MEAL PRAYERS

(from the *Didache*, late 1st century)

THANKSGIVING BEFORE AN AGAPE MEAL

WINE POURED

**We give you thanks, Abba,
for the holy Vine of your servant David,
whom you have made known to us
through your Son Jesus;
to you is the glory forever. R. Amen.**

BREAD BROKEN

**We give you thanks, Abba,
for the life and knowledge
which you have made known to us
through your Son Jesus;
to you is the glory forever. R. Amen.**

**As this broken bread
scattered on the mountains and
being gathered together became one,
so may your People be gathered together
from the ends of the earth into your reign,
for yours is the glory and the power
through Jesus Christ forever. R. Amen.**

ALL SHARE THE BREAD & WINE
AND THEN THE REST OF THE MEAL IS SHARED

THANKSGIVING AFTER THE MEAL
WHEN ALL ARE SATISFIED

**We give you thanks, Holy Abba,
for your Holy Name, which you have caused
to dwell in our hearts, and for knowledge
and faith and eternal life, which you have
made known to us through your Son Jesus;
to you is the glory for ever.**

**You, Almighty Ruler,
created all things for your Name's sake,
gave food and drink for humans to enjoy
that we may give you thanks,
and you freely give us spiritual food and
drink and eternal life through your Son.
Before all things of creation
we give thanks that you are almighty;
to you is the glory for ever.**

**Remember, Lord, your Church:
deliver it from all evil, perfect it in love,
and gather it from the four winds into
your reign which you have prepared for it.
The cosmos may pass away;
let your grace come.**

**Hosanna to you, God of David;
to you is the glory and power through
Jesus Christ forever. Maranatha. R. Amen.**



EUCCHARISTIC PRAYER

GREETING & PENITENTIAL RITE

**+ In the name of the Father
and of the Son
and of the Holy Spirit.**

R. Amen.

**May the peace of Christ,
the love of Abba,
and their communion in the Holy Spirit
be with us all.**

R. And with our Spirit.

Aware of the love of God,
we call to mind our sins.

(pause)

Lord, have mercy.	R. Lord, have mercy.
Christ, have mercy.	R. Christ, have mercy.
Lord, have mercy.	R. Lord, have mercy.

**May almighty God
have mercy on us,
forgive us our sins
and bring us to everlasting life.**

R. Amen.

GLORIA
Sundays, Solemnities & Feasts (except Advent & Lent)

**Glory to God in the highest,
and on earth peace and goodwill
to all people.**

**We praise you, we bless you,
we adore you, we glorify you,
we give you thanks for your great glory,
Lord God, Ruler of heaven and earth,
O God, almighty Abba.**

**Lord Jesus Christ, Only Begotten Son,
Lord God, Lamb of God, Son of Abba,
you take away the sin of the world,
 have mercy on us;
you take away the sin of the world,
 receive our prayer;
you are seated at the right hand of Abba,
 have mercy on us.**

**For you alone are the Holy One,
you alone are the Lord,
you alone are the Most High, Jesus Christ,
with the Holy Spirit,
in the glory of God our Abba.**

Amen.

OPENING PRAYER

ADVENT, CHRISTMAS, & EASTER

**Pour forth, we ask you, O Lord,
 your grace into our hearts, that we, to whom
 the Incarnation of Christ your Son was
 made known by the message of an Angel,
 may by his Passion and Cross
 be brought to the glory of his Resurrection,
 who lives and reigns with you in the unity
 of the Holy Spirit, God for ever and ever.**

R. Amen.

LENT

**By your help, we ask, Lord our God,
 may we be eager in that same charity
 with which, out of love for the cosmos,
 your Son handed himself over to death,**

Through...

R. Amen.

ORDINARY TIME

**Almighty ever-living God,
 who govern all things in every place,
 in your mercy hear your people calling
 and bring your peace to our times,**

*Through our Lord Jesus Christ, your Son,
 who lives and reigns with you
 in the unity of the Holy Spirit,
 God for ever and ever.*

R. Amen.

READINGS FOR THE DAY,
OR OTHER READINGS,
OR:

A HEBREW SCRIPTURE READING

A reading from the book of Exodus:

16:4-5,9,10b

The Lord said to Moses, "See, as I rain down for you bread from heaven, and the people will go out and gather enough each day for the day... But on the sixth day they will prepare what they bring in, to be twice what they gather day to day... Tell them I have heard the grumbings of the sons and daughters of Israel, and at evening you will eat meat and in the morning you will be filled with bread; then you will know I am the Lord your God."

In the evening quail came and covered the camp, and in the morning there was a layer of dew around the camp; when the dew went away, they saw on the desert floor thin flaking, thin like frost on the ground. When they saw it, they said to each other, "What is this?" (*man hu?*) They did not know.

So Moses said to them, "This is the bread that the Lord has given to you for food."

The word of the Lord.

R. Thanks be to God.

A RESPONSORIAL
as in Holy Thursday

PSALM 116:12-18

- R. **Our blessing cup is a communion
 with the blood of Christ.**

1 Corinthians 10:16

How can I repay to the LORD
 for all the goodness done to me?
 I will lift the cup of salvation
 and call on the name of the LORD.

- R. **Our blessing cup is a communion
 with the blood of Christ.**

Precious in the eyes of the LORD
 are the saints to the death.
 I am your servant, the child of your servant;
 you have freed me from the chains.

- R. **Our blessing cup is a communion
 with the blood of Christ.**

I will offer the sacrifice of thanksgiving
 and call on the name of the LORD.
 My vows to the LORD I will now fulfill
 in the presence of all the people.

- R. **Our blessing cup is a communion
 with the blood of Christ.**

AN EPISTLE READING

A reading from the first letter of Paul
to the Corinthians:

11:23-25

I handed on to you what I received, that on the night the Lord Jesus was betrayed, he took bread and gave thanks and broke it saying, "This is my body for you; do this in remembrance of me."

In the same way the cup, after supper saying, "This cup is the new covenant in my blood; do this, as often as you drink, in remembrance of me."

The word of the Lord.

R. Thanks be to God.

A GOSPEL READING

A reading from the gospel of Mark:

1:9-11

In those days Jesus came from Nazareth of Galilee and was baptized in the Jordan by John. Right away going up out of the water he saw the heavens being opened and the Spirit as a dove coming down to him, and a voice out of the heavens: "You are my beloved Son, with you I am well pleased."

OR

A reading from the gospel of Mathew:

5:2-10

Jesus began to teach the crowds, saying
"Blessed are the poor in spirit
for theirs is the reign of heaven.

Blessed are those mourning
for they will be comforted.

Blessed are the meek for they will inherit the earth.

Blessed are those hungering and thirsting
for what is right; they will be satisfied.

Blessed are the merciful for they will obtain mercy.

Blessed are the clean of heart for they will see God.

Blessed are the peacemakers for they will be called
sons and daughters of God.

Blessed are those persecuted for what is right,
for theirs is the reign of heaven.

OR

A reading from the gospel
of Mathew:

24:3; 25:34-36,37b,40

Jesus said to the disciples in private, "The Ruler will say to the sheep, 'Come, you blessed by my Abba; inherit the realm prepared for you from the foundation of the cosmos. For I was hungry and you gave me to eat, I was thirsty and you gave me drink, I was a stranger and you welcomed me, naked and you clothed me, I was ill and you cared for me, I was in prison and you came to me.'" The just will say, "When did we?" And the Ruler will answer them, "Amen I tell you, what you did to one of the least of my brothers or sisters, you did to me.'"

The gospel of the Lord.

R. Praise to you, Lord Jesus Christ.

**I believe in one God the Abba almighty,
maker of heaven and earth,
of all things visible and invisible.**

**I believe in one Lord Jesus Christ,
the Only Begotten Son of God,
born of the Abba before all ages.
God from God, Light from Light,
true God from true God, begotten, not made,
one in being with the Abba;
through him all things were made.
For us and for our salvation he came from heaven,
and by the Holy Spirit was
(*bow*) incarnate of the Virgin Mary, and became human.
For our sake he was crucified under Pontius Pilate,
he suffered death and was buried,
and rose again on the third day
in accordance with the Scriptures.
He ascended into heaven
and is seated at the right hand of the Abba.
He will come again in glory to judge the living
and the dead and his reign will have no end.**

**I believe in the Holy Spirit,
the Lord, the giver of life, who proceeds
from the Abba and the Son, who with
the Abba and the Son is adored and glorified,
who has spoken through the prophets.**

**I believe in one, holy, catholic and apostolic Church.
I confess one Baptism for the forgiveness of sins
and I look forward to the resurrection of the dead
and the life of the world to come. Amen.**

PRAYERS of the FAITHFUL

**For ourselves and for all children of God,
we pray to the Lord...** R. Lord, hear our prayer.

For the needs of the Church, we pray...

For public authorities and the world, we pray...

For those oppressed by any need, we pray...

For our local community, we pray...

**All this we ask
through Christ our Lord.** R. Amen.

BREAD & WINE

**Blessed are you, Lord God of all creation,
for through your goodness
we have received this bread and wine:
fruit of the earth
and work of human hands,
to do what Jesus asked us to do.**

**Accept, Lord, the sacrifice we offer
from the blessings of creation
and the joys and sorrows of our lives,
for our good,
and for the good of all your people.**

CONTINUE WITH The APOSTOLIC TRADITION, on the next page
OR WITH The ANAPHORA of ADDAI & MARI on page 28.

APOSTOLIC TRADITION

(Eucharistic Prayer from 215 AD)

The Lord be with us.

R. And with our spirit.

We lift up our hearts.

R. We lift them up to the Lord.

We give thanks to the Lord our God.

R. It is right and just.

**We give you thanks, O God,
through your beloved Child Jesus Christ,
whom you sent as Savior, Redeemer,
and Messenger of your will,
your inseparable Word
through whom you created everything
and in whom you take great delight,
born of the Spirit and the virgin.**

**Doing your will,
to gain for you a holy people,
he stretched out his hands in suffering
to liberate from suffering
those who believe in you.**

**On the night he was to surrender himself
into voluntary suffering:
to dissolve death,
and break the chains of slavery,
and pour out his light,
and establish the covenant,
and manifest his resurrection,**

**he took bread,
blessed it with thanksgiving,
broke it,
and gave it to his disciples,
saying:**

**TAKE AND EAT;
THIS IS MY BODY,
WHICH IS GIVEN FOR YOU;
DO THIS IN MEMORY OF ME.**

**In the same way he took the cup,
blessed it with thanksgiving,
and gave it to his disciples,
saying:**

**TAKE AND DRINK,
ALL OF YOU,
FOR THIS IS MY BLOOD
OF THE NEW COVENANT,
WHICH WILL BE SHED FOR YOU
AND FOR THE MANY
FOR THE FORGIVENESS OF SINS.
DO THIS IN MEMORY OF ME.**

As they sang a hymn of praise,
we too may sing:

**Holy, Holy, Holy Lord God of hosts.
Heaven and earth are full of your glory.
Hosanna in the highest.
Blessed is he who comes
in the name of the Lord.
Hosanna in the highest.**

**Remembering
his Death and Resurrection,
we offer you the bread of life
and the wine of salvation,
and thank you for making us worthy
to be in your presence and serve you.**

**Send your Holy Spirit, we pray,
on the offering of your holy people,
to gather into one all who receive it.
May we be filled with the Holy Spirit
who strengthens our faith in the truth.
And may we be able to praise and glorify
you through your Child Jesus Christ.**

**Remember all who have gone before us
marked with the sign of faith;
united with Jesus in a death like his,
may they also be one with him
in his Resurrection.**

**Through him, with him, and in him,
glory and honor to you,
Abba and Son, one with the Holy Spirit,
now and for ever! R. Amen.**

Taught by our Lord Jesus Christ
and being formed in his living word,
we pray:

**OUR FATHER, who art in heaven;
hallowed be thy name.**

**Thy kingdom come; thy will be done
on earth as it is in heaven.**

**Give us this day our daily bread
and forgive us our trespasses as we
forgive those who trespass against us,
and lead us not into temptation
but deliver us from evil.**

**Deliver us, Lord, we pray, from every evil,
graciously grant peace in our days.**

**In your mercy, keep us free from sin
and safe from distress and anxiety,
as we await the blessed hope and
the coming of our Savior, Jesus Christ.**

**R. For the kingdom, the power, and
the glory are yours, now and forever.**

SIGN of PEACE

**Lord, Jesus Christ,
who said to your Apostles:
Peace I leave you, my peace I give you,
graciously grant peace and unity
in accordance with your will,
who live and reign for ever and ever.**

R. Amen.

The peace of the Lord be with us always.

R. And with our spirit.

Let us offer each other the sign of peace.

FRACTIONING

*Lamb of God,
you take away the sins of the world,
have mercy on us.*

*Lamb of God,
you take away the sins of the world,
have mercy on us.*

*Lamb of God,
you take away the sins of the world,
grant us peace.*

HOLDING the BREAD & WINE

**As John the Baptist said at the river:
Behold the Lamb of God
who takes away the sins of the world.
Blessed are all who are called
to the supper of the Lamb.**

COMMUNION

PRAYER AFTER COMMUNION

THE SEASONS

**Pour out on us, Lord, your Spirit of love,
and in your kindness
make those you have nourished
by the paschal meal
one in mind and heart
through Christ our Lord. R. Amen.**

ORDINARY TIME

**Humbly we ask, almighty God,
be graciously pleased to grant
that those you renew with your Presence
may also serve with lives pleasing to you
through Christ our Lord. R. Amen.**

FINAL BLESSING

The Lord be with us.
R. **And with our spirit.**
May almighty God bless us,
+ the Abba, and the Son,
and the Holy Spirit. R. Amen.

We go in peace. R. **Thanks be to God.**

