## Holy Overated

#### Lord's Day Celebration

(Since this celebration includes a full meal shared among families, it should be conducted so that it is concluded at least one hour prior to attending Mass. Many people celebrate it on Saturday in preparation for Mass the next day.)

Prepare ahead of time:

- Print out of the prayers and readings for each participant to follow along.
- A loaf of bread to tear and share (this can be homemade or store-bought).
- A wine glass, goblet, or other similar appropriate "blessing cup" with either wine or grape juice.
- Set the table with an appropriate centerpiece that includes liturgically current colors, candle(s), flowers, icons, etc.

(The leader should be either the father or mother of the household. Readings can be proclaimed by older children or the parents/other adults in the household.)

Leader: Let us stand and begin,

In the name of the Father and of the Son and of the Holy Spirit. Amen.

All: Opening Prayer (Psalm 92:2-6)

It is good to give thanks to the LORD, to sing praise to your name, Most High,To proclaim your love at daybreak, your faithfulness in the night,With the ten-stringed harp, with melody upon the lyre.For you make me jubilant, LORD, by your deeds; at the works of your hands I shout for joy.

How great are your works, LORD! How profound your designs!

Leader: A lamp to my feet is your Word, a light to my path.

(All sit for the readings and stand for the Gospel. You can choose to read all of the readings for the Mass, or choose one or two that suit your family's needs. Use the acclamations and responses as we use at Mass to tie your home celebration into the prayer of the universal Church.)

A reading from ....

(Proclaim the Scripture)

The Word of the Lord.

**R:**/ Thanks be to God.

A reading from the Gospel according to ...

**R:**/ Glory to you O Lord.

(Proclaim the Gospel)

The Gospel of the Lord.

**R:**/ Praise to you Lord Jesus Christ.

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Leader: May the words of Scripture nourish us and strengthen us to follow Christ.

(After the readings, all sit and one of the assembly can offer some reflection on the reading or lead a short discussion of the readings. Or this can be done during the meal.)

**Leader:** (Take the bread and offer the following blessing, break off a piece and pass the bread around so everyone has some. Then, all eat their bread.)

Blessed are you, almighty Father, who give us our daily bread. Blessed is your only begotten Son, who continually feeds us with the Word of life. Blessed is the Holy Spirit, who brings us together at this table of love. Blessed be God now and forever. **R:**/ Amen.

(Take the blessing cup, pray the following prayer, take a sip, and pass it around to everyone to take a sip. You can pass a cloth napkin along with it to wipe the cup lip.)

Bless, O Lord, this beverage/wine which You have made. May it be a healthful refreshment to all who drink of it. And grant by the invocation of Your holy name that whoever tastes of it may, by Your generosity receive health of both soul and body, through Christ our Lord. **R:**/ Amen.

Leader: Let us now bless the rest of the food for this feast:

All: Bless us O Lord, and these Thy gifts, which we are about to receive, from Thy bounty, through Christ, our Lord. Amen.

(Enjoy the meal. The Leader or other adult may interject or share thoughts and applications of the readings and messages during regular conversation. This is a time for everyone to reconnect, so the conversation should be natural and does not need to be liturgically instructive. After the meal has been shared the Leader prays the following.)

**Leader**: Blessed be the name of the Lord. **R**:/ Now and forever.

Leader: God our Father,

we thank you for the food your bounty has given us, your gathered family. Grant that we also may freely give to others what you have so generously given to us, and that we may all share in the banquet of heaven. We ask this through Christ our Lord. **R:**/ Amen.

All: With great joy, let us go up to the house of the Lord! (Psalm 122:1) Then will I go in to the altar of God, the God of my gladness and joy. (Psalm 43:4) In the name of the Father and of the Son and of the Holy Spirit. Amen. ©2021

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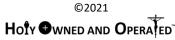


### Beer Batter Bread Recipe

3 Cups Self-rising flour (OR 1 cup of all-purpose flour; 1½ teaspoons of baking powder; ½ teaspoon of salt)

3 Tablespoons sugar1 12-oz. can/bottle beerOPTIONAL:1/3 Cup grated cheddar cheese1 Tablespoon grated onion

Mix all ingredients together. Place in greased oven-proof bowl or a loaf pan (pour 3 Tbsp. melted butter over top). Bake one hour at 350° F.



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