

THE ESSENTIALS OF CATHOLIC LITURGY

TRACK 1 – The Mass and the Liturgical Year

- **SESSION 1:** Fundamentals of Christian Liturgy
- **SESSION 2:** The Liturgical Year
- **SESSION 3:** Introduction to the Mass I:
Introductory Rites, Liturgy of the Word
- **SESSION 4:** Introduction to the Mass II:
Liturgy of the Eucharist, Concluding Rite



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OUR PRESENTERS



Julie Tragon

Pastoral Associate /
Parish Catechetical Leader
Church of the Resurrection
Solon, OH



Michael Ruzicki

Director of Sacred Music and Liturgy
Saint Mary of the Lake and
Our Lady of Lourdes Parish
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1.1b

2



To promote the liturgical formation “of the faithful and also their active participation in the liturgy both internally and externally, taking into account their age and condition, their way of life, and their stage of religious development” **so all the faithful may “become thoroughly imbued with the spirit and power of the liturgy.”**

(Constitution on the Sacred Liturgy, 19 and 14)

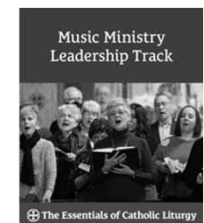
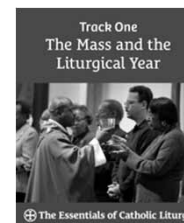


The National Association of Pastoral Musicians **fosters the art of musical liturgy.** The members of NPM serve the Catholic Church in the United States as **musicians, clergy, liturgists, and other leaders of prayer.**

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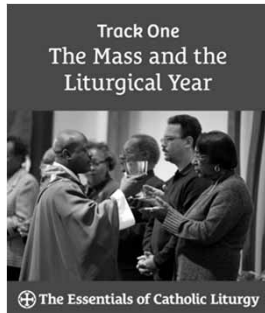


The Essentials of Catholic Liturgy



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Track 1 Overview



1. To explore the concepts of worship and liturgy
2. To understand how the liturgical year acts as a framework for our celebrations
3. To explore the parts of the Mass

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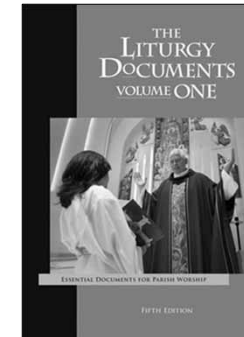
↓ Syllabus

SESSION 1: Fundamentals of Christian Liturgy
Monday, September 14, 2026 from 8:00pm—9:30pm ET (5:00pm—6:30pm PT)

RECOMMENDED READING:	
The Liturgy Documents, vol. 1 pages 3-5	"An Overview of the Constitution on the Sacred Liturgy" by Richard Hilgert
The Liturgy Documents, vol. 1 pages 7-11	Constitution on the Sacred Liturgy paragraphs 1-13
The Liturgy Documents, vol. 1 pages 444-459	Built of Living Stones paragraphs 12-45
OPTIONAL READING:	
The Liturgy Documents, vol. 1 pages 461-501	"Sacred Introduction" by Michael Drotz
The Liturgy Documents, vol. 1 pages 13-17	Constitution on the Sacred Liturgy paragraphs 11-48
The Liturgy Documents, vol. 1 pages 95-98	General Instruction of the Roman Missal paragraphs 1-9
The Liturgy Documents, vol. 1 pages 155-158	General Instruction of the Roman Missal paragraphs 295-310
The Liturgy Documents, vol. 1 pages 459-471	Built of Living Stones paragraphs 46-88

SESSION 2: The Liturgical Year
Monday, September 21, 2026 from 8:00pm—9:30pm ET (5:00pm—6:30pm PT)

RECOMMENDED READING:	
The Liturgy Documents, vol. 1 pages 28-30	Constitution on the Sacred Liturgy paragraphs 102-111
The Liturgy Documents, vol. 1 pages 36-40	"An Overview of the Liturgical Year" by Joseph A. D'Amico
The Liturgy Documents, vol. 1 pages 209-211, 215-220	Universal Norms on the Liturgical Year and the General Roman Calendar paragraphs 1-16, 48-61
OPTIONAL READING:	
The Liturgy Documents, vol. 1 pages 211-215	Universal Norms on the Liturgical Year... paragraphs 17-47



←
Text

September 14, 2026:

Session 1: Fundamentals of Christian Liturgy:
Slides available September 14
Recording available September 15

Supplemental Articles:

- Encouraging the Assembly to Full Participation
- Clip Notes for Church Bulletins
- The Church at Worship
- The Presence of Christ in the Assembly

Supplemental Videos:

- The Sacred Council
- Paschal Mystery
- Full, Active, Conscious Participation
- The Eucharist: Our Source and Summit
- A Sense of the Liturgy
- The Role of the Liturgical Minister
- The Mystical Body of Christ

→
Supplemental
Videos and Articles

6



1, 2

7

1 Cor 11:23-26

A reading from the first letter of Saint Paul to the Corinthians.

Brothers and sisters:

I received from the Lord what I also handed on to you,
that the Lord Jesus, on the night he was handed over,
took bread, and, after he had given thanks, broke it and said,
"This is my body that is for you.
Do this in remembrance of me."

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

For as often as you eat this bread and drink the cup,
you proclaim the death of the Lord until he comes.

The word of the Lord.

8

Let us pray.
Heavenly Father,
we thank You for gathering us to learn
about the gift of the liturgy.
In the words of Saint Paul,
we remember the command of Jesus:
“Do this in remembrance of me.”
Lord Jesus,
open our minds and hearts to see that in the liturgy
you are truly present—offering Yourself for us
and inviting us into Your life.
Holy Spirit,
guide our study and deepen our love for the Eucharist,
that we may proclaim the Lord’s death until He comes.
Through Christ our Lord. Amen.

9



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INTRODUCTION

WE WORSHIP

1.3

11

We Worship

- Innate behaviors
 - Forming community
 - Growing
 - Discovery
- Worship is built into us.



12

WORSHIP

Our expression of love, reverence, honor, and adoration of . . . God through various communal and private activities.

13

Jesus Worshiped

- Jesus participated in the religious life of the Jewish community
- Jesus urged his followers to worship God
- Jesus is often described in prayer, both alone and with his disciples.
- Jesus gave his disciples a model of prayer.



14



For close to two thousand years, Christians have prayed liturgically.

We are still deeply rooted in the Jewish tradition, but Christians worship in a different way.

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WHAT IS LITURGY?

16

RITUAL

A formalized action . . . that marks a significant moment through expected and repeated patterns.

17

LITURGY

Any official form of public worship, from the Greek word *leitourgia*, “work of the people.”

In the Eastern churches, the Mass is often called the Divine Liturgy.

18

The word “liturgy” is used to describe a formal religious rite.

- The Mass
- The Liturgy of the Hours (or The Divine Office)
- The Celebration of the Seven Sacraments
 - Sacraments of Initiation: Baptism, Confirmation, Eucharist
 - Sacraments of Healing: Penance, Anointing of the Sick
 - Sacraments of Vocation: Holy Orders, Marriage
- Various Rites
 - Examples include:*
 - Rite of Committal (at funerals)
 - Good Friday Liturgy
 - Blessings

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POLL

- I am familiar with and have used the following ritual books:
 - a) Roman Missal
 - b) Lectionary
 - c) Liturgy of the Hours
 - d) Order of the Anointing of the Sick and of their Pastoral Care
 - e) Order of Celebrating Matrimony
 - f) Order of Christian Initiation of Adults
 - g) Order of Christian Funerals
 - h) Order of Baptism of Children
 - i) Order of Penance
 - j) Holy Communion and Worship of the Eucharistic Mystery outside Mass

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LITURGICAL BOOKS – *The Roman Missal*

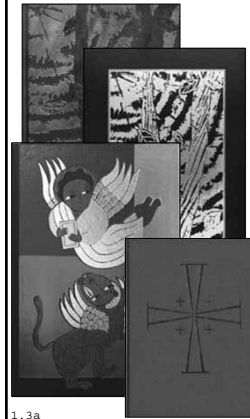


General Instruction of the Roman Missal (*GIRM*)
Prayers for the Mass *Collects, Eucharistic Prayers, Prefaces (prayers leading into the EPs), Prayer after Communion.*
Order of Mass
Proper of Time (Temporal Cycle)
Proper (and Commons) of Saints (Sanctoral Cycle)
Ritual Masses *for sacraments and sacramentals celebrated within Mass (e.g., baptism, marriage, ordination).*
Masses for Various Needs and Occasions
Votive Masses
Masses for the Dead
Appendices *Special blessings. Chants. Additional prayers*

1.3a

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LITURGICAL BOOKS – *The Lectionary*



Note: *In the USA, publishers arrange the contents differently.*

Example – LTP's Lectionaries

- Volume 1 (three different books): Sunday, Year A, B, or C
- Weekday Lectionary: Volume II, Year I
Proper of Seasons for Weekdays; Proper of Saints; Common of Saints
- Weekday Lectionary: Volume III, Year II
Proper of Seasons for Weekdays; Proper of Saints; Common of Saints
- Weekday Lectionary: Volume IV *Common of Saints, Ritual Masses, Masses for Various Needs and Occasions, Votive Masses and Masses*
- Lectionary for Mass Supplement (2017)

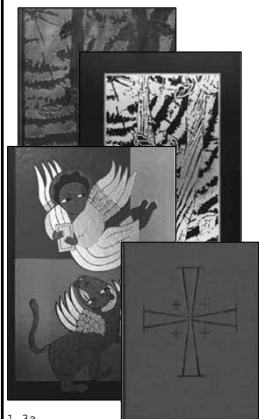
Other Books

- *Book of the Gospels*
- *Lectionary for Masses with Children (1 or 3 volumes)*
- *Lectionary – Study Editions*

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LITURGICAL BOOKS – *The Lectionary*



Become familiar with the lectionaries
in your parish sacristy.

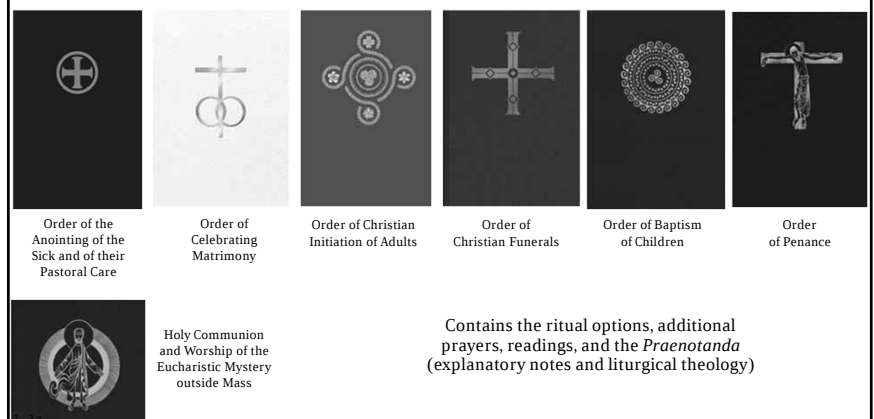
Spanish-language versions may have a
different organizing structure.

We will cover more of this in Session 3
(Liturgy of the Word).

1.3a

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LITURGICAL BOOKS – *Other Ritual Books*



Order of the
Anointing of the
Sick and of their
Pastoral Care

Order of
Celebrating
Matrimony

Order of Christian
Initiation of Adults

Order of
Christian Funerals

Order of Baptism
of Children

Order
of Penance

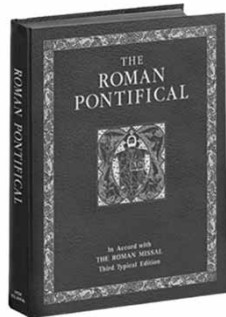
Holy Communion
and Worship of the
Eucharistic Mystery
outside Mass

Contains the ritual options, additional
prayers, readings, and the *Praenotanda*
(explanatory notes and liturgical theology)

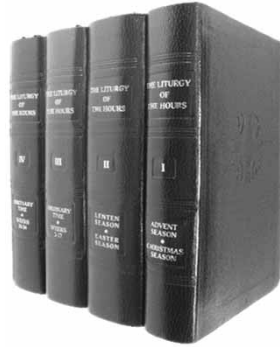
1.3a

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LITURGICAL BOOKS – *Other Ritual Books*



THE LITURGY OF THE HOURS



THE ROMAN PONTIFICAL

Ordination
Consecration to a Life of Virginity
Confirmation
Institution of Readers and Acolytes
Blessing of an Abbot or Abbess
Blessing of Oils, Consecrating the Chrism
Admission to Candidacy for Ordination
Dedication of a Church and an Altar

1.3a

25

“Liturgy” refers to our official, public, and formal way of praying.

Here may the flood of divine grace overwhelm human offenses...

Here may your faithful, gathered around your altar,
celebrate the memorial of the Paschal Mystery...

Here may the joyful offering of praise resound...

Here may the poor find mercy, the oppressed attain true freedom...
and all people... come exultant to the Jerusalem which is above...

Order of the Dedication of a Church, ch. 2, par. 62

Lex Orandi, Lex Credendi, Lex Vivendi

26

WHAT ARE WE DOING IN LITURGY?

1.3

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PASCHAL MYSTERY

**The saving mystery of Christ’s Passion, Death,
and Resurrection.**

**It is the mystery that is celebrated and made present in every
liturgy, and the mystery that every Christian is to imitate and
be united with in everyday life.**

In general, then, it can also refer spiritually to any event in which the experience of joy arising through sorrow or new life coming out of death is achieved and experienced in union with Christ’s own Death and Resurrection.

While every liturgical celebration is founded on the Paschal Mystery, it is especially celebrated during the Paschal Triduum.

28

WHAT are we doing in the liturgy?	
	"...the Church celebrates in the liturgy above all the Paschal mystery by which Christ accomplished the work of our salvation." <i>Catechism of the Catholic Church, 1067</i>
	Thus by baptism all are plunged into the paschal mystery of Christ: they die with him, are buried with him, and rise with him... ...the Church has never failed to come together to celebrate the paschal mystery... <i>Constitution on the Sacred Liturgy, 6</i>
	THE LITURGY DOCUMENTS Volume One, Fifth Edition PG #9

29

What are WE doing in the liturgy?
In a liturgical celebration the Church is servant in the image of her Lord, the one "<i>leitourgos</i>"; she shares in Christ's priesthood (worship), which is both prophetic (proclamation) and kingly (service of charity)... <i>Catechism of the Catholic Church, 1070</i>


30

What are we DOING in the liturgy?	
	In the reform and promotion of the liturgy, this full, [conscious,] and active participation by all the people is the aim to be considered before all else. For it is the primary and indispensable source from which the faithful are to derive the true Christian spirit and therefore pastors must zealously strive in all their pastoral work to achieve such participation by means of the necessary instruction. <i>Constitution on the Sacred Liturgy, 14</i>
	THE LITURGY DOCUMENTS Volume One, Fifth Edition PG #11-12

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VIDEO Full, Active, Conscious Participation
What image or idea from the video affirmed or challenged your understanding of liturgy?

1.5a

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1. What image or idea from the video affirmed or challenged your understanding of liturgy?



2. Why do you think people enter your church doors on Sundays to worship? Why do they gather for liturgy?



3. Think of your community. Do most participate fully, consciously, and actively in the liturgy? If so, what helps this? If not, what might help them?

1.4a

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WHAT LITURGY IS NOT

1.3

34



Public and/or Private Devotions
e.g., Rosary, Way of the Cross

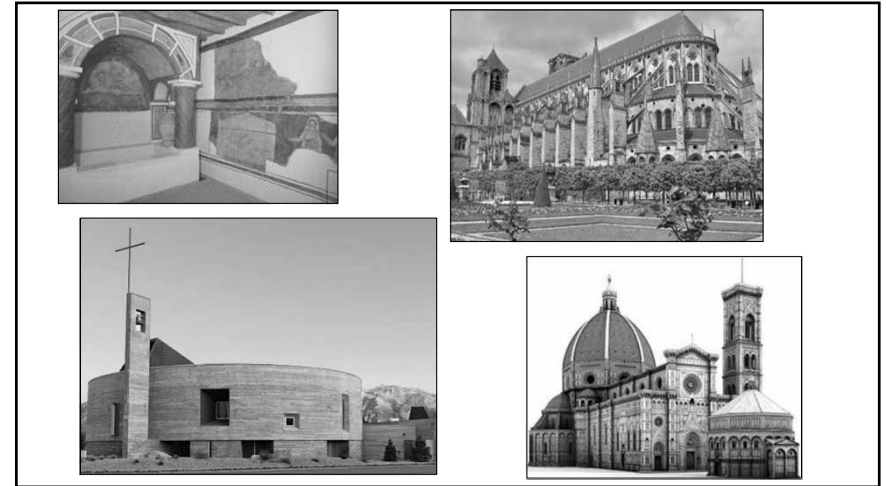
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WHERE DOES LITURGY HAPPEN?

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WHERE DOES LITURGY HAPPEN?



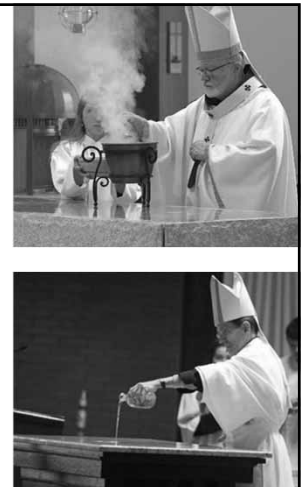
- Sanctuary
- Nave
- Aisles for Processions

39

Altar

O Lord:
pour forth from heaven your
sanctifying power
upon this altar...
that it may be an altar
dedicated for all time...
and stand as the Lord's table
where your people
are refreshed
by the divine banquet.

Prayer of Dedication, Order of the Dedication of a Church and Altar, ch. 4, n. 48



40



Let this altar be for us **a sign of Christ...**

Let this be a **festive table**,
to which the guests of Christ hasten
with joy...

Let it be a place of **intimate communion**
with you and a **place of peace...**

Let it be the **source of the Church's unity**
and... **harmony...**

Let it be the **center of our praise**
and **thanksgiving.**

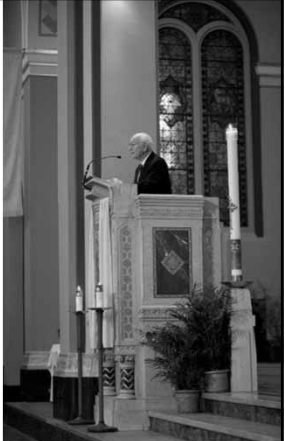
The Order of the Dedication of a Church and an Altar, ch. 4, par. 48

41

Ambo

The dignity of the Word of God
requires that in the church
there be a suitable place from
which it may be proclaimed
and toward which the attention
of the faithful naturally turns.

The General Instruction of the Roman Missal, 309



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42

Presider's Chair & Cathedra

The chair of the Priest
celebrant must signify his
function of presiding over the
gathering and of directing the
prayer.

The General Instruction of the Roman Missal, 310



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43

Baptismal Font



The font is a symbol of both tomb and womb; its power is the power of the triumphant cross; and baptism sets the Christian on the path to the life that will never end, the 'eighth day' of eternity where Christ's reign of peace and justice is celebrate. *Built of Living Stones, 68*

1.3b

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Tabernacle



1.3b

45

Space for Reconciliation



1.3

46

WHO PRAYS THE LITURGY

47

Liturgical services are not private functions,
but are celebrations
belonging to the **whole Church...**
liturgical services involve
the **whole Body of the Church**;
they manifest it and have effects upon it;
but they also concern the individual members
of the Church in different ways,
according to their different
orders, offices, and actual participation.

Constitution on the Sacred Liturgy (CSL), 26

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VIDEO

The Mystical Body of Christ

USE THE GENERAL CHAT

What image or idea from the video affirmed or challenged your understanding of liturgical ministry?



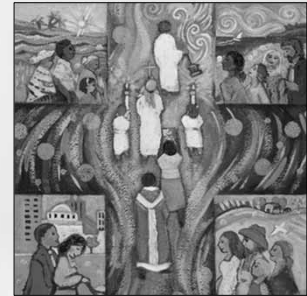
1.5b

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ASSEMBLY

The people gathered for divine worship, often called the congregation.

Contemporary liturgical theology emphasizes that it is the assembly as a whole that celebrates the liturgy under the leadership of a priest.



50

PRESIDER

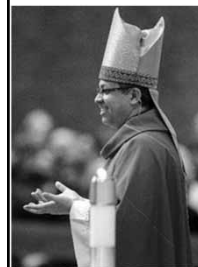
The title frequently given to the priest celebrant at a celebration of the Eucharist or other liturgy.

Its first use seems to be by Justin Martyr, and it emphasizes his unique role in the liturgical assembly within the celebration of the Eucharist.

It differs from the term celebrant in that, while, in a broad sense, everyone in the assembly celebrates the liturgy and the concelebrating priests also celebrate the Mass, only one person in the assembly can preside.

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PRESIDERS OF THE LITURGY



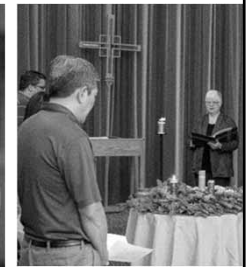
Bishop



Priest



Deacon



Lay person

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SACRAMENTS AND PREACHING



53

Liturgical Ministers

Servers, readers, commentators, and members of the choir also exercise a genuine liturgical function.

They ought to discharge their office, therefore, with the sincere devotion and decorum demanded by so exalted a ministry and rightly expected of them by God's people.

Constitution on the Sacred Liturgy, 29



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LITURGICAL MINISTERS

Extraordinary Ministers of Holy Communion

Sacristans

Ministers of the Altar or Servers and MCs (Master of Ceremonies)



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LITURGICAL MINISTERS

Music Ministers

(Director/Leader, Cantor, Choir, Accompanists, Instrumentalists)

Ministers of the Word or Lectors or Readers

Leaders of Children's Liturgy of the Word



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LITURGICAL MINISTERS

Ministers of Hospitality or Greeters/Ushers
Ministers of Liturgical Environment
The Liturgy or Worship Commission



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Consequently, **they must all be deeply imbued with the spirit of the liturgy**, in the measure proper to each one, and **they must be trained** to perform their functions in a correct and orderly manner.

Constitution on the Sacred Liturgy, 29



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Naiche Washburn, Pencil study of a painting by Francois Gerard

Christ has no body now but yours...

Yours are the hands,
yours are the feet,
yours are the eyes,
you are his body.

Christ has no body now on earth
but yours.

St. Teresa of Ávila

59



1. For you, what does it mean to be “deeply imbued with the spirit of the liturgy”?



2. St. Oscar Romero says, "you are all priests my friend." How does your parish invite individuals to join liturgical ministry? Who is responsible for their training?



3. Looking ahead to the next section. How would you rate your parish in their rich use of sign, symbol, ritual gesture, liturgical music in service to the liturgy and the People of God? Why?

1. 4b

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WHAT DOES LITURGY LOOK LIKE?

1.3

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Processions



62

Posture



63

Gestures of the Priest / Presider



64

Sign and Symbol



A sacramental celebration
is woven from signs and symbols.

Catechism of the Catholic Church, 1145

65

SIGN

Anything that points
to a meaning beyond itself...
they often take their meaning
by common consent.



Example:
a STOP sign

66

SYMBOL

Something that points beyond itself, triggering
an encounter with a deeper reality...

[It] actually communicates the presence of that
which is being symbolized.

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WHAT DOES LITURGY SOUND LIKE?

68

SACRED SCRIPTURE WITHIN RITUAL TEXTS

Grace to you and peace from God our Father
and the Lord Jesus Christ. (*e.g., Romans 1:7*)

Lord I am not worthy that you should
enter under my roof. (*cf. Matthew 8:8*)

Behold the Lamb of God. (*John 1:29*)

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Roman Canon

Eucharistic Prayer II
Apostolic Tradition

Creed
*Several Ecumenical Councils
like Nicaea*

Lord's Prayer

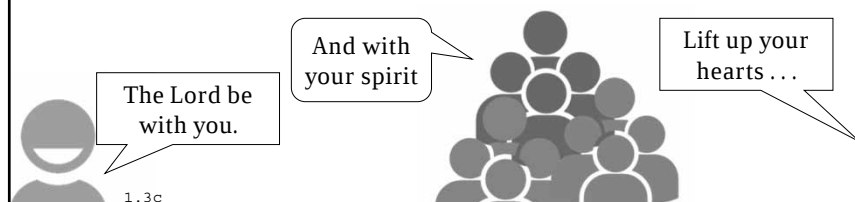


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Dialogues

Since the celebration of Mass by its nature has a “communitarian” character, both the dialogues between the priest and the faithful gathered together... they are not simply outward signs of communal celebration but foster and bring about communion between priest and people.

General Instruction on the Roman Missal, #34



71

Liturgy is Inherently Musical

...be filled with the Spirit,
addressing one another in
psalms and hymns and
spiritual songs,
singing and playing to the Lord
in your hearts, giving thanks always
and for everything
in the name of our Lord
Jesus Christ to God the Father.

Ephesians 5: 18b-20



72

**Music is... a sign of God's love for us
and of our love for him...**
unless music sounds, it is not music,
and whenever it sounds, it is accessible to others.

By its very nature **song has both
an individual and a communal dimension.**

[I]t is no wonder that **singing together in church
expresses so well the sacramental presence
of God to his people.**

Sing to the Lord Music in Divine Worship, 2

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**Sacred silence... is to be observed
at the designated times.**

The General Instruction of the Roman Missal, 45

Why is communal silence important?
Recollect, Meditate, Praise

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WHY LITURGY?

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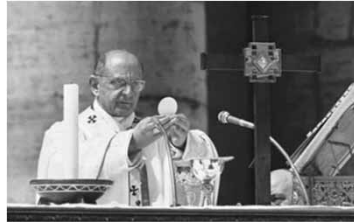


- We unite our prayer
- We pray as community
- We are touched by the Mystery of Faith
- God speaks to us
- We interact with God

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Liturgy is like a strong tree whose beauty is derived
from the continuous renewal of its leaves,
but whose strength comes from the old trunk,
with solid roots in the ground.

Saint Pope Paul VI



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THE ESSENTIALS OF CATHOLIC LITURGY

TRACK 1 – The Basics of Liturgy

*Type one take-away from
today's session.*

• **SESSION 1:** Fundamentals of Christian Liturgy

*Prepare for next week's
session (readings, videos).*

• **SESSION 2:** Introduction to the Mass I:
Introductory Rite, Liturgy of the Word

• **SESSION 3:** Introduction to the Mass II:
Liturgy of the Eucharist, Concluding Rite

• **SESSION 4:** The Liturgical Year

COURSE WEBPAGE: www.ltp.org/events/details/ECLT1

Recorded Session posted by 12pm CT Tuesdays

Supplemental Articles and Videos • Available until November 16, 2026

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