

## Chapter 1

# Answer Key for Double-Check Questions

1. *What is the original meaning of the word liturgy?*

The word *liturgy* comes from *leitourgia*, which literally means “the people’s work.”

2. *What does the Church mean by the word liturgy?*

The liturgy is the Church’s official, public, communal prayer. It is God’s work, in which the People of God participate. The Eucharist is the most important of all the liturgies the Church celebrates.

3. *What is the Magisterium of the Church?*

The Magisterium is the Church’s living teaching office, which consists of all the bishops, in communion with the Pope. The Magisterium is responsible for interpreting the deposit of faith under the guidance of the Holy Spirit.

4. *What is Tradition?*

Tradition refers to the process of passing on the Gospel message. It began with the oral communication of the Gospel by the Apostles, was written down in the Scriptures, is handed down and lived out in the life of the Church, and is interpreted by the Magisterium under the guidance of the Holy Spirit.

5. *What does it mean when we say that the Church’s liturgy is Trinitarian?*

We say the Church’s liturgy is Trinitarian because the three Divine Persons of the Trinity (Father, Son, and Holy Spirit) work through the liturgy, and the mystery of the Holy Trinity is more deeply revealed in the liturgy. In the liturgy, we acknowledge the Father as the source of all blessings and of salvation. Jesus Christ is central in the liturgy because the Eucharist makes his sacrifice of himself present to us. This happens through the power of the Holy Spirit.

6. *How are we in union with the Trinity?*

We are in union with the Trinity through the sacrament that is the Church. The Holy Spirit works through the Church to make Christ present to the world and brings grace and salvation to all. We are united with the Trinity most profoundly in the Seven Sacraments of the Church.

7. *What is the Liturgical Year?*

The Liturgical Year is the annual cycle of religious feasts and seasons that forms the context for the Church’s worship. During the Liturgical Year, we remember and celebrate God the Father’s saving plan as revealed through the life of his Son, Jesus Christ. The Liturgical Year celebrates God’s time and provides a structure in which the Church throughout the world celebrates the entire mystery of Christ and awaits his coming again at the end of time.

8. *How does the Holy Spirit help us to celebrate the liturgy?*

The Holy Spirit’s role is to help us participate fully in the liturgy. We can ask the Holy Spirit to help us focus on the liturgy, give thanks for Jesus Christ and our blessings in this life, and allow the words to touch our mind and heart.



9. *Explain why every liturgy is a participation in, and anticipation of, the heavenly liturgy?*

In every liturgy on Earth, we celebrate not only with those around us but also with all the angels and holy people who have gone in faith to Heaven before us. This is made possible by Christ's saving work, which extends our liturgy on Earth into Heaven, breaking the boundaries of time and space and making us all one in Christ. During the liturgy, we also remember the saints in Heaven for Christ's work of salvation in them, and their stories and final victory encourage us on our own journey to Heaven. Every liturgy thereby participates in and anticipates the heavenly liturgy, our ultimate goal.

10. *What are Eastern Catholic Churches?*

The Eastern Catholic Churches are the twenty-one Churches of the East, with their own liturgical and administrative traditions, which reflect the culture of Eastern Europe and the Middle East. Eastern Catholics are in union with the Universal Catholic Church and her head, the Bishop of Rome.

11. *What are two of the ways listed in this chapter to contribute to the liturgy?*

You can contribute to the liturgy in a variety of ways. Some of the most common ways are these:

- Make an effort to be present, mentally and spiritually, as well as physically. Prepare in advance by examining your conscience in light of the Word of God. Once Mass begins, pay attention to what is going on.
- Pray to the Holy Spirit. Ask him to help you focus and give thanks for Jesus Christ and all the good things in your life.
- Listen to the prayers.
- Listen to the readings. Try (with the help of the Holy Spirit) to allow the words to touch your mind and heart.
- Pray during the General Intercessions. Pray for the Church, the world, and those who suffer. Pray for your family and friends. Pray for yourself, particularly if you are going through a challenging time.
- Sing. Music opens our hearts and our spirits.
- Say the responses and think about the meaning of the words you say.
- Use your body. When you make the Sign of the Cross, make it thoughtfully. When you kneel, hold yourself up straight. When you stand or walk, stand up straight. Our bodies help us to pray when we truly participate in the action asked of us.
- When you receive Communion, concentrate on the reality of Christ's presence in the Eucharistic species and the gift of grace you are receiving, which gives you strength to lead a moral life.
- When you are dismissed from Mass, resolve to go forth to live in a way that is pleasing to God. Strive to do what is good and avoid what is evil.

