

**THE  
CATHEDRAL  
OF THE  
RISEN  
CHRIST**

# **Cathedral Bible Study**

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Thursday, September 9, 2010

**\*\* PLEASE SIGN IN \*\***

# BIBLE STUDY OBJECTIVES

- Doctrine & Theology of the Liturgy of the Mass as found in Scripture & Tradition
- Using *Lectio Divina* to pray with the Bible
- Updated translation of the Mass parts
- Have fun!



# OVERVIEW

- The Priest Preparing for Mass
- Vestments
- Reverencing the Altar /  
Tabernacle
- Processional
- Singing
- Incense / Bells
- Postures of Prayer

# PREPARING FOR MASS

- What is about to happen?
- Proper mindset
- Intentions of the Mass
  - What the Church Intends
  - Consecration
  - Prayer Intentions
- Sacrifice of Thanksgiving
- Eucharist = Giving Thanks!

**“They worship in a copy and shadow of the heavenly sanctuary, as Moses was warned when he was about to erect the tabernacle. For he says, “See that you make everything according to the pattern shown you on the mountain.”**

(Hebrews 8:5)

# THE MASS

**Todah** = Thank offering

The Talmud records the ancient rabbis' teaching that, when the Messiah has come, "all sacrifices will cease except the todah sacrifice. This will never cease in all eternity"

(Signs of Life, Hahn)

**Chaburah Meal**

A regular Jewish fellowship meal between members of a covenant family.

Hebrew = Chaburah

Greek = Koinonia

English = Communion

# HIGH PRIEST VESTMENTS

## **Ketonet (tunic)**

Made of pure linen, covering the entire body from the neck to the feet, with sleeves reaching to the wrist. The “Ketonet – Tunic” of the High Priest was richly embroidered (Exodus 28:39); those of the regular Priestly cast were plain (Exodus 28:40).

## **Avnet (sash)**

That of the High Priest was of a fine linen with “embroidery work” in blue, purple and scarlet (Exodus 28:39 & 39:29). Those worn by the regular Priestly cast were of white, twined linen.

# PRIESTLY VESTMENTS

## GARMENTS:

1. **Amice** – Helmet of Salvation
2. **Alb** – Perfect Integrity
3. **Cincture** – Priestly Chastity
4. **Stole** – Sign of the Priest
5. **Chasuble** – Emblem of Charity

## VESTING PRAYERS:

1. Protection against Evil
2. Purification & Joy
3. Control of the Passions
4. Immortality
5. Yoked to Christ

# ALTAR / TABERNACLE

## THE ALTAR:

**The altar represents the two aspects of the same mystery: The altar of sacrifice and the table of the Lord. (CCC 1383)**

**“For what is the altar of Christ if not the image of the Body of Christ?”  
(St. Ambrose)**

## THE TABERNACLE:

**“And the Word became flesh and made his dwelling (*tabernacled*) among us”  
(John 1:14)**

**“Behold, the tabernacle of God is among men.”  
(Rev 21:3)**



# ALTAR RELICS

## Main Altar

- Clementis mart.
- Amicus mart.
- Adexandrii Mart.
- Eugeniae Mart

## Blessed Sacrament Altar

- Clemintis mart.
- Zenonis et Soc (& companions) Mart
- Rosaliae mart
- Christinae Virgin and Mart.

## Holy Family Altar

- Laurentii mart.
- Innocentii mart.
- Donatii Mart.
- Christinae V.M.

“Elisha died and was buried. At the time, bands of Moabites used to raid the land each year. Once some people were burying a man, when suddenly they spied such a raiding band. So they cast the dead man into the grave of Elisha, and everyone went off. But when the man came in contact with the bones of Elisha, he came back to life and rose to his feet.”

*(2 Kings 13:20-21)*

# PROCESSIONAL

**procession** - the act of moving forward (as toward a goal)

**God's people on a Journey!**

- Entering God's house
- Proclaiming the Gospel
- Dismissed for Mission

**“Those times I recall as I pour out my soul, When I went in procession with the crowd, I went with them to the house of God, Amid loud cries of thanksgiving, with the multitude keeping festival.”**

(Psalm 42:5)

# SINGING

**“Sing a new song to the LORD,  
who has done marvelous  
deeds”**

(Psalm 98:1)

**“I trust in your faithfulness.  
Grant my heart joy in your  
help, That I may sing of the  
LORD, "How good our God  
has been to me!"**

(Psalm 13:6)

**“He who sings prays twice.”**  
*(Qui cantat, bis orat)*

St. Augustine of Hippo  
(354-430)

**“and they sang the song of  
Moses, the servant of God,  
and the song of the Lamb:  
"Great and wonderful are  
your works, Lord God  
almighty. Just and true are  
your ways”**

(Revelation 15:3)

# INCENSE

**“I urge you therefore, brothers, by the mercies of God, to offer your bodies as a living sacrifice, holy and pleasing to God, your spiritual worship.”**

**(Romans 12:1)**

**But thanks be to God, who always leads us in triumph in Christ and manifests through us the odor of the knowledge of him in every place. For we are the aroma of Christ for God among those who are being saved and among those who are perishing, to the latter an odor of death that leads to death, to the former an odor of life that leads to life.**

**(2 Corinthians 2:14-16)**

# INCENSE

**For from the rising of the sun, even to its setting, my name is great among the nations; And in every place incense is offered to my name, and a pure offering; For great is my name among the nations, says the LORD of hosts.**

**(Malachi 1:11)**

**“Let my prayer be incense before you”  
(Psalm 141:2)**

**“The smoke of the incense along with the prayers of the holy ones went up before God from the hand of the angel.”  
(Revelation 8:4)**

# BELLS

**“All around the hem at the bottom you shall make pomegranates, woven of violet, purple and scarlet yarn and fine linen twined, with gold bells between them; first a gold bell, then a pomegranate, and thus alternating all around the hem of the robe. Aaron shall wear it when ministering, that its tinkling may be heard as he enters and leaves the LORD'S presence in the sanctuary”**

**(Exodus 28:33-35)**

In Biblical times the shofar was blown to announce an important event.

Blowing the Shofar is the only specific commandment for Rosh Hashanah. Just as trumpeters announced the presence of their mortal king, the Shofar is used by Jews to proclaim the coronation of the King of King.

# POSTURES OF PRAYER

- Genuflecting – Adoration
  - Standing – Vigilance
  - Sitting – Receptive
  - Kneeling – Humility
  - Bowing – Honor
  - Prostrating – Surrender
  - Hands folded – Trust
- “O Lord, you have searched me and known me! You know when I sit down and when I rise up; you discern my thoughts from afar” (Psalm 139:1-2)**
- “at the name of Jesus every knee should bend” (Philippians 2:10)**

**The Body & Senses in Prayer ...**

# LECTIO DIVINA

*An Ancient Method of Praying the Bible  
Practiced and Taught by Pope St. Gregory  
the Great (590-604AD)*

ZENIT: Pope Benedict XVI believes that the recovery of the practice of "*lectio divina*," prayerful meditation of Scripture, will bring a "new spiritual springtime" for the Church. When meeting with more than 400 experts attending a congress in Rome on "Sacred Scripture in the Life of the Church," the Holy Father recommended this ancient practice which literally means "divine reading."





# Lectio Divina

*(An Ancient Method of Prayer in 5 steps)*

## **(\*) PREPARE**

Get your Bible & Find a quiet place to pray;  
Plan to pray for at least 15 minutes

## **(1) LECTIO** (Attentive Reading - out loud)

*How To Do It:*

Select just a few verses; Slowly and quietly read  
& re-read the verses out loud 2-3 times

## **(2) MEDITATIO** (meditation)

*How To Do It:*

Watch for your favorite verse or even just a  
favorite word from the passage!

Put yourself in the bible passage; hear the  
words; see the colors; feel the gravel; smell  
the flowers; taste the food

## **(3) ORATIO** (prayer; conversation; speech)

*How To Do It:*

Tell God about your favorite verse or your  
favorite word! Tell Him why you like or what  
it means to you.

## **(4) CONTEMPLATIO** (contemplation; rest in the Lord)

*How To Do It:*

Now rest silently and open your heart to God.  
Listen in silence. Don't worry about  
distractions, but gently return from them to  
continually focus on God.

## **(5) OPERATIO** (work; effort; activity; action)

*How To Do It:*

What are small little ways that you can  
implement what you have received? Plan  
little ways each day to change your own  
attitude & actions – maybe in how you treat  
your family, friends, or neighbors?

# John 1:1-14

In the beginning was the Word, and the Word was with God, and the Word was God. He was in the beginning with God.

All things came to be through him, and without him nothing came to be. What came to be through him was life, and this life was the light of the human race; the light shines in the darkness, and the darkness has not overcome it.

A man named John was sent from God. He came for testimony, to testify to the light, so that all might believe through him. He was not the light, but came to testify to the light. The true light, which enlightens everyone, was coming into the world. He was in the world, and the world came to be through him, but the world did not know him. He came to what was his own, but his own people did not accept him.

But to those who did accept him he gave power to become children of God, to those who believe in his name, who were born not by natural generation nor by human choice nor by a man's decision but of God.

And the Word became flesh and made his dwelling among us, and we saw his glory, the glory as of the Father's only Son, full of grace and truth.

# SNEAK PREVIEW

## THE GREETING

PRIEST: “The grace of our Lord Jesus Christ, and the love of God, and the communion of the Holy Spirit be with you all.”

PEOPLE: And with your spirit.